



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

