

Kids' Morning Cuppa

A muffin-cup meal is a fun way to mix up the breakfast routine and please picky palates.

BY SARAH PROTZMAN HOWLETT

You've heard it time and again: Breakfast is the most important meal of the day. It kick-starts your metabolism and gives you energy to stay alert and focused. If you're a parent, though, sometimes it's challenging to get your young ones to eat something before school. **Here's a solution:** Feed kids quickly and healthfully with a muffin-cup meal. Simply set up six baking cups (compostable paper ones work fine, or try some colorful silicone reusable cups), and fill each cup with a different healthy choice, such as:

menu ideas:

PLAIN ROASTED ALMONDS

BLUEBERRIES

MANDARIN ORANGE SEGMENTS

BANANA CHIPS

PISTACHIOS

WHOLE-GRAIN WAFFLE SEGMENTS
(Option to add maple syrup to one of the cups for dipping)

AVOCADO
(may want a fork handy for this one - we love the Real Kids' silverware from IKEA)

HALVED CHERRY TOMATOES

SNAP PEA SEGMENTS

PEPPERONIS

MARCONA ALMONDS

CUBED CHEESE

hard-boiled egg slices



granola bites



turkey sausage



NOT JUST FOR BREAKFAST

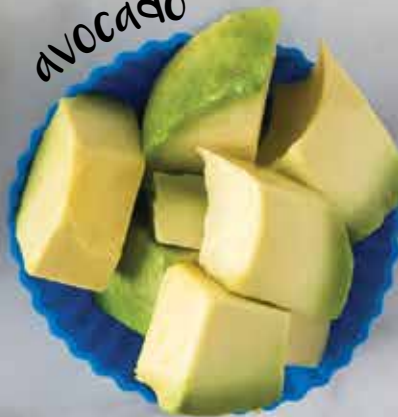
There's really no wrong time of day for a muffin-cup meal. They're ideal for using odds and ends before soccer practice or making a quick fix on blue-sky evenings when not even the grown-ups want to come inside. At dinner, try heavier fare that can still be picked up, like shredded chicken, raw veggies, shelled edamame and fingerling potatoes.

MIX IN NONTYPICAL BREAKFAST FOODS, TOO, LIKE SHAVED CARROTS, CUCUMBER SLICES AND SUNFLOWER SEEDS.

blackberries



avocado



smoked salmon



WANT TO GIVE YOUR KIDS A BREAKFAST TREAT WITH SOME ADDED PROTEIN? Horizon Organic's Protein Chocolate Milk is USDA-certified organic with 12 grams of protein per eight-ounce serving.