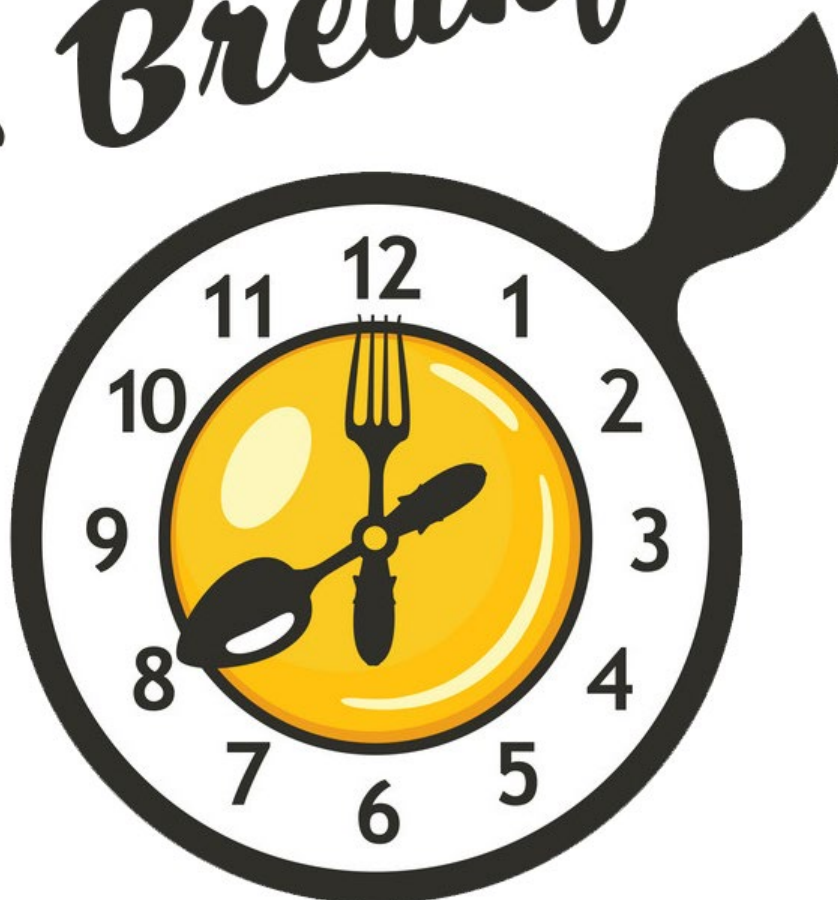


Food Prep & Breakfast



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Avocado Breakfast Bruschetta

Start your day with a breakfast twist on classic bruschetta: California avocados, tomato, hard-boiled egg and ricotta with basil atop toasted rustic whole grain bread.

INGREDIENTS

- 1 ripe avocado, peeled, seeded and diced
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil, plus 2 tbsp for garnish
- 4 eggs, hard-boiled
- 12 slices whole wheat baguette bread
- 1/4 cup reduced fat ricotta cheese
- As needed Cracked Black Pepper to Taste

INSTRUCTIONS

1. Dice avocado, tomatoes and green onions.
2. Peel and chop hard-boiled eggs
3. Reserving 2 tablespoons of basil for garnish, gently toss the first five ingredients in a small bowl. Add pepper to taste
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil



Makes: 4 servings

Prep time: 20 minutes

Nutrition Information:

Nutrition Facts	
4 servings per container	
Serving size	
Amount Per Serving	
Calories	340
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 430mg	19%
Total Carbohydrate 32g	12%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 17g	34%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: Produce for Better Health Foundation



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Tropical Overnight Oatmeal

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning.

INGREDIENTS

- $\frac{2}{3}$ cup old fashion oats, uncooked
- $\frac{2}{3}$ cup non-fat milk
- $\frac{2}{3}$ cup non-fat Greek yogurt
- $\frac{1}{8}$ tsp ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 Tbsp sliced almonds

INSTRUCTIONS

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana and almonds.

Makes: 2 servings

Prep time: 5 minutes



Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol < 5mg 1%

Sodium 75mg 3%

Total Carbohydrate 54g 20%

Dietary Fiber 7g 25%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 19g 38%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Produce for Better Health Foundation



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Overnight Oatmeal with Berries

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.

INGREDIENTS

- ½ cup low-fat milk (or less for thicker oatmeal)
- ¼ cup Greek yogurt, fat-free
- 2 teaspoon honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries, frozen

INSTRUCTIONS

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Makes: 1 serving

Prep time: 15 minutes



Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrate 53g 19%

Dietary Fiber 9g 32%

Total Sugars 21g

Includes 11g Added Sugars 22%

Protein 17g 34%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: USDA Center for Nutrition Policy and Promotion



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Overnight Oatmeal

Overnight soaking cuts down on prep time in the morning, so you can enjoy a healthy and hearty, cooked breakfast, even after hitting the snooze button.

INGREDIENTS

- 1 cup dry oatmeal
- 2 ½ cup water
- ½ cup dried fruit (raisins, cranberries or apricots)
- ¼ cup walnuts, lightly chopped (or pecans)

INSTRUCTIONS

1. Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator.
2. In the morning, put on a stove burner and cook on medium heat until simmering, then turn on low and heat for 10-15 minutes more or less depending on type of oats, quick (5 mins), regular, or steel cut.
3. Serve warm with a little milk (or milk alternative), a drizzle of maple syrup, and a side of fresh fruit, if desired.

NOTES:

1/2 cup raisins and 1/4 cup walnuts used in nutrient analysis and costing. Learn more about:

- Grapes
- Cranberries
- Apricots



Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 50g **18%**

Dietary Fiber 7g **25%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Lake Family Resource Center. Be-Fresh Program



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Homemade Granola

You can make large batches that can be stored at room temperature or in the refrigerator up to three weeks.

INGREDIENTS

- 4 Tablespoons honey
- 2 Tablespoons canola oil
- ½ teaspoon ground cinnamon
- 2 cups old-fashioned rolled oats
- 4 Tablespoons sliced or chopped almonds
- Non-stick cooking spray
- ½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes)

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10–15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.



Makes: 9 servings of 1/3 cup

Nutrition Information:

Nutrition Facts

9 servings per container

Serving size 1/3 cup

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 3g 6%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: *Cooking Matters. Share Our Strength. www.strength.org*



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Omelet Cups

These can be frozen and reheated for a quick and easy breakfast!

INGREDIENTS

- 6 eggs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Optional ingredients(diced into small pieces):
onion, broccoli, bell peppers, spinach,
mushrooms, bacon, ham, ground sausage,
garlic powder

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Spray muffin tin with cooking spray.
3. Add chopped ingredients to the pan.
4. Using a whisk, mix eggs, salt and pepper in a bowl.
5. Pour the egg mixture into the muffin tin.
6. Bake for 20-25 minutes. If adding cheese, remove cups from the oven and sprinkle with cheese.
7. Return to over for 3 minutes or until cheese is melted.



Makes: 6 muffins

Serving Size: 1 muffin



Source: Tammy Jones, FCS Educator, OSU Extension Pike County



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Easy and Healthy Banana Oat Muffins

Most muffins are just a step away from cake with lots of added sugar. Not these muffins! These have no added sugar and super healthy fats from nuts. Use muffin papers and spray them with non-stick spray for the best product. You can experiment with using pears in the place of the apples and vary the type of nuts you use.

INGREDIENTS

- 2 overripe bananas
- 1 ½ cup chopped apples
- 1 cup chopped nuts (walnuts, pecans, or almonds)
- 2 eggs
- 1 cup old fashioned oats (not quick cooking)
- 1 teaspoon cinnamon (you can use Chinese 5 spice for a different flavor)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

INSTRUCTIONS

1. Preheat oven to 400° degrees.
2. Line 12 muffin tins with muffin papers, spray with non-stick cooking spray.
3. Mash bananas with a fork in a medium bowl.
4. Add apples, nuts, and eggs to the bananas, mix well.
5. In another bowl, mix dry ingredients.
6. Add the banana mixture to the dry ingredients and mix until just combined.
7. Spoon the muffin mixture into muffin cups.
8. Bake for 20-25 minutes until the internal temperature of the muffin is 165° degrees.
9. Place on a wire rack for cooling.
10. Once cool, store in the refrigerator for 4-7 days.



Makes: 12 servings (of 1 muffin)

Prep Time: 20 minutes

Cook Time: 20-25 minutes

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 290mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MedInsteadofMeds.com



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Fruit Smoothie

Have fun experimenting with different fruit and juices in this scrumptious smoothie.

INGREDIENTS

- 1 banana (large)
- 1 cup fresh peaches or strawberries
- 1 8-ounce container vanilla yogurt, low-fat
- ½ cup fruit juice

INSTRUCTIONS

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Makes: 9 servings of 1/3 cup



Nutrition Facts	
2 servings per container	
Serving size	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 37g	
Includes 7g Added Sugars	14%
Protein 7g	14%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network Website Recipes



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Avocado Toast

INGREDIENTS

- 1 whole fresh avocado
- 2 slices whole wheat bread
- 1/4 teaspoon coarsely ground black pepper
- 1/4 teaspoon coarsely ground salt

INSTRUCTIONS

1. Hold avocado firmly with one hand. Carefully cut avocado skin, lengthwise, from stem to stem.
2. Pull avocado in half. Remove pit with a spoon.
3. Toast bread to desired level of doneness.
4. Slice avocado while still inside skin. Remove with a spoon or fork and place onto pieces of toast.
5. Top avocado toast with salt and pepper.

Makes: 2 servings

Note:

If using more finely ground pepper and table salt, reduce the amounts by 1/2 for this recipe.



Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 360mg **16%**

Total Carbohydrate 25g **9%**

Dietary Fiber 5g **18%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cooking Matters. Share Our Strength. www.strength.org



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Chia Seed Pudding

"A healthy flavorful start to the morning or to finish the day."

INGREDIENTS

- Ingredients
- 1 cup unsweetened vanilla-flavored almond milk
- 1 cup vanilla fat-free yogurt
- 2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- 1/4 cup chia seeds
- 1 pint strawberries, hulled and chopped
- 4 teaspoons pure maple syrup
- 1/4 cup toasted almonds

DIRECTIONS

1. Whisk almond milk, yogurt, 2 tablespoons maple syrup, vanilla, and salt together in a bowl until just blended; add chia seeds, whisk to incorporate, and let the chia seeds soak for 30 minutes.
2. Stir the chia seed mixture to redistribute seeds that have settled throughout the mixture. Cover the bowl with plastic wrap and refrigerate 8 hours to overnight.
3. Drizzle 4 teaspoons maple syrup over strawberries in a bowl; stir to coat. Add almonds to strawberries; stir.
4. Spoon chia seed mixture into 4 bowls; top each with a portion of the strawberry mixture.



Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 38g **14%**

Dietary Fiber 6g **21%**

Total Sugars 30g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: <https://www.allrecipes.com/recipe/237680 chia-seed-pudding/>



Explore more chia recipes at
<https://livehealthyosu.com/2018/08/15/chic-hip-chia/>



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