

5 Easy Breakfast Ideas For Back-To-School

A registered dietitian's breakfast ideas will make your mornings so much easier.

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The Best Kid-Approved Breakfasts

Breakfast. This is, of course, the most important meal of the day for everyone in the family. For adults, a solid breakfast refuels our bodies after **six or seven hours of sleep**, and helps with weight control. For kids, breakfast boosts concentration and memory. My kids are not early risers. On a good day, the sleepyheads will be at the table around 8:15 a.m., and we need to be out the door by 8:45, so it's important to serve fast, healthy and **easy breakfasts** on weekday mornings.

I've rounded up some of my kids' favourite healthy breakfasts that I'm sure your little one's will love, too.

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Vanilla Yogurt With Fruit

I top my kids yogurt with diced pear and low-fat granola, but yogurt pairs well with almost every type of fruit. Save time by washing all of your fruits on the weekend and storing them in a clean container in the fridge for easy access.

If your kids like vanilla yogurt with fruit, they'll love [berry and yogurt parfaits](#).

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Whole Grain Cereal With Milk

We use milk or a fortified soy beverage, and sliced **apples**. To help with the morning madness, I have my kids set out their bowls, spoons and cereal boxes the night before.

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Peanut Butter and Banana Sandwiches

Since peanut butter isn't allowed at school, I serve it at home as often as I can. Instead of jelly, opt for sliced banana on whole-wheat bread. My kids drink their sandwiches with a glass of omega-3 enriched chocolate milk.

If your kids like peanut butter and banana sandwiches, peanut butter banana muffins are another great weekday breakfast idea.

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Whole Grain Crackers And Cheese With Grapes

This is great for super-rushed mornings! It's super portable so you can get your kids out the door with this to munch on in the **bus or car.**

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