

## 27 Breakfast Ideas for the Toddler

*The toddler is an independent creature and may want to eat "all by himself." Your food choices can help or hinder this normal developmental process. Choose foods that support independence, even if they are a bit messy. In the long run, you'll have fewer struggles and a child who may be more adventurous with food.*

*Shape and size matter! Small portions and bite-sized foods make it easy for the toddler to eat. Use cubes, sticks, fingers, ovals, and circle shapes to help the toddler use their self-feeding skills. Don't be afraid of the spoon or fork!*

1. French Toast fingers (serve with syrup on the side for dipping)
2. Mini-veggie or fruit muffins (make ahead and freeze)
3. Fruit smoothies (made with fruit, yogurt and milk or juice)
4. Yogurt and fruit (layered or served separately)
5. Scrambled eggs (add in cheese, ham cubes and/or veggies as an option)
6. Poached eggs with toast triangles for dipping
7. Egg in a hole (recipe on the blog)
8. Mini egg cups with cheese and veggies
9. Pancakes (add in fruit; try an applesauce swipe instead of syrup)
10. Waffles (flavored with canned pumpkin, applesauce, or served plain)
11. Oatmeal made with milk (top with diced fruit or serve on the side)
12. Read- to-Eat Cereal and milk (allow it to soften for the young toddler)
13. Peanut butter crepes (whole grain tortilla spread with peanut butter or other nut butter, folded and heated; cut into triangles)
14. Banana slices and milk
15. Hard boiled eggs
16. Cheese on toast (melted)
17. Cream of Wheat (also called Farina)
18. English Muffin (top with butter, nut butter, cheese, avocado, cream cheese, or jelly)
19. Toasted nut butter and jelly sandwich (or use thinly sliced fruit instead of jelly)
20. Low fat breakfast meats: ham, Canadian bacon, turkey sausage, turkey bacon (serve as a side)
21. Beans (baked or other type) and sausage
22. Homemade granola or granola bars (recipe in Fearless Feeding)
23. Sweet breads like pumpkin, apple, zucchini (can top with cream cheese)
24. Cream cheese and jam sandwich, cut into fingers or small squares
25. Baked oatmeal cups (mix in raisins or chocolate chips)
26. Grilled ham and cheese sandwich
27. Dry cereal and dried fruit mix

*Tips: Offer fruit with breakfast everyday, if you can. Include fresh, dried, canned, or 100% fruit juice in small portions. If you can work in veggies, you'll be ahead of the game! Always include a good source of protein such as meat, milk, cheese, beans, nuts, and eggs. You can even offer leftovers from lunch or dinner at the breakfast meal!*