



SHINE BRIGHT BACK TO SCHOOL BREAKFASTS

no one lights a lamp and puts it under a bowl or puts it under a bushel. Instead, he puts it on a lampstand so that those who walk in the dark will see the light.

Luke 8:16

Don't hide your light under a bushel. Shine it on a lampstand so that all in everything that you do, your will be long remembered. Your attitude for grades and wins will be long forgotten.

Good morning! Shine your light. Thank you for appreciation to all who helped you.

14 EASY KID-APPROVED BREAKFAST RECIPES & IDEAS

BY: JENNIFER DEMPSEY CREATOR OF MOTHER THYME



Shine Bright Breakfast Smoothie

INGREDIENTS

1 cup vanilla yogurt
¼ cup orange juice concentrate
½ cup ice

DIRECTIONS

Place all ingredients in a blender and blend until smooth and creamy.
Serve immediately.

NOTES

Start your day with
this sweet and
delicious breakfast
smoothie!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none



Apple Pie Overnight Oats

NOTES

An easy and yummy
grab and go
breakfast!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

½ cup old fashioned rolled oats
½ cup milk or milk alternative
½ tablespoon pure maple syrup
Pinch of ground cinnamon
2 tablespoons chopped apples
from a can of apple pie filling
Vanilla yogurt
Chopped pecans or walnuts

DIRECTIONS

Pour oats in a mason jar.

Add milk, maple syrup and a pinch of cinnamon. Gently stir to mix.

Cover and refrigerate overnight.

Before serving add chopped apples with filling on top, a dollop of vanilla yogurt and some chopped pecans or walnuts.



Easy Homemade Strawberry Pop Tarts

NOTES

A fun and easy treat even the kids will love to make!

SERVES

4 pop tarts

PREP TIME

10 minutes

COOK TIME

8-10 minutes

INGREDIENTS

1 14.1 oz box refrigerated pie crust with 2 pie crusts
6 teaspoons strawberry jam
1 cup store bought vanilla frosting
Sprinkles

DIRECTIONS

Preheat oven to 425 degrees. Line a large baking sheet with parchment paper or silicone liner.

Roll out pie crusts and cut the rounded edges with a pizza cutter to create a large rectangle, then cut in the center each way to get 4 equal size pieces from each crust. After cutting both crusts, you should have 8 pieces.

Add a small dollop of strawberry jam (about 1 1/2 teaspoons) in the center of 4 of the bottom crusts. Don't overfill.

Top filling with remaining piece of cut crust. Trim edges if needed so it's even then seal and crimp edges with a back of a fork. Poke a few holes in the center of crust as well.

Place 4 pies on baking sheet. Bake on the center rack for 8-10 minutes until golden brown. Allow to cool completely.

Once cool, add 1 cup frosting to a shallow microwave safe dish and microwave for just about 20-30 seconds until frosting will drizzle off a spoon easily and has the consistency of a glaze. Let cool slightly if needed.

Gently dip front part of cooled pie into the glaze and place on a cooling rack. Add a piece of wax paper underneath for any drippings. Top with sprinkles. Let frosting set.

Recipe Notes

If desired, you can take the cut pie scraps, roll in a ball and roll out again to be able to make 1 more pie, or just cut up and place a on baking sheet. Sprinkle with some cinnamon and sugar and make pie chips!



Whoever lights a lamp and hides it under a bowl or puts it under a bed. Instead, he puts it on a lamp stand so that those who come in will see the light.

Luke 8:16

Don't hide your light! Shine it for all in everything that you do! Your will be long remembered for your attitude for grades and wins will be long forgotten.

Good to God. Shine thank you for appreciation to helped you.



Fruity Breakfast Pizza

NOTES

Easy and yummy
breakfast idea kids
and adults will love!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

1 frozen waffle like Eggo, or store
brand

Strawberry cream cheese

Sliced strawberries, blueberries,
sliced bananas, sliced kiwi,
raspberries, blackberries

DIRECTIONS

Lightly toast waffle. Let cool.

Spread top of waffle with cream cheese and then top with desired berries
and fruit. Cut into little wedges or just grab with your hands and enjoy!

BRIGHT
e bright this year
ing your light of
. Each week there
ible verse that will
ou shine bright!



Bacon and Eggs Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

2 hard boiled eggs
2 slices cooked bacon
1 clementine
1 package mixed nuts
1 package Babybel cheese string
or similar

DIRECTIONS

Slice eggs, and sprinkle with salt and pepper. Place in main compartment along with packaged cheese and nuts.

Cut cooked bacon slices in half or thirds, place in smaller compartment.

Place orange or orange slices in remaining compartment.

Store in refrigerator until ready to eat.

Recipe Notes:

This box can be made several days ahead of time and stored in the refrigerator until ready to eat.



Banana and PB&J Roll Ups Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

1 apple

1-2 cups club soda

1 large flour tortilla

1/2 banana

Peanut butter

Strawberry or grape jelly

1 package Annie's mini fruit

snacks or similiar

1 Stonyfield yogurt smoothie or
similar

DIRECTIONS

Slice apple and place in abowl with club soda. Soack for 15-20 minutes.

Meanwhile lightly spread peanut butter and jelly on flour tortilla. Peel

banana and add to starting end of tortilla and roll up. Place seam side down and cut into slices.

Place slides into large compartment along with yogurt smoothie.

Drain apples and add to another compartment. Add fruit snacks to remaining compartment.

Store in refrigerator. Best served within 1 day.



Fruit and Waffle Kebab Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

6 mini waffles
1/2 banana
2-3 strawberries
4-6 blueberries
1 Babybel cheese or similar
1 package Fruit and Yogurt
snacks like Welch's

DIRECTIONS

Lightly toast waffles.

Slice banana and strawberries.

Cut kebab sticks to fit box. Add waffles and sliced fruit on the kebabs. Place in main compartment.

Fill remaining compartments with cheese and fruit and yogurt snacks. Store in refrigerator.



THE BRIGHT
THE BRIGHT
THE BRIGHT

Honest
KIDS

FEAR

BRIGHT

“Milk” And Cereal Breakfast Box

NOTES

Easy make ahead breakfast idea for kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

1 blueberry mini muffin
Strawberries
Vanilla yogurt
Honey Nut Cheerios or any favorite cereal

DIRECTIONS

Place muffin and strawberries in smaller compartments.

Put yogurt in a container with a lid that fits into box. Put cereal in a smaller container. Store in refrigerator until ready to eat.

When ready to eat, sprinkle cereal on top of yogurt. Enjoy with a muffin and strawberries.

Recipe Notes:

This box can be made several days ahead of time and stored in the refrigerator until ready to eat. The blueberry muffins used in this recipe come in a 12 pack individually wrapped from Walmart. Perfect to tuck into boxes like this!



Nutella and Banana Waffle Sandwich

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

2 frozen waffles
Nutella or hazelnut spread
½ banana
Strawberries
1 Babybel cheese or similar

DIRECTIONS

Lightly toast waffles. Spread Nutella on one of the waffles. Slice banana and place slices on top. Top with other waffle and cut in half. Place in container.

Fill remaining compartments with strawberries and cheese.

Store in refrigerator until ready to eat. Best eaten within 1 day.

SHINE BRIGHT
Shine bright this year
sharing your light on
Jesus. Each week there
is a bible verse that will
help you shine bright!



On The Go Breakfast box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

3 store bought mini muffins or 1
large muffin sliced in half
1 fruit cup
1 package fruit and yogurt snacks
like Welch's
1 package Justin's almond butter
or single serve peanut butter
1 Chobani Gimmie

DIRECTIONS

Place muffins in large compartment along with nut butter.

Place fruit cup and yogurt snacks in remaining compartments.

Store in pantry. Keep everything in original packaging and use by the sell by date.

When ready to use, pull out box and it's ready to go. Toss in a yogurt if desired.

Recipe Notes:

This breakfast box is intended to be part of the pantry stash to have as an easy grab and go breakfast, so even on those days you don't have one in the the refrigerator to grab, you will always have this. And if you have an extra second to toss in a yogurt with it too, great, if not, at least it's got some breakfast goodies to fill a hungry tummy!



Shine bright this year by
sharing your light with
Jesus. Each week take
a bible verse that
helps you shine bright.

Shine
Bright

Savory Breakfast Bagel Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

1 apple
1-2 cups club soda
1 plain mini bagel
Chive cream cheese
1 hard boiled egg

DIRECTIONS

Slice apples and place in a bowl with club soda and let soak for 15-20 minutes.

Slice bagel and spread with cream cheese. Cut in half. Place in main compartment.

Slice hard boiled egg. Season with salt and pepper. Place in another compartment.

Place drained apple slices in remaining compartment.

Store in refrigerator until ready to eat.

SHINE
BRIGHT

Shine bright this year by
sharing your light of
Jesus. Each week there
is a bible verse that will
help you shine bright!



Strawberries and Cream Mini Waffle Sandwiches Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

8 mini waffles
Strawberry cream cheese
Strawberries
1 package fruit and yogurt snacks
like Welch's
1 Stonyfield yogurt smoothie or
similar

DIRECTIONS

Lightly toast mini waffles. Spread with strawberry cream cheese. Make into little sandwiches. Place in large compartment along with yogurt smoothie. Fill remaining compartments with fruit and yogurt snacks and strawberries. Store in refrigerator. Best used within 1 day.



RIGHT

this year by
our light of
week there
e that will
right!

THIS YEAR
BY OUR LIGHT
OF WEEK THERE
E THAT WILL
RIGHT!

Waffle Dippers Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

8 mini frozen waffles
Maple syrup or pancake syrup
1 clementine or mandarin
1 orange Chobani Gimmies or
similar

DIRECTIONS

Lightly toast waffles and place in large compartment. Pour syrup in a small container with a lid and place in large compartment.
Slice clementine and add to another compartment.
Add yogurt to remaining compartment.
Store in refrigerator.



Whooo's Breakfast Box

NOTES

Easy make ahead
breakfast idea for
kids and adults!

SERVES

1 serving

PREP TIME

10 minutes

COOK TIME

none

INGREDIENTS

1 apple	1 Stonyfield smoothie or similar
1-2 cups club soda	
1 english muffin	
Peanut Butter	
1/4 banana	
3-4 strawberries	
4 blueberries	
1/3 cup Honey Nut Cheerios	

DIRECTIONS

Slice apples and place in a bowl. Cover with club soda nad let soak for 15-20 minutes.


Meanwhile, slice english muffin and spread with peanut butter.

Slice banana and place on english muffin to form eyes. Add blueberries on top of banana slices.

Slice strawberries and add as wings. Halve on of the sliced strawberries for the beak. Add english muffins to large compartment with yogurt.

Drain apples and place in another compartment, add cheerios to remaining comparment.

Store in refrigerator and use within 1 day.



No one lights a lamp and hides it under a bowl or puts it under a bed. Instead, he puts it on a lamp stand so that those who come in will see the light.

Luke 8:16

Don't hide your light! Shine it for all in everything that you do! Your will be long remembered for your attitude for grades and wins will be long forgotten.

Every good and perfect gift is from above, coming from the Father of the heavenly lights, who does not change or fade away.

James 1:17

What a good and perfect gift is from God. Shine your light for God. Thank you for your appreciation to those who helped you.

SHINE
BRIGHT