



IDAHO
FAMILY
BREAKFAST
RECIPE GUIDE

Brought to you by the Idaho Office of Drug Policy and The Family Dinner Project



RISE N'

SHINE



Breakfast is most important meal of the day!

We've all heard that well-worn phrase, and for good reason. Studies show that kids who eat breakfast do better in school, have better concentration and memory, and are more alert and energetic.

Additionally, teens who regularly eat a nutritious breakfast experience improved mental health and are less likely to smoke tobacco, drink alcohol, or engage in other risky behaviors.

Breakfast is more than a meal ~

it's a chance to connect with your family at the beginning of the day, and the best way parents can help influence their children to eat breakfast is by eating it themselves. So try these quick, easy recipes and ideas for games and conversation starters to help you kick-off the day on the right foot, even if you've only got a few minutes to spare.

1. National School Breakfast Week. 2021. School Nutrition Association
2. A Good Quality Breakfast is Associated with Better Mental Health in Adolescents. 2009. Public Health Nutrition.
3. Breakfast Skipping & Health-Compromising Behaviors in Adolescents. 2003. European Journal of Clinical Nutrition.



FAMILY BREAKFAST:

Peanut Butter Banana
Overnight Oats



FUN

Fill a jar with jokes and
keep it on the table for
breakfast fun!



CONVERSATION

If you could create a
school dedicated to fun,
what would it be like?





Peanut Butter Banana Overnight Oats



INGREDIENTS

Serves 4

- 2 c. old-fashioned rolled oats
- 8 tsp. pure maple syrup
- 8 Tbsp. natural style salted peanut butter
- 2 ripe bananas, sliced thinly
- 4 c. milk (you can use non-dairy milk if you prefer)

INSTRUCTIONS

1. Scoop 1/4 c. of oats into the bottom of each jar. Add 1 tsp. of maple syrup and 1 Tbsp. of peanut butter.
2. Use the back of the spoon to spread the peanut butter out. Top with a layer of banana slices.
3. Repeat the layers again in order: Oats, maple syrup, peanut butter, and banana.
4. Pour 1 c. of milk down the side of each jar, trying not to disturb the layers.
5. Seal the jars tightly. Let the oats sit in the refrigerator overnight before eating. They'll last up to 3 days.



FAMILY BREAKFAST:

Potato Latkes



FUN

Take turns asking
“Would you rather....?”
questions!



CONVERSATION

What were you excited
about when you got out
of bed this morning?





Potato Latkes



INGREDIENTS

Serves 4

- 2 lbs. potatoes, such as russets
- 1 medium-sized white onion
- 1-2 eggs, beaten
- 2-3 Tbsp. matzo meal or flour
- salt and pepper
- 1/2 c. oil (such as canola or vegetable oil) for frying, more as needed
- Sour cream and applesauce for serving (optional)

Latke (pronounced LOT-kee) is Yiddish for “pancake”. These tasty potato pancakes are traditionally served during the Jewish holiday Hanukkah.

INSTRUCTIONS

1. Peel the potatoes and onions and shred them in a large bowl. Add one egg and two Tbsp. of matzo meal or flour and mix thoroughly. If the mixture seems too dry, add more egg; if it's too wet, add more matzo meal. Season with salt and pepper.
2. Heat the oil in a large frying pan until it's hot enough for drops of water to sizzle.
3. Using your hands, form the mix into pancakes. You should get about 8 latkes. Put the pancakes into the hot oil.
4. Watch the latkes, when the bottoms are golden brown, flip them over and continue cooking until both sides are browned.
5. Transfer the latkes to paper towels. Serve while still hot. These are good eaten plain, but you can also serve with toppings of sour cream or applesauce.



FAMILY BREAKFAST:

Granola Toast



FUN

Ask and answer as many “or” questions as you can in 2 min.
(Coffee or tea?)



CONVERSATION

If you were free to do anything you wanted all day, what would you do?





Granola Toast

INGREDIENTS

Serves 4

- 4 slices bread of your choice
- 1/2 c. peanut butter, almond butter or sunflower seed butter
- 2 bananas, sliced
- 3/4 c. granola



INSTRUCTIONS

1. Toast your bread.
2. Spread each slice of toast with the peanut, almond or sunflower butter.
3. Arrange sliced bananas over the top of each piece of toast.
4. Sprinkle granola over the bananas and serve!



FAMILY BREAKFAST:

Make Ahead Egg
Sandwiches



FUN

Pick a person, place or
thing. Take turns saying
things you love about it
until you've got 20!



CONVERSATION

What was the best year
of your life so far?





Make Ahead Egg Sandwiches



INGREDIENTS

Serves 4

- 6 large eggs
- 1/2 c. whole milk
- 3/4 tsp. salt
- 1/4 tsp. pepper
- Butter, for greasing the pan
- 4 English muffins or sandwich buns
- 4 slices cheese of your choice
- 4 slices ham or Canadian bacon, sausage patties, or cooked bacon (optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees. Lightly grease a 8×8 pan with butter.
2. In a large bowl, beat together eggs, milk, salt and pepper until combined.
3. Pour the egg mixture into the prepared dish. Bake for 20-25 min. until set in the center.
4. Allow the eggs to cool. Cut into 4 squares.
5. To assemble the sandwiches: toast your English muffins or buns. Lay a slice of cheese on the bottom, then add meat if using. Add a square of egg and the top of the muffin.
6. Wrap sandwiches in parchment or foil. You can refrigerate them for up to 2 days.
7. To reheat: Unwrap the sandwich, place on a plate or paper towel, and microwave for 30-45 seconds, just until heated through.



FAMILY BREAKFAST

DIY Yogurt Parfait Bar

Come together and build breakfast! A yogurt parfait bar makes it fun.

1. Set out your yogurt, fruit (fresh or frozen), cereal, and whatever else your family may enjoy.
2. Put a serving spoon in each, and give everyone clear cups and glasses.
3. Have everyone assemble their parfaits. Enjoy!

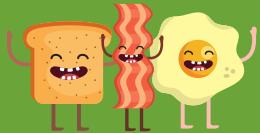




7 DAYS OF FAMILY BREAKFAST

Need a step-by-step guide to help get your breakfast habit started? The Family Dinner Project partnered with Cheerios to create **The Family Breakfast Project** - which includes more great recipes, activities, and a step-by-step guide to having family breakfasts in just 7 minutes for 7 days. Use these ideas to help make your morning meals fun, easy, and more meaningful. Don't feel pressure to follow the resources closely. Just take the ideas and tips you like and try them out! Learn more at:

thefamilydinnerproject.org/the-family-breakfast-project



The Idaho Family Breakfast Recipe Guide is a collaborative effort between the Idaho Office of Drug Policy, The Family Dinner Project, and statewide partners.

The Idaho Office of Drug Policy supports primary prevention efforts across Idaho to reduce the impact of substance misuse on our communities. We are extremely excited to partner with The Family Dinner Project, a nonprofit initiative that champions family meals as an opportunity for family members to connect with each other through food, fun, and conversation about things that matter.

odp.idaho.gov/eat-together-idaho



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