



# Shopping for Breakfast

When making your shopping list, don't forget to include items for quick, easy, and healthy breakfasts. Keep these tips in mind:



- Choose whole grain products in place of refined grain products.
- Use the ingredient list on food labels to find cereals, canned and frozen fruits and veggies, and other foods without added sugar and salt.
- Shop the perimeter of the store where you will find fresh fruits and veggies, and raw meats, poultry, and seafood.
- A frozen fruit or veggie may be a healthier (and more convenient) choice than fresh produce that has been sitting in the refrigerator for a week.

## Baked Oatmeal

*Make this the night before and bake in the morning*

### Ingredients

- 2 cups old-fashioned oats
- 1/3 cup packed brown sugar
- 1/3 cup raisins
- 1/4 cup chopped walnuts
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 1/2 cups fat-free milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

### Directions

1. Combine the first 6 ingredients in a medium bowl.
2. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well.
3. Pour oat mixture into an 8-inch square baking dish coated with cooking spray.
4. Cover and put in refrigerator overnight.
5. In the morning, turn oven on to 375° and put the dish in (uncovered) while it preheats; set your timer for 30-35 minutes. Serve warm.

Note: you can substitute other dried fruit and nuts or omit all together.

**DAN MACON**  
COUNTY DIRECTOR

**ROSEMARY CARTER**  
CALFRESH HEALTHY LIVING, UCCE PROGRAM MANAGER

*UC Cooperative Extension Placer and Nevada Counties*

#### PLACER:

11477 E Avenue, Auburn, CA 95603  
530-889-7385 office 530-889-7397 fax  
ceplacer@ucanr.edu

#### NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945  
530-273-4563 office 530-273-4769 fax  
cenevada@ucanr.edu

**Website: <http://ceplacervevada.ucanr.edu>**

This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.