



Breakfast Recipes

Here's some simple healthy breakfast recipes for all ages to try at home. Each one will show you the time, cost* and skill level so you can choose a recipe to suit you and your family's taste... we've even shared some helpful tips to get your children involved too!

*Average costing calculated June 2022. Costing is for ingredients only and does not include cooking fuel costs.

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Banana loaf

Level: Easy

Time: 70-80 minutes

Cost: 12-17p per slice

Makes: 1 large loaf (10-15 servings)

Ingredients

3 ripe bananas

200ml low fat natural yoghurt

6 tablespoons honey

1 egg

400g self raising flour (use 200g wholemeal and 200g white)

1-2 teaspoons cinnamon (optional)

20g or 3 tablespoons oats (optional)

Steps to making the dish

1. Mash 2 and a half bananas really well in a large bowl.
2. Slice the remaining half a banana thinly and set aside.
3. Stir the yoghurt and honey into the mashed banana. Then add the egg.
4. Add the flour and cinnamon (if using) to this mix and stir well until all the flour is combined.
5. Pour this mix into a greased or lined loaf or cake tin.
6. Layer the sliced bananas on the top just pressing them slightly into the mix and top with the sprinkling of oats.
7. Bake at 180°C/gas mark 4 for 50-60 minutes until golden and baked through.

Tips!

This loaf is great to make in advance and then best left to cool, sliced, and stored in the freezer, defrosting as required. Otherwise, best eaten the same day.

This is a great grab and go breakfast.

Experiment with other flavours - you could add vanilla essence, nutmeg, ginger or mixed spice.

Get the kids involved: They will love to mash the banana, stir the mix, spoon out the ingredients. Just prepare for it to get a little messy!

Scrambled Egg

Level: Easy Time:

10-15 mins

Cost: 48-66p per portion

Ingredients

2 eggs

30ml/4 dessert spoons semi skimmed or skimmed milk

Seasoning e.g mixed dried herbs (optional)

1 x bagel (wholemeal if possible)

Steps to making the dish

1. Crack the eggs into a bowl, add the milk and mix them together with a whisk or fork. Add seasoning if using.

2. Add the eggs to a pan (non stick if you have one). Cook on a low to medium heat.

Use a spatula or wooden spoon to scrape the set eggs from the bottom of the pan.

Keep doing this until all the eggs have thickened.

3. Toast your bagel, and serve with the scrambled eggs.

Tips!

For younger children, just halve the above quantities.

This is a great breakfast on the go meal - just serve in a wrap and go.

Try adding some veg to your scrambled egg—sliced tomatoes and peppers work well.

Kids can help to prepare this themselves—this was the first dish that I learnt to make as a child!

You can have this on toast, crumpets, pita or wraps. Just use what you have.

Baked breakfast omelette

Level: Easy

Time to prepare: 30 minutes **Cost:**

Around 16p per omelette

Ingredients for 6 mini omelettes

2 eggs

50g grated reduced fat cheese

100ml semi skimmed milk

Pinch mixed dried herbs (optional)

Your choice of filling – Around 3 tablespoons of filling. Examples include chopped cherry tomatoes, frozen peas, spring onion, spinach, peppers

Steps to making the dish

1. Crack the eggs into a bowl and whisk.
2. Add the grated cheese, milk and the herbs (if using). Stir well.
3. Lightly oil 6 compartments of a muffin tray.
3. Place the filling into 6 compartments of a muffin tray in equal portions.
4. Top with the egg and cheese mix, divided equally between the 6 compartments.
5. Bake in an oven for 20 mins at 180°C/gas mark 5.
6. Eat hot, or wait until cool and place in the fridge until needed.

Tips!

Other savoury ideas include sweetcorn, courgette or mushrooms. Use whatever you have in your fridge/cupboard/freezer. Sweet ideas include cinnamon and raisin, apple and raisin, blueberry (just omit the cheese and add 2-3 teaspoons sugar or honey instead)

Get the children involved– they will like to help with choosing fillings, mixing, chopping, and pouring.

Make the night before and serve cold for a breakfast on the go!

Blueberry breakfast muffins

Level: Easy-Medium Time: 40 minutes

Cost: 17-26p per muffin

Makes: 12-15

Ingredients

6 tablespoons of honey or 6 tablespoons of sugar 3

tablespoons vegetable oil

2 eggs

180ml low fat natural yoghurt

250g self raising flour (use 125g wholemeal and 125g white)

Few drops of vanilla essence or 2 teaspoons cinnamon (optional) 1

well mashed ripe banana

200g blueberries (frozen or fresh) 4

tablespoons oats

Steps to making the dish

1. Add the honey/sugar, oil, egg and yoghurt to a mixing bowl.
2. Stir in the flour and vanilla essence (if using). Mix well.
3. Gently stir in the mashed banana and then the blueberries.
4. Line a muffin tray with cake cases.
5. Place the mixture in the cake cases and top each one with a sprinkle of oats.
6. Bake in an oven for 20– 25 minutes at 180°C/gas mark 5 (the bigger the Muffins, the longer it they will take to bake).

Tips!

These are great to make in advance and then keep in an airtight container for 3 days, or cool, and store in the freezer, defrosting as required.

You can use different flavours such as raspberry, blackberry, apple - be adventurous and use what you have.

Get the kids involved: They will love to mash the fruit, stir the mix, prepare the muffin tray, spoon out the ingredients. Just prepare for it to get messy!

Breakfast burrito

Level: Easy

Time to make: 10-15 minutes Cost:

Around £1 per burrito

Ingredients

1 egg

3 cherry tomatoes, washed and sliced

Handful spinach or lettuce, washed Half

an avocado—sliced (optional)

Pinch of chilli flakes or chipotle paste (optional) 1

wholemeal wrap

Steps to making the dish

1. Scramble the eggs or cook as an omelette, adding the tomatoes and spinach to the pan for the last couple of minutes along with the pinch of chilli flakes or chipotle (optional).
2. Place the wrap on a plate and add the scrambled mixture.
3. Top with the sliced avocado and lettuce (if using).
4. Roll up the wrap and eat!

Tips!

Use wholemeal wraps to add fibre to your breakfast and make you feel fuller for the rest of the day.

You can use any fillings that you like.

You can buy frozen avocado and just use what you need.

Children will love to get creative with this—let them design their own version for a quick breakfast on the go burrito. Eat hot or cold!

Breakfast crepe pancake faces

Level: Easy

Time to make: 10-15 minutes

Cost: 10-15p per pancake (without topping) Makes: 6 large pancakes

Ingredients

100g plain flour (try 50g wholemeal and 50g plain) 2

eggs

300ml semi skimmed milk

2-3 teaspoons oil a few squirts spray oil

Fruit for the face - use what you have but banana, blueberries, satsuma slices, apple slices, grape slices are all good ideas.

Vegetables for the face—you don't have to keep it sweet! For savoury options try tomatoes, mushrooms, avocado, spinach, cherry tomatoes...

Steps to making the dish

1. Place the flour in a large bowl and then add the eggs. Mix well.
2. Slowly add the milk, whisking with a whisk or fork.
3. Heat a little oil in a frying pan, when hot, add the pancake mix-enough to make 1 pancake at a time. Ensure it spreads around the pan and then cook for 1-2 minutes on each side. Keep the pancakes in a warm oven until you have made them all. Then top with your choice of toppings.

Tips!

Make the night before and keep in the fridge to heat up at breakfast time.

Use frozen fruit—just defrost for half an hour before use.

If you have left over Yorkshire pudding batter—use this to make pancakes and freeze until you need them.

A novel way to make pancake mix is to pour the ingredients into an empty milk bottle and shake well to mix. Kids will like to do this!

Children will love getting creative by helping to make the batter, and of course, by creating their own faces.

Breakfast egg rolls

Level: Easy

Time to make: 10 minutes

Cost: Around 15-17p per pancake (without filling) Makes: 2 egg rolls

Ingredients

2 eggs

1 tablespoon water

2 teaspoons vegetable oil or a couple of sprays of vegetable oil spray

For the filling: suggestions include, 50g reduced fat grated cheese, some grated carrot, chopped tomatoes, a handful spinach leaves. Any breakfast ingredient could work well—mushrooms, bacon, ham, avocado, reduced salt and sugar baked beans. Try adding a bit of chilli for a spicier breakfast.

Steps to making the dish

1. Mix together the eggs and water.
2. Heat the oil in a frying pan (non stick is best) and when hot, add half the egg mix. Ensure it spreads around the pan and then cook for 1-2 minutes on each side until the egg is cooked. Place on a plate and add your choice of toppings to the centre of the egg roll, and roll it up as you would a wrap.

Tips!

This is a perfect grab and go breakfast and it makes a change from a wrap.

You could make the night before and freeze/keep in the fridge to heat up at breakfast time, or have it cold!

Children will love getting creative by helping to invent their choice of filling.

If you like a bit of spice, try adding some spicier ingredients such as a pinch of chilli flakes!

Breakfast fruit roll ups

Level: Easy

Time to make: 5 minutes

Cost: 29-33p per wrap

Ingredients

1 wrap (wholemeal)

1 banana

1 tablespoon reduced sugar jam

Steps to making the dish

1. Place the wrap on a plate
2. Use a knife to spread the jam on your wrap
3. Place the peeled banana at one side of your wrap
4. Roll the wrap up starting from the side where your banana is positioned

Tips!

Use wholemeal wraps to help increase fibre intake - the fibre makes you feel fuller for longer. You could use mini wraps for younger children.

This is a great portable breakfast and it can be made the night before and stored in the fridge to grab n go in the morning.

You could use different fruits and filling ideas, for example cream cheese and strawberries, apples and nut butter, banana mixed with low fat yoghurt, cinnamon and a few cornflakes ...

Get little ones involved: They can help to make this the night before and they can have fun thinking of tasty combinations!

Breakfast fruity porridge

Level: Easy

Time to make: 10 minutes

Cost: Around 28-50p per portion

Makes: 2-3 portions

Ingredients

100g of oats (around 1 small mug) 500ml

skimmed or semi skimmed milk 40ml

water

2 tablespoons of low fat natural yoghurt

150g of frozen mixed berries (thawed)

Steps to making the dish

1. Place oats, milk and water into a pan
2. Heat on a medium heat until the porridge starts to thicken-keep stirring to stop the porridge from sticking
3. If you prefer the porridge to be thicker, heat for longer
4. Simmer for 3-4 minutes
5. Place in bowls and top with yoghurt and fruit

Tips!

Reduce the cost by using cheaper fruits like banana and apple.

Make it portable by placing in a travel cup (the porridge will continue to thicken, so ensure it is a little runnier than you would like). Don't forget your spoon!

Kids will love to help make this- they can measure out the ingredients, stir, chop, let them explore different fruits and flavours combinations.

Options for fruit additions: cinnamon and raisins, peach and apricot, raspberry and blueberry, apple and cinnamon, ginger and pear, banana and coco, strawberry and vanilla...

Honey seeds on toast

Level: Easy

Time to make: 5 minutes

Cost: 14-23p per slice

Makes: 2 slices

Ingredients

2 slices of wholemeal toast

Small amount of low fat spread

Squirt/ drizzle of honey

Seeds, such as sesame or poppy

Steps to making the dish

1. Toast the bread
2. Whilst still hot, add the spread
3. Squirt or drizzle with honey
4. Sprinkle with seeds

Tips!

A great on the go breakfast.

Kids can help to prepare this themselves.

Try adding some raisins or chopped fruit such a banana.

Experiment with different seeds, such as, pumpkin, sunflower, flax, chia, hemp, linseed.

Breakfast kebab

Level: Easy

Time to make: 15-20 minutes Cost:
around 35p per kebab Makes: 2
kebabs

Ingredients

A kebab stick

Suggested items for savoury version—cherry tomatoes, chunks of pepper, chunks of sausage, mushrooms, bread chunks. One teaspoon oil.

Suggested items for sweet version—apple, strawberry, pineapple, blueberries, banana, melon. Optional: a drizzle of yoghurt.

Steps to making the dish

1. Chop all your items into bite size chunks and thread onto your kebab stick. Brush with a little oil. If using savoury version, then place in a hot oven for around 15-20 mins until all the food is cooked through. For sweet version, no need to cook. Just thread the fruit onto the skewer and serve with a drizzle of yoghurt.

Tips!

This could be a nice breakfast for a special occasion, or it could just be a bit of a change from the everyday breakfast!

Children will love to get creative with this—let them make their own version the night before. Then all you need to do is put it in the oven, or in the case of the sweet version, just eat!

If you don't have a kebab stick you could use a wooden lolly stick or a skewer or even a straw for the fruit kebabs.

Breakfast mango lassi

Level: Easy

Time to make: 5 minutes Cost:

Around 22p per serving Makes: 4
child size portions

Ingredients

300ml of semi skimmed or skimmed milk

1 mango peeled and stoned or 100g of frozen mango chunks 3

tablespoons of low fat Greek style yoghurt or natural yoghurt 1

teaspoon of honey or sugar to sweeten (optional)

Steps to making the dish

1. Place all of the ingredients into a blender or a suitable container and hand blend. Alternatively place in a bowl and mash using a potato masher.
2. Serve straight away.

Tips!

Experiment with different soft fruits, such as, berries, kiwi, peaches, bananas. Mix and match different fruits....the list is endless.

Children will like to create their own versions, let them think and decide what fruit to include.

Depending on the fruit a little honey or sugar may be needed if it is too sour!

Mashed banana yoghurt toast

Level: Easy

Time to make: 5 minutes Cost:

Around 10p per slice Makes: 2 slices

Ingredients

2 slices of wholemeal bread

1 banana

1 tablespoon of low fat natural yoghurt

Steps to making the dish

1. Toast the bread.
2. Mash the banana.
3. Spread the mashed banana over the toast.
4. Add a spoonful of yoghurt to the top of the banana.

Tips!

Use wholemeal bread to add fibre to your breakfast, this will make you feel fuller for longer.

Try using different bases rather than bread. You could use, pitta breads, crumpets, English muffins, pancakes, fruit bread-have fun!!

Children will love to get creative with this-they could mash the banana and yoghurt together, or layer as the recipe suggests.

Try adding a sprinkling a flavouring, such as, nutmeg or cinnamon.

Swap out the banana for mashed berries or cooked apple.

Breakfast pizza

Level: Easy

Time to make: 20-30 minutes Cost:

Around £1.25 per pizza

Makes: 1

Ingredients

1 wholemeal tortilla wrap

1 rasher of bacon, fat removed* or a slice of cooked ham, chicken or turkey

1-2 dessert spoons chopped tomatoes, tomato puree or passata* 2

mushrooms, washed and sliced*

1 tomato, washed and sliced*

50g reduced fat grated cheese 1

egg

Steps to making the dish

1. Place the wrap on an oven tray and pre heat the oven to 180°C or gas mark 4.
2. Cook the bacon under a grill for 2-4 minutes on each side.
3. Use a spoon to smear a layer of tomato/passata on the wrap.
4. Place the vegetables and cooked bacon on the pizza.
5. Crack the egg in the middle, and top the pizza with the grated cheese.
6. Place in the oven and cook for 10-12 minutes until the egg is cooked through.

Tips!

This is a treat breakfast suited to a special occasion/ weekend breakfast.

Try using different bases for your pizza- naan bread, pitta bread, pizza base, bread, muffins. You can even make your own pizza base using a prepared pizza base mix, a bread mix or make your own from scratch.

Let children plan and decide what they want to put on their breakfast pizza.

Breakfast Buddha bowl

Level: Easy

Time to make: 10-15minutes Cost:

Around 55-75p per bowl Makes: 1

Ingredients

A Buddha bowl is a selection of vegetarian food items served cold in a bowl- it really is as simple as that. It can be sweet or savoury. Here are some examples of what to use:

Half an avocado

Half carrot, grated

Slices cucumber

1-2 tablespoons of grated low fat cheese

2 tablespoons of cooked rice or cous cous

Steps to making the dish

1. Arrange your food items in the bowl and enjoy !

Tips!

A good breakfast on the go-make sure you put the mix in a portable cup or bowl, and don't forget your spoon!

This can be made as a sweet or savoury treat. For a sweet treat, ideas include fruits, berries, low fat yoghurt, muesli, cereal, seeds.

Children will love to get creative with this-let them make their own version the night before. Then just leave in the fridge and grab and go the next morning!

It is a good way to use up leftover foods from the night before such as cous cous or rice (Always adhere to food hygiene rules if using leftovers).

Egg in the hole bagel

Level: Easy-medium Time to

make: 10 minutes

Cost: Around 50-60p per bagel

Makes: 1 bagel

Ingredients

1 teaspoon vegetable oil / or 2-3 squirts of oil spray

1 wholemeal bagel

1 egg

2 cherry tomatoes, washed and sliced

Half an avocado (optional)

Squeeze lime (optional)

1 rasher bacon (fat removed) or slices of ham (optional)

Steps to making the dish

1. If using the avocado mix, prepare it first by taking the flesh out of the avocado and mashing with the lime juice. Add the chopped tomatoes and set aside.
2. Add a teaspoon oil/a couple of sprays of spray oil to a frying pan and set to a medium heat.
3. Place the bottom of the bagel, cut side down, into the pan and heat until lightly toasted (2-3 minutes).
4. If using the avocado mix, spread this on the toasted side of the bagel and set aside.
5. Place the top half of the bagel, cut side down in the pan and crack the egg into the middle hole. Cook on this side for around 5-10 minutes, then transfer to a medium grill to cook the top of the egg until solid throughout.
6. Place the egg top on the avocado bottom of the bagel and enjoy!

Tips!

Use frozen avocado-it's about a third of the price of fresh !!

You can add bacon to the mix too. Grill your bacon at the same time / just before you are grilling the egg top of your bagel.

Kids will love to help make this: They can help make the guacamole (avocado) mixture. If doing this on a school day make the guacamole mix the night before then all you need to do is make the egg bagels on the day.

Eggy avocado boats

Level: Easy

Time to make: 15-20 minutes

**Cost: Around £1.30 for two halves of avocado Makes:
2 halves**

Ingredients

1 avocado

2 eggs

2 chopped cherry tomatoes

Sprinkling mixed herbs (optional)

Steps to making the dish

1. Pre heat oven to 180°C/gas mark 4.
2. Slice your avocado in half, removing the stone.
3. Scoop out a larger hole where the avocado stone was (keep this avocado).
4. Crack an egg into each hole.
5. Place in the oven and bake for around 15 minutes until the egg is cooked through.
6. Sprinkle around the leftover avocado, chopped cherry tomatoes and herbs.

Tips!

Use frozen avocado halves-these are about a third of the price of fresh ones.

These will be a nice for a more leisurely breakfast such as a weekend breakfast.

You can add a salad garnish such as chopped peppers, chopped cucumber etc.

Children will love these-you can even make a little sail with a cocktail stick and a triangle of paper!

Eggy bread

Level: Easy

Time to make: 5 minutes Cost:

Around 18-20p per slice Makes: 1-2 servings

Ingredients

2 eggs

1 tablespoon semi skimmed milk

Seasoning: pepper, herbs, cinnamon, or nutmeg (optional) 2

slices of wholemeal bread

1 teaspoon of vegetable oil / 2-3 squirts of oil spray

Steps to making the dish

1. Crack the eggs into a bowl, then add the milk and optional seasoning of choice and lightly beat.
2. Dip each slice of bread in the mixture, making sure it has soaked up all of the liquid.
3. Heat a frying pan over a medium heat and add the oil.
4. Add the bread and fry on each side for 1-2 minutes until golden brown. Serve and enjoy.

Tips!

Try to use wholemeal bread as this contains more fibre and will keep you full for longer.

You could serve with chopped tomatoes, baked beans, salad or mashed avocado.

Add cinnamon or nutmeg, sprinkle with a little icing sugar and serve with fruit for a sweet version.

Get the kids involved with beating the egg and milk and dipping in the eggy mix.

Overnight oats

Level: Easy

Time: 5-10minutes and then leave overnight in the fridge Cost: 40-50p per portion

Makes: 1 small portion

Ingredients

2 tablespoons fruit

5 tablespoons oats

2 tablespoons low fat natural yoghurt

4 tablespoons skimmed or semi skimmed milk

Steps to making the dish

1. Place one spoon of fruit in the bottom of your container such as a mug, cup, bowl, glass or jar.
2. In a separate bowl, mix the oats, yoghurt and milk, and then spoon on top of your fruit.
3. Top with the remaining fruit.
4. Cover and place in the fridge overnight.

Tips!

Use frozen fruit as it keeps the mix really cold and it is often cheaper.

Be adventurous with flavours - grated apple and blueberry, mango and raspberry, strawberry and peach are just some examples.

You could add optional extras such as spices, e.g. vanilla, nutmeg or cinnamon, or you could add seeds, or nut butter. Be adventurous!

This is a great grab and go breakfast.

Get the kids involved: They will love to spoon out the ingredients and think of flavour combinations.

Raisin and oat pancakes

Level: Easy

Time to make: 15-20 minutes

Cost: around 8-10p per pancake (without topping) Makes: 6 small pancakes

Ingredients

3 teaspoons vegetable oil, or a few squirts of spray oil

50g oats

50g self raising flour

50g raisins or other dried fruit

150ml semi skimmed or skimmed milk

1 egg

Steps to making the dish

1. Combine the flour, oats, dried fruit, egg and milk together and mix well.
2. Heat a teaspoon of oil/few squirts spray oil to a frying pan (non stick is best), and then add the mix using a ladle or spoon (about one ladle per pancake). You will probably be able to make 1-2 small pancakes each time if you have a large frying pan.
3. Turn the pancakes once you can see lots of bubbles appearing (around 3-4 minutes per side). Keep the pancakes warm in the oven until they are all ready.

Tips!

Make the night before and freeze/keep in the fridge to heat up at breakfast time, or have cold.

This works well if you substitute the dried fruit for one large ripe banana (a good way to use ripe bananas too).

Use frozen fruit as a topping- just defrost for half an hour before use.

Children will love getting creative by helping to make the batter, and of course, by inventing their own flavour combinations.

Try using other flavours such as vanilla essence, cinnamon, nutmeg, Christmas spice; just mix in with the flour and oat mixture.

You could drizzle with honey if you need a little more sweetness.

Spanish style tomatoes on toast

Level: Easy

Time to prepare: 5-10 minutes Cost:

15-17p per slice

Makes: 2 slices

Ingredients

2 tomatoes, washed

2 slices wholemeal bread

1 clove garlic, skin removed and halved 1

teaspoon olive oil (optional)

Steps to making the dish

1. Either halve the tomato and use a grater to grate it or you can, just chop into chunks (less messy option).
2. Toast the bread.
3. Rub the clove of garlic over the toast.
4. Place the chopped/grated tomato mixture on the toast.
5. If you have olive oil and want to, drizzle with a little olive oil.

Tips!

Use wholemeal toast to add fibre to your breakfast and make you feel fuller for the rest of the day.

You could use tinned tomatoes if you do not have fresh.

You could also add flavourings if you like, such as ground pepper or chopped basil.

This is easy for children to get involved in preparing, especially the grating of a tomato- just watch the end bit of the tomato and fingers on the grater, and prepare for a little mess!

Strawberries and cream cheese on toast

Level: Easy

Time to make: 5 minutes Cost:

Around 20-35p per slice Makes: 1 slice

Ingredients

1 slice wholemeal bread

Reduced fat soft cheese (cream cheese) 2

strawberries per slice of toast

Steps to making the dish

1. Toast the bread.
2. Spread the toast with a layer of soft cheese.
3. Wash and slice the strawberries.
4. Layer the sliced strawberries over the soft cheese.

Tips!

Use wholemeal toast to add fibre to your breakfast and make you feel fuller for the rest of the day.

You can use any fruit really e.g., berries, kiwi, orange slices, pineapple rings, peaches ... the list is endless.

Try using different bases other than bread. You could use bagels, pita bread, crumpets, muffins, pancakes-have fun!

Children will love to get creative with this-they can even make pictures with the fruit.

Very berry yoghurt

Level: Easy

Time to make: 10 minutes Cost:

Around 55p per serving Makes: 1-2 servings

Ingredients

1 small pot of low fat natural or flavoured yoghurt (around 85g)

A small handful of frozen or fresh berries

A small handful of crushed low or medium sugar cereal (cornflakes, muesli, rice crispies - just use what you have in the house)

Steps to making the dish

1. Place a layer of yoghurt in the bottom of a cup, then a layer of fruit, then a layer of yoghurt, then a layer of fruit.
2. Top with the crushed cereal.

Tips!

A good breakfast on the go- make sure you put the mix in a portable cup, and don't forget your spoon!

Frozen berries are cheaper and are cost effective as you only need to take out the amount that you need. Remember they need a short amount of time to defrost. Or you can use them frozen for breakfast on the go as they will help to keep the rest of the dish cold, and will probably be defrosted by the time you come to eat it.

Children will love to get creative with this- let them make their own version the night before. Then just leave in the fridge and grab and go the next morning!