## Breakfast Foods

**Baked Bananas**

2 firm bananas, cut up

2 tablespoon butter, melted

2 tablespoon sugar

½ teaspoon cinnamon (or to taste)

Place banana in a baking dish. Top with butter, sugar and cinnamon. Bake in the oven at 350F for 25 to 30 minutes.

*Contains about 510 calories and 3 grams of protein.*

**Blueberry Muffins**

1/3 cup whole milk, half- and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 egg

1 tablespoon vegetable oil

1 package (6.5 ounces) blueberry muffin mix

6 large muffin tins, greased

Pre-heat oven to 357 F.

Mix the milk, egg and oil. Pour the muffin mix into a separate bowl. Stir the liquid mixture into the muffin mix (batter will lumpy). Pour into muffin tins and bake until golden brown, about 15 to 20 minutes.

One muffin contains about 166 calories and 3 grams of protein

*\* Can be made lactose-free.*

**Corn Muffins**

1/3 cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 large egg

1 package (8.5 ounces) corn muffin mix

6 large muffin tins, greased

Pre-heat oven to 375 F. Combine the milk and egg

Pour the muffin mix into a separate bowel. Stir the liquid mixture into the muffin mix (batter will be lumpy). Let the batter rest for 5 minutes. Then, pour into the muffin tins so each tin is ½ full.

Bake until golden brown, about 11 to 13 minutes.

*One muffin contains about 186 calories and 4 grams of protein*

**Oatmeal\***

½ cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 packet instant oatmeal

Cinnamon to taste

Mix milks and oatmeal. Microwave uncovered for up to 2 minutes or until thick. Add cinnamon and serve.

*Contains about 220 calories and 13 grams protein*

*\* Can be made lactose-free.*

## Pancakes

½ cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 egg

1 tablespoon vegetable oil, plus extra for the griddle

½ cup pancake mix

Mix the milk, egg and oil. Pour the pancake mix into a large bowl. Gently stir the liquid mixture into the pancake mix. Let the batter rest for 2 minutes.

Drop the batter by ¼ cups into a lightly greased griddle. Flip when the edges are set and the top is covered with bubbles.

*Three pancakes contain about 220 calories and 5 grams of protein*

*\* Can be made lactose-free.*