

# Bring Some Energy Back with Breakfast!

Many people skip breakfast, either because they don't feel hungry in the mornings or they don't have enough time. Eating breakfast is a wonderful way to jump-start your morning and avoid an energy slump later in the day. Check out these tips to help fit a healthy and simple breakfast into your daily meal plan!

## Not hungry in the morning?

Start with something small and easy, like a small glass of milk or a drink that is half milk, half coffee/tea. Once you get into the habit of eating in the morning, your body will adapt.



Try a carbohydrate-protein combo, like a 6-ounce Greek yogurt cup or one slice of toast with peanut butter.



Pack a breakfast to go and enjoy it mid-morning while at work. This can be as simple as a piece of fruit with a granola bar, a piece of string cheese, or a packaged yogurt parfait.



Try a pre-made drinkable yogurt or make your own smoothie.



## Running short on time?

Quick oats are simple and easy. Make them on the stovetop in the microwave. For added nutrition, use milk instead of water, add fruit and/or nuts as a topping, and add a drizzle of honey.



Instead of syrup, top a waffle with Greek vanilla yogurt and freshly sliced strawberries or bananas.

## Looking for make-ahead breakfast options?



Breakfast muffins can be made on the weekend or on a day off. Store in the freezer with resealable storage bag. Grab one and thaw or microwave for 30 seconds. Take it with you on your way out the door on busy workdays.

## Simply Baked Egg Muffins



Bake egg muffins by first scrambling up 4 eggs, 1/4 cup milk and 2-3 tbsp shredded cheese. Then, pour into 6 muffin cups coated with non-stick cooking spray, and bake for 20 minutes.



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