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**Easy, Frugal Breakfasts!**

**By Cyndi Roberts**

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We all know breakfast is the most important meal of the day. And that children that eat breakfast do better in school than those who don't.

However, we also all know that it isn't always easy to find time to prepare that all-important meal or to convince our children to eat it!

One way to create a positive attitude toward breakfast in your children is by showing them that you enjoy breakfast!

Eating breakfast as a family is a great opportunity to spend some quality time together. Spending time together, making breakfast can turn out to be a child's favorite part of the day!

By being creative and maybe just a little bit organized, you can make a variety of tasty and healthy breakfasts. Try these ideas:

for a quick and easy breakfast try a toasted bagel spread with low-fat cream cheese.

or peanut butter spread on whole-wheat toast.

how about a fruit smoothie? Toss whatever fruit you have in the blender with milk.

when you have a little time, prepare a large batch of pancakes or waffles. Freeze in a single layer, then stack in a zip-top bag. In the mornings, pop one into the toaster, then top with fruit and yogurt.

or spread peanut butter and jelly between 2 pancakes.

try some non-traditional foods, like leftover pizza—kids nearly always go for it!

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kids don't want to drink their juice? Try this easy recipe for Orange Juice Smoothies. 1/2 cup orange juice 1/4 cup sugar 1/2 cup milk 1/2 cup water 1/2 teaspoon vanilla 5 or 6 ice cubes

Mix all ingredients in blender till smooth.

Breakfast doesn't have to be ham and eggs anymore! Nor does it have to be cold cereal. By using a little creativity you can have a healthy breakfast every morning!

Cyndi Roberts is the editor of the bi-weekly newsletter "1 Frugal Friend 2 Another", bringing you practical, money-saving tips, recipes and ideas. Visit her online at

to  
subscribe and receive the Free e-course, "Taming the Monster Grocery Bill".

### **Book Review: "Frugal Living for Dummies"**

**By Deborah Shelton**

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deborah@fiveminuteparent.com Word wrap to 60, (220 words)

Book Review: "Frugal Living for Dummies"  
Reviewed by Deborah Shelton

"Frugal Living for Dummies"  
by Deborah Taylor-Hough  
Publisher: Wiley Publishing, Inc.  
ISBN: 0-7645-5403-4  
Price: \$16.99 US

Whatever your reason for wanting to save money (job loss, suddenly single-income, another child on the way, rising college tuition costs), arm yourself with Frugal Living for Dummies for super saving success.

This book details so much more than coupon-clipping. Some of the chapter topics include ideas for frugal family fun,

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thrifty cooking tips, ways to cut utility bills, setting a budget and lots of inexpensive gift ideas. And that's just the beginning! Frugal Living also provides icons in the margins that alert readers to important reminders, tips, super savers, special warnings, great ideas and handy checklists.

Each section is jam-packed with cost-cutting ideas for baby showers, back-to-school needs, dinner parties, gift giving, auto maintenance, home cleaning, dining out, laundry, family trips.... Basically, Deborah Taylor-Hough offers money-saving solutions for every aspect of your life.

Frugal Living for Dummies is an essential reference for your family collection. This book will make a practical and thoughtful gift for young couples just starting their lives together, college students on their own for the first time, single-income families, new parents, and anyone who needs

proven ways for cutting costs while keeping their sanity.

A must-have guidebook for the novice penny pincher as well as the seasoned dollar stretcher.

About the Reviewer: Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas: <http://www.fiveminuteparent.com>

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