

Quick and Easy Breakfast Ideas

- Toast a bagel and spread cream cheese on top. Eat with a hard-boiled egg and a side of fruit
- Add some granola, nuts, fruit, and chocolate chips to your yogurt cup
- Mix eggs, chopped veggies and shredded cheese for an omelet, cook on medium high heat in a non-stick sprayed pan until fully cooked. Eat with toast.
- If you're on the go, use a microwavable Just Crack an Egg cup, grab a fruit cup on the way out the door.
- Cook an apple cinnamon oatmeal packet following the directions on the back, add nut butter and milk. Top it off with more fruit, nuts, or any toppings you may want.
- Grab some Honey Nut Cheerios (or any cereal), add your milk and mix in fresh fruit (banana, blueberries, strawberries, etc.)
- Prepare your favorite pancake mix and store in an old squeeze bottle. Keep in the refrigerator for up to 5 days, and when you want pancakes, squeeze out batter into a hot buttered skillet, and sprinkle in some fresh fruit, nuts or chocolate chip.
- Buy or make muffins ahead of time, eat with a scrambled egg and orange slices
- Smash an avocado on toast, top it with a fried egg and tomato slices
- Choose your favorite granola bar, cut up an apple into slices, and eat both with nut butter
- Make a peanut butter sandwich and serve with a piece of fresh fruit

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- Don't overlook fast food! It's an option, and certainly better than skipping a meal. Breakfast sandwiches are a more filling option.
- Top frozen whole-grain waffles with berries, maple syrup, and a dollop of yogurt.
- Top a couple slices of bread with mustard, hard boiled egg, a slice of cheese, a slice of tomato and toast until crispy
- Spread an English muffin with peanut butter; top with a sliced banana and drizzle with honey. Serve with a hard boiled egg or two, if desired.
- Try a frozen breakfast meal! Look for frozen breakfast sandwiches or burritos, which are perfect paired with a piece of fresh fruit to make it more filling.
- Make your own "instant" oatmeal. Combine ½ cup rolled oats, chopped nuts, cinnamon, dried fruit and a dash of salt in a zip-top bag. When it's time to cook, add ½ milk and microwave for 1-2 minutes. Mix and match toppings to find your favorite combination.
- Make freezer smoothie bags. Fill sandwich-sized zip-top bags with 1 ½ cup fresh or frozen chopped fruit, and any of the following mix-ins you like. In the morning, pop the contents of the bag into a blender with 1 ½ cups dairy of choice and blend.
 - o Handful of spinach or kale
 - o Hemp hearts or chia
 - o Avocado
 - o ½ teaspoon vanilla extract
 - o Nut butter
 - o 1/4 teaspoon spices, like ginger, cinnamon or turmeric
 - o 1-2 tablespoons cocoa powder
 - o A scoop of protein powder
 - o A handful of rolled oats
 - o ¼ - ½ cup plain yogurt