

Breakfast Ideas: How To Get A Jump On The Most Important Meal Of The Day For The Whole Family

Description

There is no denying that breakfast can be one of the most important meals of the day for a family, and because of that, as a parent, you want to ensure that everyone gets as [much out of it as possible](#). But the issue you might find is that you the mornings are rushed. With school runs to do, commutes to work to be getting underway, and perhaps not leaving yourself enough time to indulge on breakfast can all be hurdles that you face. Sometimes you need a little inspiration, so here are some of the breakfast ideas that the whole family could get on board with.

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[Image source](#)

Smoothies can be great for kids

A smoothie is a great way to get extra veg and fruit into your diet and it can be so easy to make. Put all of the ingredients into your smoothie machine and whizz it all up and there you have it. A smoothie includes things like milk or yogurt as an added element, and this is where it can be great for kids. Using strawberries or other strong flavored fruit will help them to enjoy the taste of it as well as knowing yourself that you and your children are getting a great source of nutrients and vitamins. This can also be the perfect breakfast on the go option if you don't have much time.

Juicing to get all of your vitamins

Juicing is another way to ensure that you get all of the vitamins that you need, especially if you decide to use citrus fruits. This can give you a healthy dose of vitamin C without any added preservatives that will be included in shop bought juice. Websites like [Juicer Cruiser](#) have a great selection of reviews online to help you find the right juicer for you. There are also a great selection of juices and combinations that you can use to help you get all of the good stuff out of the juice you create. Again this is another great way to get children involved.

Breakfast on the go for the adults on a commute to work

Not all of us have a lot of time when it comes to the mornings, and with school runs to think about and the general morning rush, it can often mean you focus more on ensuring that your children get a healthy breakfast and less about what you have. So it may be time to look into some breakfast on the go ideas for your commute to work. You could look at breakfast bars that you create, filled with oats and fruit. You can take a smoothie out with you or even look at breakfast bars that you can buy in store. All of which can be a great way to eat on the go and ensure you get something in your stomach before your working day begins.

Indulging in pancakes on the weekend

Who doesn't love a pancake, and having them as a weekend treat can be the ultimate indulgence in breakfast that the whole family can embrace. Making them from scratch, going for American style ones, and having them serviced up with fruit or bacon and syrup could be the ideal breakfast the whole family will enjoy. There are some great suggestions online if you are looking for pancake inspiration.

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[Image source](#)

The slow cooker trend

There has been a recent trend on the internet that involves your slow cooker or crock pot and making breakfast overnight. The [slow cooker breakfast](#) could be the idea way to wake up to a full English breakfast without the hassle of all of the pans and cooking first thing. Load up your slow cook with things like sausages wrapped in bacon, a tub of beans, mushrooms and whatever else you like to use. There are some great suggestions online that you can try. This could be perfect for the weekend when you don't want the hassle but know you and the family will enjoy a full on breakfast.

Breakfast bakes

We have already mentioned that [breakfast bakes](#) can be an excellent breakfast on the go, but there are so many to consider that we thought it was worth dedicating a bit of time to the suggestions that we found. Breakfast muffins filled with fruit, egg cups with bacon which can be like mini omelettes or quiches. You can also use tray bakes and fill them with oats and dried fruits. You can also buy these in the shop, but they can be quite easy to make from scratch if you like to be in the kitchen.

School breakfast club for kids

If you are always short on time, but are conscious that your children don't get a nutritious breakfast then it may be worth looking into your school and seeing if they offer a breakfast club. For a small charge, you can get your children to school a little earlier, which could take pressure off you for your commute to work, and then they can enjoy cereals, toast and juice with their friends. It can be a great way to encourage them to eat more in the morning.

Take requests and suggestions from the family

There is no point trying to be a mind reader, so if you find breakfast is a battle in the morning then it may be the time to start taking requests. Ask your family what cereals they want, fruit or the style of breakfast they would like in the morning. This could enable you to buy in the things they want to eat and subsequently have less arguments about it first thing.

Picnic style breakfast or going continental

Finally, a picnic style breakfast or a continental approach could be the answer to breakfast drama in your house. A selection of pastries, fruit that has been prepped and duty up, and allowing your kids to choose with an accompaniment of yogurt, for example, helps you to cover all bases with breakfast and ensure that the family are eating as much as they can.

Let's hope this has given you some breakfast ideas that the whole family will enjoy.

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