

Kids love toast (and the toaster)! Any topping and any time of day, toast and toppings also make healthy, delicious snacks. Dress it up with a little extra flavor, it's a win-win for everyone! So, here are some topping ideas kids may like on their toast. Feel free to get creative!

Adapted from Super Healthy Kids

1. Bear Toast with whole grain bread, sliced bananas, blueberries, peanut butter (or almond butter)



2. Clown Toast with whole grain bread, yogurt for spread, apple slice for smile, raspberry for nose, bananas for eyes, blueberries for top.



3. Fried Egg on Toast\_This combo of protein (egg), vegetable (spinach), and whole grains makes a perfect balanced breakfast. Add an avocado for the addition of healthy fat.

