

Family Mealtime on Studio 5

MAKING BREAKFAST A FAMILY MEALTIME

LIVE WELL UTAH
ON STUDIO 5

Join Live Well Utah blog editor Marta Nielsen as she talks with Brooke Walker of Studio 5 about Family Mealtime, and demonstrates some breakfast recipes from the Live Well Utah Cookbook, Family Mealtime Edition.

Did you see us on Studio 5? If you missed the show, you can watch the clip here. We have also posted the full recipes for the veggie frittata, granola, and overnight oats with all the variations.



Family Mealtime // Crispy

Granola 3 Ways

Family mealtime can be anytime- why not at breakfast? Mix up some delicious granola on the weekend for a fast and easy weekday family breakfast option. Use your family's favorite mix-ins, or try one of our suggested variations.