

Eat Breakfast Everyday!

Cereal Sandwich

For 2 sandwiches you need:

2 slices of whole wheat or multigrain bread

$\frac{1}{2}$ banana

$\frac{1}{2}$ cup toasted oat O's (like cherrios)

a little strawberry jam

a little creamy peanut butter



Spread one piece of bread with a little jam and the other with a very thin layer of peanut butter. Cut the banana by slicing the long way into long flat slices that look like half a wide popsicle stick. Arrange some of the banana on the jam, sprinkle the cereal on top, then put the rest of the banana on and close the sandwich with the peanut buttered bread. Press the sides together really good. Cut in half on the diagonal and share this fun breakfast sandwich with a friend. You can also use a big cookie cutter to cut this sandwich in to fun shapes.

Goes great with a cold jug of low fat milk!

You can wrap this breakfast sandwich up in plastic wrap and take it on the road.

Breakfast everyday helps you feel good and keep your energy up so tghat you can run and play all day. Breakfast everyday also helps you learn and stay healthy,

A Cereal sandwich gives you whole grains, whole fruit and a whole lot of tasty fun!!!!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu