

## IDEAS FOR A FRUITFUL BREAKFAST

Are you into the *Jump 'N Jive* Groove yet? Here are some ways to get you there with some sample menus for breakfast. Notice they all include fruit!



Cold Cereal with Sliced Bananas  
Grape Juice  
Milk

Yogurt and Fruit  
English Muffin  
Apple Juice

Orange Juice  
Toast with Peanut Butter  
Milk

Muffin Pizzas\*  
Pineapple Juice  
Milk

Fruit Juice  
Bagel with Cheese  
Milk

Fruit Smoothie\*\*  
Toast/Cereal

Fruit in Season  
Muffin  
Milk

Apple Juice  
Boiled Egg/Raisin Toast  
Milk

Fruit Ideas: bananas, raisins, peaches, berries, oranges, pears, grapefruit, etc. Look in the produce section or even the frozen section of your grocery store!

\*Split and toast bagels or English muffins. Top with tomato slice, tomato paste, sauce or ketchup. Sprinkle with oregano. Top with a slice of mozzarella cheese. Place under broiler until cheese is melted and bubbly.

\*\*1 can crushed pineapple, drained  
1 ripe banana  
1 cup milk  
1 cup fresh or frozen blueberries

Combine pineapple, banana, milk, and blueberries in blender. Cover: blend until thick and smooth. Serve immediately.  
(Makes 3 servings)

