

Healthy Breakfast Ideas



Quick and Easy Microwave Granola

Make this granola on the weekend, and it will be ready for a quick breakfast. You can enjoy it with milk or yogurt.

Rolled oats	6 cups
Chopped walnuts	2 cups
Wheat germ	1 cup
Brown sugar	½ cup
Honey	¾ cup
Vanilla extract	1 Tbsp
Dried fruit	½ cup



(Note: Depending on your microwave, you may need to stir it at the end of each minute to keep the mixture from burning.)

1. Put the granola in a microwave safe bowl and microwave on high for 3-5 minutes.
2. Add the walnuts (or other nuts), and microwave on high for 1-2 minutes.
3. Stir in the walnuts, then add the wheat germ. Microwave on high for 1 minute.
4. Stir in the wheat germ, then add the brown sugar and honey. Microwave on high for 1-2 more minutes.
5. Take the mixture out of the microwave. Mix the brown sugar and honey. Allow to cool. Stir it occasionally to keep it from clumping.
6. When cool, add the vanilla and mix well. (You can substitute almond extract for a nutty, cherry flavor!)
7. Add ½ cup of your favorite dried fruit. You can use raisins, dried cherries, or chopped dried apples. The choice is yours!!
8. Store in an airtight container to enjoy all week.

Breakfast Burrito

This will take a few minutes to make, but it is a good way to start your day with some protein, dairy, and whole grain.

Egg(s)	1 large or 2 medium OR ¼ cup egg substitute
Milk	1 Tbsp
Shredded cheese	1 Tbsp
Salt	To taste
Cooking oil	1 tsp
Avocado-peeled and pitted	½ avocado
Whole wheat tortilla	1 (10 inch)
Cottage cheese	2 Tbsp
Salsa or ketchup	To taste



1. In a bowl, beat together the eggs, milk, and cheese. Season with salt.
2. Add the oil to a pan and heat. Add the egg mixture. Cook and stir until scrambled.
3. Mash the avocado and season with salt if desired.
4. Place the tortilla on a microwave safe plate and heat just until warm. (It will probably take less than ten seconds on high.)
5. Spread mashed avocado on one side of the warmed tortilla. Layer with cottage cheese and scrambled eggs.
6. Roll into burrito and eat with salsa or ketchup.

Breakfast Smoothie

When you are in a hurry, you can make this smoothie and drink it on the way to work!

Milk, soy milk, or yogurt	½ cup
Rolled oats	¼ cup
Wheat germ (optional)	1 Tbsp
Frozen strawberries	7 whole
Banana	1 small
Vanilla extract (optional)	¼ tsp
Sugar (optional)	¾ tsp



1. Put all ingredients into a blender. Blend until smooth.

Healthy and Quick Breakfast Ideas

Excerpted from Eat Right, Even When There's No Time

-- By Liz Noelcke,

Breakfast is the most important meal of the day. Why? You have just spent eight hours with no food or water. You're dehydrated, your blood sugar is low and you have little energy. And now it's time to hurry the kids off to school before the eight-hour workday. More than any other point in the day, you need nourishment. Right now!

Plus, eating breakfast can help you lose weight. Those who skip breakfast tend to snack throughout the day on unhealthy, high-calorie foods. Breakfast eaters usually cruise until lunch, while beaming with energy.

Here are some of our favorites quick and healthy breakfast ideas:

- Make a casserole the night before. Put it in the microwave when you wake up. It will be ready to go when you are.
- Include complex carbohydrates, such as whole-wheat toast and bagels. Spread peanut butter and raisins on top of either for added flavor.
- Bake bran muffins early in the week and grab one or two each morning. Or find a local bakery that has healthy varieties.
- Make waffles Sunday morning and freeze the leftovers. You can put them in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain waffles.
- How about a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you're on your way.
- Don't forget cold cereal. Not those covered with sugar, but the healthy kinds. Items such as Shredded Wheat or Cheerios are good choices.
- Do you love eggs, but have high cholesterol or worry about saturated fat? Use the egg white or an egg substitute. This will cut out a lot of the "bad" stuff, but still give you a dose of protein
- Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. Another option is a small bag of finger foods, such as a mixture of granola and grapes.

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