THE CREATIVE KITCHEN: BRAINY BREAKFAST BITES

IDEAL AGE: 2+

Start your day with a nutritious and delicious breakfast recipe from CMOM partner The Creative Kitchen.

LEARN TOGETHER

Eating a low-fat and high-fiber breakfast helps children stay focused and active all morning!

MATERIALS

• Pancake mix and corresponding ingredients
• Two ripe bananas
• Pint (or about 2 cups) of blueberries
• ½ cup chia seeds
• Bowl, spoon, pot or pan

MAKE TOGETHER

Breakfast is the most important meal of the day! Kick off your daily adventures with something delicious and nutritious.

Watch Chef Cricket Azima from The Creative Kitchen show you how to make Brainy Breakfast Bites!

1. Select your favorite pancake mix and assemble the batter according to its instructions.
2. Mash up two very ripe bananas in a separate bowl and add them to your batter.
3. Measure out your ½ cup chia seeds and 2 cups blueberries, then pour both into your batter! Chia seeds and berries are jam packed with healthy nutrients for growth and digestion.
4. Make sure to give your mixture a good stir so everything is incorporated. Gentle stirring helps children practice gross motor skills and paying careful attention to detail!
5. Cook your Brainy Breakfast Bites according to your pancake mix instructions. You can do it a few at a time on a pan or even more at a time on a baking sheet.
6. Enjoy your delicious breakfast together as a family. Spending time talking to one another during meals is an important step in children’s language development.

For more fun activities, please go to cmom.org/resources