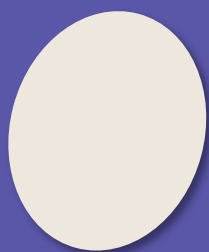


# BREAKFAST IDEAS

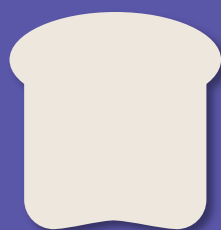
An easy way to help make breakfast simple, quick, and stress-free! Always have a few “breakfast bases” on hand that can be prepared in minutes and are high in fiber and/or protein. Just add your favorite “add-in” for a boost of flavor and nutrition. Breakfast is ready!

## BASE



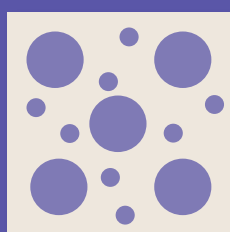
### Eggs

Scrambled or Omelet-Style



### Whole Grains

Waffles, Bagels, or Toast



### Dairy

Yogurt or Cottage Cheese



### Oatmeal

## ADD-INS

### VEGGIES

Peppers, mushrooms, onions, and more. Frozen or fresh, veggies for breakfast are a great way to start the day!

### GRAINS

Wrap up eggs in a whole-wheat wrap. Add salsa and beans to make it burrito style!

### DAIRY

Add cheese or stir in milk for creaminess. Go low-fat or fat-free to lower the calories and saturated fat.



Eggs can be made even faster in the microwave. Click [here](#) or visit [www.incredibleegg.org](http://www.incredibleegg.org) and search “microwave” to learn how!

### FRUIT

For waffles, try microwaved frozen fruit instead of syrup. The fruit will be in a sweet liquid that you can drizzle on!

### NUTS/ SEEDS

Nut and seed butters are more filling and nutritious than butter or cream cheese. Peanut butter and bananas make a great combo!

### DAIRY

Have you ever tried cottage cheese on toast? You can make it sweet with fruit and honey or savory with tomatoes and avocado!



“Whole grain” should be listed as the first ingredient. Try bagel thins or ½ of a bagel. Modern-day bagels are super-sized!

### FRUIT

Any fruit works! Cut up fresh, swirl in applesauce, add canned, or microwave frozen fruit.

### NUTS/ SEEDS

A sprinkle of nuts like almonds, walnuts, and others can add healthy fat and protein.

### GRAINS

Add a favorite crunchy cereal or granola! Try to find brands without added sugar.



For yogurt, go Greek for added protein. It’s best to select plain yogurt over sugary flavored versions. Add flavor & sweetness with add-ins!

### FRUIT

Try cooking dried fruits with oatmeal. They become soft and delicious!

### NUTS/ SEEDS

You can spoon and swirl in nut and seed butters too. They melt right into warm oatmeal!

### DAIRY

Make oatmeal with 2% or fat-free milk. You can even add in yogurt to make it extra creamy!



Go for plain oatmeal rather than flavored oatmeal packets. Like with yogurt, the flavor comes from the add-ins.

Don’t forget the

## DRINK

**WATER** Add flavor with a splash of juice or fresh fruit.

**MILK** This provides kids with additional protein, calcium, and vitamin D. Lactose intolerant or milk allergy? Try fortified plant-based milk (soy, almond, cashew etc.) instead!

**JUICE** 100% fruit juice. Limit to 4 to 6 ounces of juice per day due to the sugar and calorie content.

