

Breakfast Over Easy

If your kids drag their feet in the morning, whip up one of these cute dishes that will get them to the table in a hurry. BY HEIDI McINDOO, R.D.

EGG-CELLENT EGGS

Yolks supply choline, a nutrient that helps a young child's brain and nervous system develop. Plus, they're packed with iron, vitamin D, protein, and antioxidants that help protect your child's vision.



Sunshine Eggs

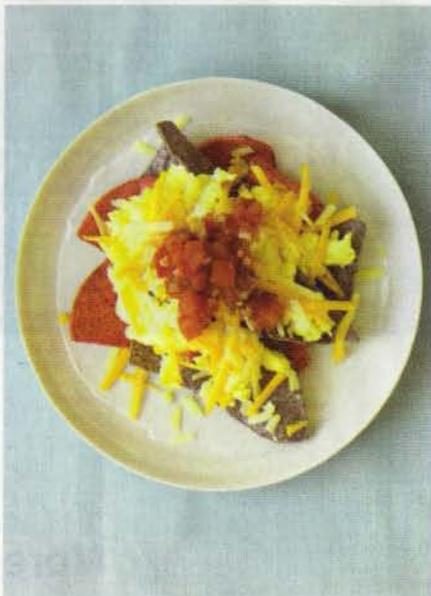
Place an egg in small pot and cover with cold water. Bring to a boil, remove from heat, cover, and let set 16 minutes. Peel; cut in half, and sprinkle with a little bit of paprika or parsley. Serve in an egg cup.

Nutrition per serving 72 calories, 5g fat



Love Nest

With a small heart-shaped cookie cutter, cut a hole in the center of a slice of whole-grain bread. Spread both sides lightly with trans-fat-free margarine and place in a small pan on the stove top that has been heated on medium. Crack an egg into the heart-shaped hole and cook until almost set, 4 to 5 minutes. Flip and continue cooking for another minute or two, until egg is completely set. **Nutrition per slice** 174 calories, 10g fat



Huevos Rancheros

Scramble an egg and place it on top of a handful of colorful baked tortilla chips. Sprinkle with 2 Tbs. reduced-fat shredded cheddar cheese and top with a spoonful of salsa.

Nutrition per serving 171 calories, 11g fat

PINT-SIZE PANCAKES & WAFFLES

Our versions are packed with fresh fruit—not butter and syrup—so they're healthy enough to eat every day. Even better: They're easy. You can make any of them in less than ten minutes.



Ricotta-Raspberry Pancakes

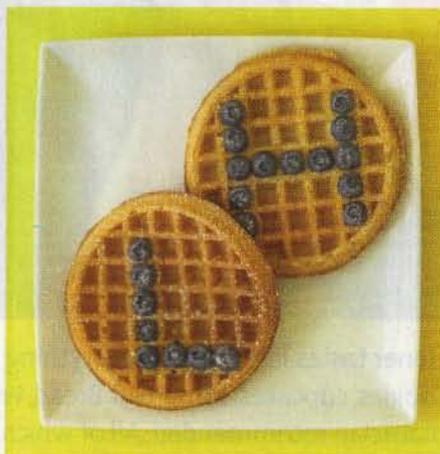
In a medium bowl, mix 3 Tbs. whole-wheat flour, 2 tsp. sugar, 1 tsp. baking powder. Stir in 1 large beaten egg and ½ cup part-skim ricotta cheese. Fold in ¼ cup frozen raspberries. Pour about ¼ cup batter for each pancake onto hot griddle; cook for 2 to 3 minutes. Flip and cook for another minute or so until set. Makes 4 pancakes.

Nutrition per two pancakes 174 calories, 8g fat



Tiny Waffle Tower

Spread reduced-fat or fat-free strawberry cream cheese on two toasted mini waffles (we like Van's). Stack the waffles with sliced strawberries and bananas in between the layers. Place another waffle and a fanned-out strawberry on top. **Nutrition per serving** 133 calories, 7g fat



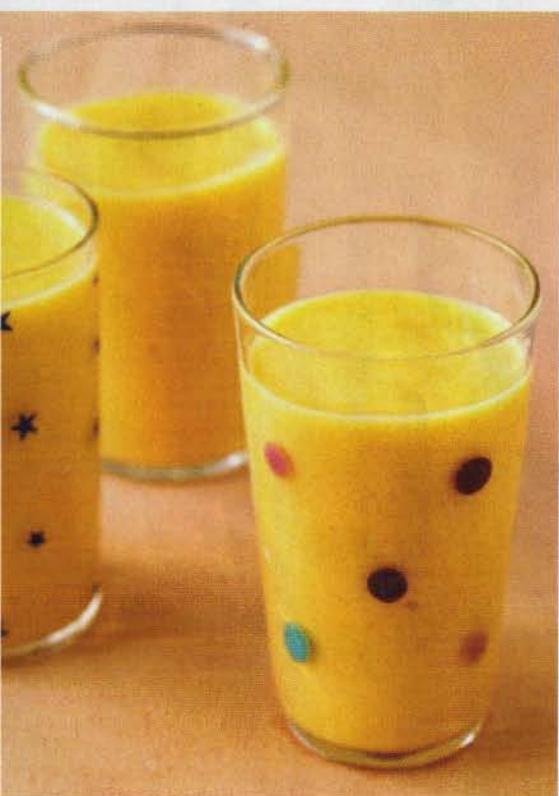
Letter-Perfect Waffles

Cook two whole-grain frozen waffles according to the package directions. Arrange blueberries to make your child's initials. Sift a little powdered sugar on top.

Nutrition per serving 218 calories, 6g fat

YUMMY YOGURT

Yogurt has all the bone-building calcium of milk, plus stomach-soothing active cultures called probiotics. Look for a brand that has been fortified with vitamin D, because most children don't get enough of this nutrient.



Peaches 'n' Cream Smoothie

In a blender, combine $\frac{1}{2}$ cup vanilla or peach low-fat yogurt, 2 Tbs. low-fat milk, 2 Tbs. nonfat milk powder, $\frac{1}{4}$ cup frozen sliced peaches, and $\frac{1}{4}$ banana. Blend until smooth.

Nutrition per serving 183 calories, 2g fat



Mango Split

Top a wedge of mango with $\frac{1}{2}$ cup low-fat strawberry yogurt and sprinkle with 2 Tbs. low-fat granola or shredded coconut.

Nutrition per serving 116 calories, 4g fat



Top Pop

Push a Popsicle stick through the lid of a 4- to 6-oz. low-fat yogurt cup. Place in freezer until solid, a few hours (or overnight so it's ready for morning).

Remove from freezer to soften a few minutes, wiggle out of carton, and serve.

Nutrition per serving 80 to 120 calories, 1g to 3g fat

TASTY TOAST

Whole-wheat bread has more fiber than the white stuff, so your kid will stay full until snacktime. It also packs more vitamin E, magnesium, and zinc because it's not as processed. With these creative breakfast ideas, your child won't even notice he isn't eating white bread.



Chocolate-Milk French Toast

Dunk 3 slices of whole-grain bread into a mixture of 1 beaten egg, $\frac{1}{4}$ cup low-fat chocolate milk, and a dash of vanilla extract and let bread soak up some liquid. Cook a few minutes on each side on a hot griddle until set. Sprinkle with cocoa powder and serve with pear slices. Feeds 2.

Nutrition per serving 174 calories, 5g fat



Get five more make-ahead morning meal ideas at parents.com/breakfast.



Checkerboard Game

Cut the crust off a piece of whole-grain toast. Spread opposite top and bottom squares with peanut butter and Nutella (chocolate-hazelnut spread) for a checkerboard effect. **Nutrition per serving** 199 calories, 10g fat



Jigsaw Puzzle

Spread a piece of whole-grain toast with 1 tsp. softened butter. Cut the middle out of a slice with a small cookie cutter, like a star. Cut the rest with a knife. Place shaped center piece in the middle of a plate with remaining pieces all around it. Have your child put the puzzle back together before he eats. **Nutrition per serving** 104 calories, 5g fat.