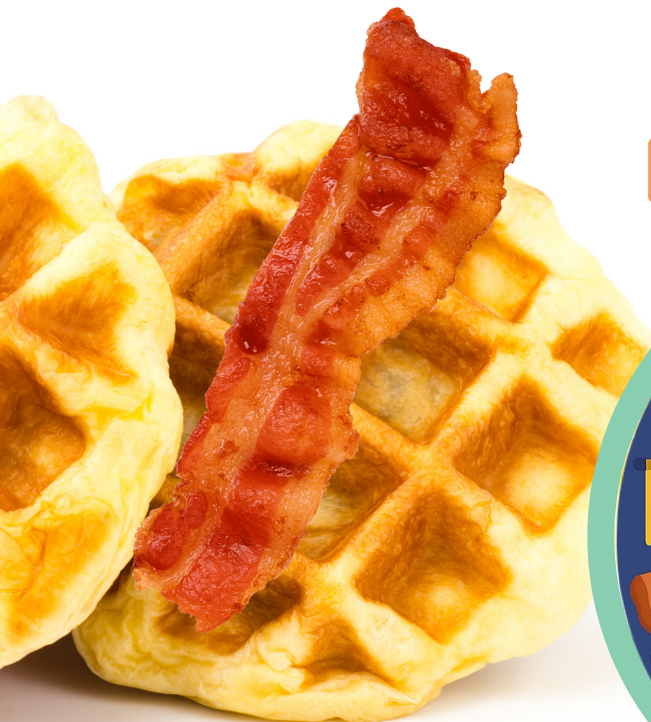


Breakfast For Dinner!



Ideal for ages 3-10



20-Minute Meal

INGREDIENTS

Per Child Serving

- 1 scrambled egg or mini omelet
- 1 slice whole grain toast or mini waffle
- 2 slices fruit (banana or strawberry)
- 1-2 turkey sausage links or strips of veggie bacon

Per Adult Serving

- 2 eggs scrambled or made into an omelet
- 2 slices toast or a full waffle
- ½ cup seasonal fruit
- 2 sausage links or strips of veggie bacon

Optional Add-Ins

Protein

- Diced Ham
- Sausage
- Tofu
- Black Beans
- Pan Fried Chicken

Veggies

- Spinach
- Mushrooms
- Bell Peppers
- Cherry Tomatoes
- Onions

To bring Sir AM/PM to life, use scrambled eggs or a mini omelet for his fluffy yellow hair. Place toast or a mini waffle in the center of the plate. Add sausage as a silly mustache or smile, and arrange fruit slices for eyes or rosy cheeks.

Sir AM/PM

Breakfast for Dinner

Cook the Eggs

- Scramble eggs or make a mini omelet in a nonstick pan with a little butter or olive oil.
- (Optional) Add diced veggies or cheese before folding.
- Let cool slightly before plating.

Toast or Waffle

- Toast bread or heat a mini waffle until golden.
- (Optional) Use a cookie cutter to shape it into a crown or fun shape.

Sauté the Veggies

(Optional)

- In a small skillet, sauté chopped veggies add-ons in olive oil for 3-4 minutes.
- Set aside for creative plating or sneak into omelet filling.

Sidekick Ideas

- Smoothie cup
- Yogurt with berries
- Apple slices with nut butter
- Roasted potatoes



Plate it!

Place the Sir AM/PM printable under a clear plate.

- Scrambled eggs or omelet = fluffy hair
- Toast or mini waffle = royal crown
- Banana slices = eyes
- Sausage link = smile
- Strawberries or fruit slices = rosy cheeks

Sir AM/PM Waffles

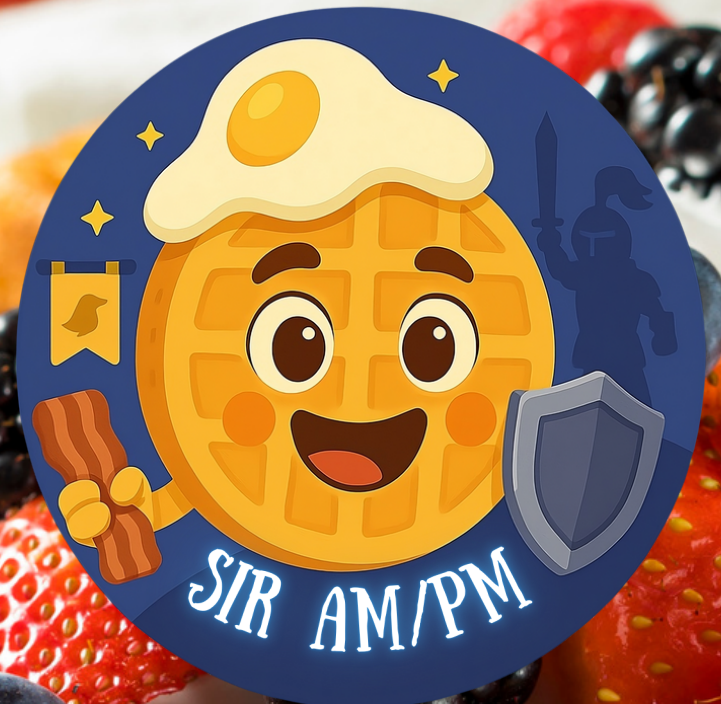
Ingredients

Makes 4-6 mini waffles

- 1 ripe banana (mashed - adds sweetness and nutrients!)
- 1 cup milk (dairy or unsweetened non-dairy)
- 1 egg
- 2 tbsp melted butter or oil
- 1 tsp vanilla extract
- 1 cup whole wheat flour (or half all-purpose, half whole wheat)
- 1 tsp baking powder
- ½ tsp cinnamon (optional)

Instructions

- In a bowl, mash the banana.
- Add milk, egg, melted butter, and vanilla. Mix well.
- In another bowl, stir together the flour, baking powder, and cinnamon.
- Add dry ingredients to the wet and stir just until combined.
- Pour into a preheated waffle iron and cook until golden brown.



Healthy "Sneaks"

- 2 tbsp ground flaxseed or chia seeds
- A handful of finely grated carrot or zucchini
- 1 tbsp plain Greek yogurt for protein boost



Kitchen Jobs for Kids



Ages 3-4

- Help crack eggs (with assistance)
- Arrange fruit slices as eyes or cheeks
- Add shredded cheese to eggs before cooking
- Use hands to layer toast, fruit, or sausage on the plate

Ages 5-6

- Tear spinach or sprinkle diced veggies
- Use cookie cutters on toast or waffles
- Help stir eggs or flip pre-cooked pancakes (with supervision)
- Build a face on the plate to match Sir AM/PM

Ages 7-10

- Whisk eggs and pour into skillet (with guidance)
- Slice soft fruits or cooked sausage with kid-safe knife
- Toast bread and help plate with balance and color
- Push the envelope with creative plating using add-ons!

Post your creation.



#makeahappyplate