



# Nutrition For Active Families



## Nutritious “On-the-Go” Breakfast Options

(NAPSA)—Here’s some food for thought: Nutritionists believe breakfast is the most important meal, providing needed energy throughout the day, yet many people still do not eat it due to lack of time.

“The number one reason people skimp on breakfast is time,” says Hope Warshaw, registered dietitian and author. “The ‘grab-and-go’ options are becoming popular, but most of the items, like cereal bars, are loaded with sugar and don’t have much nutritional value.”

Warshaw points out that a blueberry muffin can contain 17 grams of fat. A fast-food breakfast sandwich, 700 calories.

Instead, Warshaw suggests you find a breakfast that’s quick and easy, yet low in added sugars, fat and calories, such as a yogurt smoothie. Research shows, she adds, that consuming two to three servings of dairy products each day reduces the risk of breast cancer, colon cancer, hypertension, osteoporosis and tooth decay.

### **TRIPLE BERRY BURST** *Makes 2 servings*

- 1 container (6 ounces) Blue Bunny Lite 85 Raspberry Citrus Yogurt**
- $\frac{3}{4}$  cup Cranberry Raspberry Juice (100% juice)**
- 3 Tablespoons frozen orange juice concentrate**
- $1\frac{1}{2}$  cups frozen unsweetened strawberries**



**Triple Berry Burst makes a great breakfast for people on the go.**

- $\frac{1}{2}$  cup frozen unsweetened raspberries**
- 1 Tablespoon granular sugar substitute or sugar**
- Fresh raspberries and orange twists for garnish**

**In a blender container, combine all ingredients (except garnish) in order listed. Process until smooth. Garnish with raspberries and orange twists, if desired. This can be done the night before and refrigerated for a fast, healthful breakfast.**

*Nutrients per serving (about  $1\frac{1}{2}$  cup): 222 calories, 0 grams fat, 50.5 grams carbohydrates, 4.3 grams protein, 138 mg calcium.*

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