



Delicious and  
convenient  
choices to fuel  
your morning.

## Breakfast Pairings With belVita

Enjoy belVita Breakfast Biscuits as part of a balanced  
breakfast with a serving of low-fat dairy and fruit.

[belVitaNutrition.com](http://belVitaNutrition.com)

## Build Your Own Balanced Breakfast With belVita Breakfast Biscuits

Inspire a delicious, balanced breakfast with one simple equation:



### A serving of belVita

Serving equals 4 biscuits

+



### A serving of low-fat dairy

1 cup of low-fat milk/yogurt;  
1½ oz cheese

+



### A serving of fruit

1 medium fruit, ½ cup  
chopped, cooked or canned fruit;  
½ cup 100% juice

For recipe pairings and a toolkit of resources for professionals,  
visit [belVitaNutrition.com](http://belVitaNutrition.com).

**belVita**  
BREAKFAST

## belVita Morning Topper

### Ingredients

Makes 1 serving

- 4 belVita Blueberry Breakfast Biscuits (1 pack)
- 1 Tbsp. raspberry jam
- 1 Tbsp. almond butter
- 1/8 tsp. chia seeds
- 1/2 cup fresh raspberries, divided
- 1 cup plain nonfat Greek-style yogurt

### Instructions

**Top** biscuits with jam, almond butter, chia seeds and half the berries.

**Serve** the remaining berries with yogurt for a balanced breakfast.

### Nutrition Information

Per serving

550	calories
18g	total fat
2g	saturated fat
10mg	cholesterol
340mg	sodium
69g	carbohydrates
9g	dietary fiber
34g	total sugars, <i>includes:</i>
19g	added sugars
33g	protein
2%	DV vitamin A
20%	DV vitamin C
0%	DV vitamin D
40%	DV calcium
10%	DV iron
15%	DV potassium

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

Provides  
**19g of whole grains** per serving

belVita BREAKFAST

## belVita Breakfast Parfait

### Ingredients

Makes 1 serving

- 1/4 cup small strawberries, sliced, divided
- 1/4 cup blackberries, divided
- 1 pkg. (1.76 oz.) belVita Blueberry Breakfast Biscuits (4 biscuits), coarsely chopped
- 1 container (5.3 oz.) plain nonfat Greek-style yogurt

### Instructions

**Reserve** 1 EACH strawberry slice and blackberry.

**Place** 1/3 of the biscuit pieces in parfait glass; **top** with layers of half EACH of the remaining berries and yogurt. **Repeat** layers. **Cover** with remaining biscuit pieces. **Garnish** with reserved berries.

### Nutrition Information

Per serving

350	calories
9g	total fat
1g	saturated fat
10mg	cholesterol
280mg	sodium
48g	carbohydrates
3g	dietary fiber
21g	total sugars, <i>includes:</i>
11g	added sugars
19g	protein
0%	DV vitamin A
35%	DV vitamin C
0%	DV vitamin D
15%	DV calcium
15%	DV iron
8%	DV potassium

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Provides  
**18g of whole grains** per serving

belVita BREAKFAST



## Spicy Avocado belVita “Toasts”

### Ingredients

Makes 1 serving

- 4 belVita Golden Oat Breakfast Biscuits (1 pack)
- 2 Tbsp. mashed fully ripe avocado
- 1 oz. Cotija cheese, shaved into 8 pieces
- 5 small strawberries, sliced (about 1/2 cup)
- 1 Tbsp. spicy honey

### Instructions

**Spread** biscuits with avocado. **Top** with cheese and strawberries. **Drizzle** with honey.

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

### Nutrition Information

Per serving

440	calories
19g	total fat
6g	saturated fat
25mg	cholesterol
480mg	sodium
61g	carbohydrates
6g	dietary fiber
32g	total sugars, includes:
27g	added sugars
9g	protein
4%	DV vitamin A
45%	DV vitamin C
0%	DV vitamin D
15%	DV calcium
15%	DV iron
8%	DV potassium

Provides  
**19g of whole grains** per serving

belVita BREAKFAST

## Latte with Creamy Mango belVita Breakfast Toppers

### Ingredients

Makes 1 serving

- 4 belVita Cinnamon Brown Sugar Breakfast Biscuits (1 pack)
- 4 tsp. whipped cream cheese spread
- 1/2 cup chopped fresh mangos
- 1 tsp. dulce de leche
- 3/4 cup fat-free milk
- 3/4 cup hot brewed strong coffee

### Instructions

**Spread** biscuits with cream cheese spread; **top** with mangos. **Drizzle** with dulce de leche. **Heat** milk in small saucepan on low heat, **stirring briskly** and constantly with whisk. **Remove** from heat. **Pour** coffee into large mug; **stir** in milk. **Serve** with topped biscuits.

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

### Nutrition Information

Per serving

400	calories
13g	total fat
3.5g	saturated fat
15mg	cholesterol
370mg	sodium
60g	carbohydrates
4g	dietary fiber
34g	total sugars, includes:
12g	added sugars
12g	protein
25%	DV vitamin A
35%	DV vitamin C
10%	DV vitamin D
20%	DV calcium
10%	DV iron
15%	DV potassium

Provides  
**19g of whole grains** per serving

belVita BREAKFAST



## Double Berry Smoothie

### Ingredients

Makes 1 serving

- 4 belVita Blueberry Breakfast Biscuits (1 pack)
- 1/2 cup frozen unsweetened strawberries
- 1 container (6 oz.) plain low-fat yogurt
- 1 tsp. raw honey
- 1/2 tsp. orange zest

### Instructions

**Crumble** 2 biscuits coarsely; **place** in blender container.

**Reserve** remaining biscuits for later use. **Add** remaining ingredients to blender; **blend**, using pulsing action, until smooth. **Serve** immediately with the reserved biscuits.

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

### Nutrition Information

Per serving

370 calories  
11g total fat  
2.5g saturated fat  
10mg cholesterol  
330mg sodium  
61g carbohydrates  
4g dietary fiber  
34g total sugars, *includes:*  
20g added sugars  
13g protein

6% DV vitamin A  
35% DV vitamin C  
0% DV vitamin D  
35% DV calcium  
6% DV iron  
15% DV potassium

Provides  
**18g of whole  
grains** per  
serving



**belVita** BREAKFAST

## Apple 'n Yogurt belVita Breakfast Topper

### Ingredients

Makes 1 serving

- 4 belVita Cinnamon Brown Sugar Breakfast Biscuits (1 pack)
- 1 container (7 oz.) plain low-fat Greek-style yogurt, divided
- 1 small Granny Smith apple, cut into thin slices, divided
- 1 tsp. honey

### Instructions

**Spread** half of the yogurt evenly onto biscuits. **Top** each biscuit with 2 or 3 apple slices; **drizzle** with honey. **Serve** with remaining yogurt and any remaining apple slices.

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

### Nutrition Information

Per serving

450 calories  
12g total fat  
3g saturated fat  
20mg cholesterol  
290mg sodium  
64g carbohydrates  
5g dietary fiber  
34g total sugars, *includes:*  
16g added sugars  
24g protein

20% DV vitamin A  
8% DV vitamin C  
0% DV vitamin D  
20% DV calcium  
10% DV iron  
10% DV potassium

Provides  
**19g of whole  
grains** per  
serving



**belVita** BREAKFAST



## Breakfast Banana Split

### Ingredients

Makes 1 serving

- 4 belVita Cinnamon Brown Sugar Breakfast Biscuits (1 pack)
- 1/2 banana
- 1 container (6 oz.) plain low-fat yogurt
- 1/4 cup mixed fresh berries (blueberries, raspberries and sliced strawberries)
- 1 Tbsp. chopped walnuts

### Nutrition Information

Per serving

460	calories
16g	total fat
2g	saturated fat
10mg	cholesterol
340mg	sodium
65g	carbohydrates
6g	dietary fiber
32g	total sugars, <i>includes:</i>
13g	added sugars
16g	protein

### Instructions

**Crumble** 1 biscuit coarsely; **reserve** remaining biscuits for later use. **Cut** banana lengthwise in half; **place** in bowl. **Top** with yogurt, berries, crumbled biscuit and nuts. **Serve** with reserved biscuits.

For recipe pairings and a Toolkit of Resources for Professionals, visit [belVitaNutrition.com](http://belVitaNutrition.com).

Provides  
**19g of whole grains** per serving

**belVita** BREAKFAST

## Make-it-Your-Own belVita Breakfast Parfait

### Ingredients

Makes 1 serving

- 4 belVita Cinnamon Brown Sugar Breakfast Biscuits (1 pack), divided
- 1 container (6 oz.) plain nonfat Greek-style yogurt
- 1 tsp. honey
- 1/2 cup chopped fresh pineapple
- 2 Tbsp. toasted sweetened flaked coconut

### Nutrition Information

Per serving

430	calories
12g	total fat
3.5g	saturated fat
10mg	cholesterol
310mg	sodium
62g	carbohydrates
5g	dietary fiber
33g	total sugars, <i>includes:</i>
18g	added sugars
22g	protein

### Instructions

**Mix** yogurt and honey until blended. **Reserve** 1 biscuit for later use. **Coarsely crumble** remaining biscuits. **Place** half the biscuit pieces in 16-oz. jar; **top** with half each of the yogurt mixture, pineapple and coconut. **Repeat** layers. **Top** with reserved biscuit before serving.

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Provides  
**19g of whole grains** per serving

**belVita** BREAKFAST



## Apple 'n Cheddar belVita Breakfast Topper

### Ingredients

Makes 1 serving

- 4 belVita Golden Oat Breakfast Biscuits (1 pack)
- 1 oz. reduced-fat cheddar cheese, cut into 8 slices
- 1 small green or red apple, cut into thin slices

### Nutrition Information

Per serving

370 calories  
14g total fat  
4.5g saturated fat  
20mg cholesterol  
400mg sodium  
51g carbohydrates  
5g dietary fiber  
21g total sugars, *includes:*  
10g added sugars  
12g protein

### Instructions

**Layer** each breakfast biscuit with 2 slices of cheese; **top** with apple slices. **Serve** with remaining apple slices.

4% DV vitamin A  
6% DV vitamin C  
0% DV vitamin D  
20% DV calcium  
10% DV iron  
4% DV potassium

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Provides  
**19g of whole grains** per serving

**belVita** BREAKFAST

## belVita Chocolate Sandwich with Fruit & Nuts

### Ingredients

Makes 1 serving

- 2 belVita Sandwich Dark Chocolate Creme Breakfast Biscuits (1 pack)
- 2 tsp. raspberry spreadable fruit
- 2 tsp. almond butter
- 1 small apple, thinly sliced
- 2 tsp. toasted sliced almonds
- 3/4 cup fat-free milk
- 3/4 cup hot brewed strong coffee

### Nutrition Information

Per serving

460 calories  
17g total fat  
3.5g saturated fat  
<5mg cholesterol  
230mg sodium  
70g carbohydrates  
7g dietary fiber  
41g total sugars, *includes:*  
18g added sugars  
13g protein

### Instructions

**Top** biscuits with spreadable fruit, almond butter, a few apple slices and nuts. **Heat** milk in small saucepan on low heat, **stirring briskly** and constantly with whisk. **Remove** from heat. **Pour** coffee into large mug; **stir** in milk. **Serve** with topped biscuits and remaining apple slices.

15% DV vitamin A  
6% DV vitamin C  
10% DV vitamin D  
25% DV calcium  
20% DV iron  
15% DV potassium

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Provides  
**15g of whole grains** per serving

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