

# Quick-N-Easy Nutritious Breakfast Your Kids Will LOVE!

Brought to you by:

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## The Works

Makes a single serving.

- 1/2 cup uncooked rolled oats
- 1/2 cup unsweetened fortified soy milk
- 1 tsp chia seeds
- 1 Tbsp honey
- 1/4 tsp cinnamon
- 1/2 chopped banana
- Topping options: strawberries, blueberries, chopped nuts or seeds. Choose your favorite combo or try them all!

You will also need a container with a lid like Tupperware or a mason jar.



## Mix it up!

- 1) Add oats, soy milk, chia seeds, honey, cinnamon and banana to bowl. Stir to combine.
- 2) Cover with lid. Refrigerate overnight.
- 3) Remove from refrigerator. Add toppings. Berries and nuts are great!
- 4) If your child doesn't like cold oats, warm in microwave for a minute. Let cool before serving.

## Substitute

- **Plant Milk (unsweetened):** almond, oat, soy, coconut or cashew milk
- **Fruit:** kiwi, plums, pears, peaches, raspberries and mango, cut into bite-sized pieces
- **Nuts:** almonds, cashews, pecans, pistachios, almonds and walnuts
- **Seeds:** pumpkin, sunflower, flax and hemp seeds



Store in  
fridge for  
up to 3  
days!

## Ways to get the family involved!

- Let kids pour ingredients into bowl.
- Kids are great at mixing!
- Let them add their fruit and toppings.



## Star ingredients!

Rolled oats are a great source of whole grains and fiber. They help reduce risk of heart disease, stroke and diabetes. (1)

Eating more nuts and seeds also helps to lower risks of heart disease and diabetes. Examples include almonds, walnuts, pine nuts, pistachios and peanuts. (2)

Berries are a great source of antioxidants which prevent damage to your body and help your body repair. (3)

1. Get Smart About Superfoods Infographic. [www.heart.org](http://www.heart.org). <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/get-smart-about-superfoods-infographic>  
2. Ros E. Health benefits of nut consumption. *Nutrients*. 2010 Jul;2(7):652-682. doi: 10.3390/nu2070652.  
3. Kalt W, Cassidy A, Howard LR, Krikorian R, Stull AJ, Tremblay F, Zamora-Ros R. Recent Research on the Health Benefits of Blueberries and Their Anthocyanins. *Adv Nutr*. 2020 Mar 1;11(2):224-236. doi: 10.1093/advances/nmz065.