A toast to breakfast

Source: Janet Mullins, extension professor

You probably remember your mom making you toast for breakfast as a kid before you headed off to school. That common childhood breakfast can still serve you well as a busy adult. Toasted bread makes a nutritious and tasty base for breakfast and provides you with needed energy for a productive day. A breakfast of toast is quick, hot, crunchy and satisfying. Be sure to have a napkin on hand because there will be crumbs.

Start your toast to breakfast with a hearty bread like rye, sourdough or 100% whole grain. When selecting a bread, choose one that supplies at least three grams of fiber and three grams of protein per slice. These breads are sturdy and stand up to healthy additions that make a substantial breakfast to get you through until your next meal.

Toast does not have to be boring, and you can add adult twists to it. If you fancy avocado toast, mash your avocado with a little lemon juice and your favorite all-purpose seasoning mix. This mixture will keep in the refrigerator for two to three days. Healthy fats help you feel full longer, while adding a creamy texture and flavor to toast. For more protein, add an egg.

A fun summer option is to put a slice of cheese and a slice of tomato on your toast with a sprinkle of salt and pepper. You could even add a layer of basil leaves for some extra flavor.

An “egg in the middle” gives you both savory and sweet flavors in a breakfast toast. Start by using a biscuit cutter or juice glass to cut a circle out of the middle of a slice of bread. In a small non-stick skillet over medium-high heat, lay the toast down and break an egg into the middle. Place the circle of bread in the skillet to the side. Turn to other side when the egg is set, and the bread is browned. Cook on the second side and enjoy with a bit of jelly or jam on your circle.

More information on healthy breakfasts is available at the (COUNTY NAME) office of the University of Kentucky Cooperative Extension Service.

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