

# *Breakfast on the Go*

## *Buckwheat Blueberry Pancakes & Breakfast Pizza*



### INGREDIENTS

*For the Buckwheat Blueberry Pancakes:*

1/2 cup buckwheat flour  
1/2 cup cornmeal  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 ripe banana mashed  
2 tablespoons maple syrup  
1 tablespoon vinegar  
1 cup soymilk  
1 cup blueberries

*For the Breakfast Pizza:*

1 cup spinach  
2 egg whites  
1/2 tablespoon pesto  
1/4 cup crimini mushrooms  
1/4 cup diced onions  
1 small tomato  
2 oz mozzarella  
Multigrain tortilla (store bought)

### DIRECTIONS

*For the Buckwheat Blueberry Pancakes:*

Mix all dry ingredients together.

Separate bowl: mix the rest of the ingredients together set blueberries aside. Mix dry and wet ingredients together add blueberries. Use a vegetable oil spray in the pan and cook up as a normal pancake.

*For the Breakfast Pizza:*

Sauté the onions mushrooms. Then add the spinach, wilt. Add egg whites and cook through. Top tortilla with pesto. Add the cooked items. Layer on top the tomato and mozzarella

Cook in 350° oven directly on the rack.

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specialty of:  
Executive Chef Martin Woods  
Yia Yia's Euro Bistro

### Cooking with Kids

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# *Breakfast on the Go*

## *Home-Made Granola & Breakfast Burritos*



### INGREDIENTS

#### *For the Home-Made Granola:*

##### Wet Ingredients:

1/2 cup coconut oil  
(can sub canola)  
1/2 cup butter  
1 cup honey  
2 TB molasses  
1 TB pure vanilla extract  
1/2 tsp. salt  
1 cup brown sugar or real  
maple syrup (any combo)

##### Dry Ingredients:

8 cups rolled oatmeal  
1/2 cup sesame seeds  
1 cup chopped nuts, any kind  
(optional)  
2 cups grape nuts cereal  
1 cup wheat germ  
4 cups coconut,  
unsweetened  
1 cup sunflower seeds

#### *For the Breakfast Burritos:*

1 TB canola oil  
1/2 oz all natural lean ham,  
diced small  
1 oz organic black beans,  
rinsed  
1/2 oz Roma tomato, diced  
(about 1/4 of a tomato)  
1/2 green onion, sliced thin  
1 free range egg, beaten  
1/2 oz pepper jack cheese,  
grated  
1 ea whole wheat tortilla  
Favorite salsa/hot sauce

### DIRECTIONS

#### *For the Home-Made Granola:*

Melt wet ingredients in a large pot – don't let it bubble. When mixed and melted, let cool slightly. Add dry ingredients. Add 1 cup raisins or other dried fruit after granola has cooled.

Store in an airtight container. Yields 5 qts.

#### *For the Breakfast Burritos:*

Heat oil over medium heat in a saute pan. Add in ham, brown lightly. Add black beans, heat through, then add tomato and green onion. Season with salt and pepper.

Add in beaten egg, incorporate and mix until set. Top with grated cheese. Place filling in whole wheat tortilla, top with favorite salsa or hot sauce (Cholula is great). Fold up bottom of tortilla first, and fold over each side to secure. Devour.

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specialty of:

Executive Chef Josh Eans  
Blanc Burgers + Bottles

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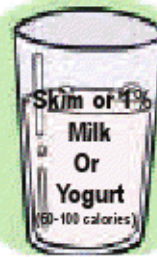
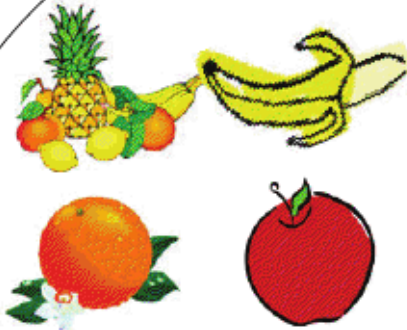


# The Plate Model

## BREAKFAST



### FRUIT



### BREAD, CEREAL, STARCH



### MEAT, PROTEIN



#### SERVING SIZES

1 slice bread, 1/2 cup cooked cereal, 3/4 cup unsweetened cereal

1 medium fruit, 1/2 cup unsweetened, or 3/4 cup 100% juice

1 egg, 1 tablespoon peanut butter, 1 ounce cheese, 1 oz lean meat

## Cooking with Kids Breakfast Pizza

Number of Servings: 1 (382.11 g per serving)

Amount	Measure	Ingredient
1.00	cup	Spinach, baby, fresh
2.00	ea	Egg Whites, raw, lrg
0.50	Tbs	Sauce, pasta, pesto, traditional basil
0.25	cup	Mushrooms, crimini, fresh, slices
0.25	cup	Onion, red, fresh, chpd
1.00	ea	Tomatoes, red, ckd f/fresh, med
2.00	oz	Cheese, mozzarella, fancy, shredded
1.00	ea	Tortilla, whole wheat

### Nutrients per serving

## Nutrition Facts

Serving Size (382g)  
Servings Per Container

Amount Per Serving

**Calories 350**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 870mg**      **36%**

**Total Carbohydrate 37g**      **12%**

Dietary Fiber 5g      **20%**

Sugars 7g

**Protein 30g**

Vitamin A 35%      • Vitamin C 60%

Calcium 25%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Cooking with kids Buckwheat Blueberry pancakes

Number of Servings: 4 (174.15 g per serving)

Amount	Measure	Ingredient
0.50	cup	Flour, buckwheat, whole grain
0.50	cup	Cornmeal, yellow, degermed, enrich
0.50	tsp	Baking Powder, double acting
0.25	tsp	Baking Soda
0.25	tsp	Salt, table, iodized
1.00	ea	Banana, fresh, med
2.00	Tbs	Syrup, maple
1.00	Tbs	Vinegar, white, distilled
1.00	cup	Soy Milk, original, enrich
1.00	cup	Blueberries, fresh

### Nutrients per serving

## Nutrition Facts

Serving Size (174g)  
Servings Per Container

Amount Per Serving

**Calories 220**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 330mg**      **14%**

**Total Carbohydrate 46g**      **15%**

Dietary Fiber 5g      **20%**

Sugars 16g

**Protein 6g**

Vitamin A 4%      • Vitamin C 10%

Calcium 8%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Cooking with kids breakfast burrito

Number of Servings: 1 (227.52 g per serving)

Amount	Measure	Ingredient
1.00	oz	Pork, cured ham, smkd, diced, FS
0.25	cup	Beans, black, cnd
0.25	ea	Tomatoes, roma, fresh, year round avg, fresh
0.50	ea	Onion, green, tops & bulb, fresh, med, 4 1/8" long
1.00	ea	Eggs, large, cage free, raw
0.50	oz	Cheese, pepper jack, 1" cube
1.00	ea	Tortilla, whole wheat

### Nutrients per serving

Nutrition Facts			
Serving Size (228g)			
Servings Per Container			
Amount Per Serving			
Calories 350		Calories from Fat 120	
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 240mg		80%	
Sodium 710mg		30%	
Total Carbohydrate 34g		11%	
Dietary Fiber 5g		20%	
Sugars 4g			
Protein 21g			
Vitamin A 15%		Vitamin C 6%	
Calcium 15%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Cooking with Kids Granola

Number of Servings: 27 (83.14 g per serving)

Amount	Measure	Ingredient
0.33	cup	Butter, unsalted
1.00	cup	Honey, light
2.00	Tbs	Molasses, dark
1.00	Tbs	Flavor, vanilla extract
0.50	tsp	Salt, table, iodized
1.00	cup	Sugar, brown, packed
8.00	cup	Oats, rolled, old fashioned
0.50	cup	Seeds, sesame, tstd
0.75	cup	Nuts, pecans, unsalted, med fancy pieces
2.00	cup	Cereal, Grape Nuts
1.00	cup	Wheat, germ
0.75	cup	Seeds, sunflower, roasted & salted
1.00	cup	Raisins, seedless
0.50	cup	Oil, canola

### Nutrients per serving

Nutrition Facts		
Serving Size (83g)		
Servings Per Container		
Amount Per Serving		
Calories 360		Calories from Fat 130
		% Daily Value*
Total Fat 14g		22%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 115mg		5%
Total Carbohydrate 50g		17%
Dietary Fiber 6g		24%
Sugars 25g		
Protein 9g		
Vitamin A 4%		Vitamin C 0%
Calcium 4%		Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		