

HEALTHY RECIPE

# BREAKFAST EGG OMLET

**YIELDS:** 1 SERVING

**PREP TIME:** 5 MIN

**TOTAL TIME:** 10 MIN

## Ingredients:

- 2 large eggs
- 1 slice cooked ham, chopped
- 1/4 cup shredded cheddar
- 2 tbsp butter or non-stick spray
- Salt and pepper to taste

## Directions:

1. In a medium bowl, beat eggs with a fork until scrambled, then add a dash of salt and pepper.
2. Melt butter in a non-stick pan over medium heat. Pour eggs into heated skillet, swirling the pan to coat the bottom.
3. Flip the egg once to be fully cooked then sprinkle ham and cheese on one half of the omlet. Fold egg in half over fillings, let cook a little longer, serve warm.



## Notes:

Substitutes for ham:  
sausage, bacon, chicken

You can use additional ingredients such as sliced onions, diced tomato, diced bell peppers, spinach and more!

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HEALTHY RECIPE

# BASIC BISCUITS

**YIELDS:**

**PREP TIME:** 15 MIN

**TOTAL TIME:** 25 MIN

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## Ingredients:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1/2 tspn salt
- 1/2 cup shortening
- 3/4 cup milk

## Directions:

1. Preheat oven to 450 degrees F.
2. In a large bowl, sift together flour, baking powder, and salt. Cut in shortening with a fork until mixture resembles coarse crumbs.
3. Pour milk into flour mixture slowly while stirring with a fork. Mix in milk until dough is soft, moist and pulls away from side of the bowl.
4. Put dough onto a lightly floured surface and toss with flour until no longer sticky. Roll dough into sheet pan and cut into biscuits with a cookie cutter.
5. Place biscuits on baking sheet and bake until golden brown, about 10 minutes.



## Notes:

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HEALTHY RECIPE

# SAUSAGE GRAVY

**YIELDS:** 12 SERVINGS

**PREP TIME:** 25 MIN

**TOTAL TIME:** 25 MIN

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## Ingredients:

- 1 pound breakfast sausage
- 1/3 cup all-purpose flour
- 3-4 cups whole milk
- 1/2 tspn salt
- Biscuits warmed for serving

## Directions:

1. Tear small pieces of sausage and add in a single layer to large skillet. Brown the sausage over medium-heat until no longer pink.
2. Sprinkle on half the flour and stir so that the sausage soaks it all up, then add more milk little by little. Stir it around and cook it for another minutes or so.
3. Stir the gravy frequently until it thickens (this may take 10-12 minutes). Sprinkle in salt and pepper and continue stirring until very thick and luscious.
4. Spoon the sausage gravy over warm biscuits and serve immediately!



## Notes:

If the gravy gets too thick too soon, just splash in another 1/4 cup of milk or more if needed.

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HEALTHY RECIPE

# BLUEBERRY OAT SMOOTHIE

**YIELDS:** 2

**PREP TIME:** 0 MIN

**TOTAL TIME:** 5 MIN

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## Ingredients:

- 2 cup milk (or nondairy milk)
- 1 cup yogurt, plain
- 2 cup frozen blueberries
- 1 medium banana
- 1/2 cup oats, dry



## Directions:

1. Place 2 cups of milk, the yogurt, berries and sliced bananas into the blender. Blend well.
2. Add oats and blend again until well combined. If mixture is too thick, add more milk until the desired consistency.
3. Serve immediately.

## Notes:

Add nut or seed butter for additional healthy fats, protein and taste!

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HEALTHY RECIPE

# SIMPLE GREEN SMOOTHIE

**YIELDS:** 1

**PREP TIME:** 5 MIN

**TOTAL TIME:** 5 MIN

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## Ingredients:

- 1 cup milk (or nondairy milk)
- 1/2 cup frozen banana slices
- 1/2 cup frozen pineapple, strawberries, or mango
- 1 cup loosely packed baby spinach



## Directions:

1. Place all ingredients into blender and blend on high for 30–60 seconds or until all the ingredients are combined and smooth.
2. Serve immediately.

## Notes:

Add 1 tbsp nut or seed butter, or 1/4 cup greek yogurt for healthy fats and proteins.

Freeze into popsicle molds if you have leftovers or want a fun option.

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## HEALTHY RECIPE

# FRUIT PARFAIT

**YIELDS:** 1 SERVING

**PREP TIME:** 5 MIN

**TOTAL TIME:** 5 MIN

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### Ingredients:

- Vanilla yogurt
- Fresh strawberries
- Fresh blueberries
- Quality Granola
- Honey



### Directions:

1. Layer vanilla yogurt into the bottom of each cup. Alternate layers of fresh fruit, granola and yogurt until cups are full. Drizzle honey on top.
2. Serve immediately to keep granola crunchy.

### Notes:

Yogurt parfaits will keep in the refrigerator for several days. To avoid the granola getting soggy, simply add granola to the top the day you decide to eat it.

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HEALTHY RECIPE

# FRUITY PANCAKES

**YIELDS:** 2-4 PANCAKES

**PREP TIME:** 5 MIN

**TOTAL TIME:** 10 MIN

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## Ingredients:

- 2 cups Original Bisquick mix
- 1 cup milk
- 2 eggs
- non-stick cooking spray
- maple syrup
- Pancakes topped with fruit such as banana or berries of any kind



## Directions:

1. Spray griddle or skillet. Heat over medium-heat.
2. Stir all ingredients until blended. Pour slowly onto hot griddle. When pancakes show little bubbles then flip to other side.
3. Top with fruit of your choice and drizzle syrup.

## Notes:

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HEALTHY RECIPE

# TOASTED BAGEL

**YIELDS:** 1 SERVING

**PREP TIME:** 5 MIN

**TOTAL TIME:** 5 MIN

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## Ingredients:

- Whole grain bagel
- cream cheese spread
- peanut butter
- jelly jam
- bananas, blueberries, shredded coconut or any other topping you desire.



## Directions:

1. Pick and choose your favorite bagel toppings or combine a few of your favorites.
2. After you toast the bagel, add cream cheese spread and then top with your favorite toppings.

## Notes:

A whole grain bagel is only as good as its toppings!

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