

Some things are just
BETTER TOGETHER.

Like breakfast... ➔



BeHealthyPA.org

SIMPLY HEALTHY COMBOS

Graham Cracker "Cheesecake"



Top a graham cracker with two spoonfuls of cottage cheese and canned, fresh or frozen peaches

Chili Dusted Mango



Top mango slices with a squeeze of lime juice and a pinch of chili powder

Banana Sandwiches



Top banana slices with peanut butter and raisins

Visit BeHealthyPA.org
for family meal tips and simple recipes.