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[Home](#) > Breakfast ideas for thirteen-year-olds, and everyone else

Breakfast ideas for thirteen-year-olds, and everyone else ^[1]

Dear Alice,

Can you tell me a few recipes for quick and healthy breakfasts for kids who are around 13 years?
-Student & Parent

Answer

Dear Student & Parent,

Bravo to eating breakfast! It's fairly well known as this point that a healthy breakfast is a great way to start each day — especially when it's made from scratch. Taking into consideration that, just sometimes, younger people are a little picky about what they'll eat, not to mention the energy it can take a groggy chef to whip up something in the A.M., here are a few easy, interesting, and nutritious breakfast recipes:

Creamy Apple-Cinnamon Oatmeal (makes two servings):

2 c. skim milk
1 c. rolled oats
1 T. Brown sugar
1 T. Maple syrup
1 apple — peeled, cored, and chopped into cubes

Directions:

1. In a medium pot, heat the milk over medium heat, almost to a boil.
2. Add the oatmeal, reduce the heat to low, and cook for about 5 minutes, or until all of the milk is soaked up by the oatmeal.
3. Add the brown sugar, maple syrup, and apple pieces. Stir well and serve.

Berry Parfaits (makes two servings):

2 containers of yogurt (vanilla, lemon, or peach)
2 c. mixed berries: strawberries, raspberries, blueberries, and/or blackberries
1 c. low fat granola

Directions:

1. In 2 glasses or plastic cups, add a layer of yogurt to the bottom. Cover with a layer of berries, and then sprinkle on a layer of granola.
2. Repeat the layers until the glasses or cups are full, ending with a sprinkle of granola.

Egg Scramblers (one serving):

1 or 2 eggs
1 toasted whole wheat pita or toasted English muffin
Optional item(s): mushrooms, peppers, grated cheese, chopped tomatoes, onions, salsa, or whatever else you like!

Microwave Directions:

1. Crack eggs into a glass measuring cup and beat well. Mix in any other ingredients you like.
2. Cover tightly with a microwave safe plastic wrap.
3. Microwave at 70 percent: 1 minute for 1 egg; 1-½ minutes for 2 eggs — slightly longer if you add other ingredients, or if you like your eggs more well done.
4. Spoon into a pita, or onto a toasted English muffin.

Stovetop Directions:

1. Crack eggs into a bowl and beat well. Mix in any other ingredients you like.
2. Pour egg mixture into a non-stick pan. Cook over low heat, stirring occasionally, until eggs are cooked through, not runny.
3. Spoon into a pita or onto a toasted English muffin.

Banana Smoothie (makes one serving):

1 banana cut into 1-inch chunks (works great if already frozen)
½ c. yogurt
½ c. milk or soy milk
2 T. honey or jam
¼ t. vanilla extract

Directions:

1. Put all of the ingredients into a blender. Mix until all of the fruit is pureed.
2. Pour into a glass, and drink immediately.

You can freeze this beverage overnight, then toss it into a blender, and pour it back in the plastic cup you froze it in. If you run out of time in the morning, you can bring your smoothie with you on the way to school.

Regardless of what you make, consider involving your breakfast companion in both the decision process and making the breakfast. This way you can both enjoy some time together and a nutrient-filled morning. Eat up!

Alice!

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Published date:

Apr 12, 2002

Last reviewed on:

Jul 16, 2015

Footer menu

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Links

- [1] <https://goaskalice.columbia.edu/answered-questions/breakfast-ideas-thirteen-year-olds-and-everyone-else>
- [2] <https://goaskalice.columbia.edu/category/nutrition-physical-activity>
- [3] <https://goaskalice.columbia.edu/category/optimal-nutrition>
- [4] <https://goaskalice.columbia.edu/category/healthy-eating>
- [5] <https://goaskalice.columbia.edu/answered-questions/quick-and-healthy-bag-lunches>
- [6] <https://goaskalice.columbia.edu/answered-questions/importance-eating-breakfast>
- [7] <https://goaskalice.columbia.edu/answered-questions/will-probiotic-enriched-yogurt-aid-digestion>