



## **6 Breakfast Ideas NOT Found in a Cereal Box**

Eating breakfast is so important because it refuels your body, giving you the much needed energy to have a productive day. Not only your muscles need energy, but so does your brain: your productivity, concentration, and coordination can all be enhanced with a good breakfast. Plus, eating breakfast can curb your appetite, reset your metabolism, and give you an additional opportunity to get your needed vitamins, minerals, fiber, protein, and fruits to round out your balanced diet.

An ideal breakfast should include a mix of protein, fiber, complex carbohydrates, and a small amount of fat. These take longer to digest than simple carbohydrates, letting you feel full and satisfied longer.

A healthy breakfast does not have to look like breakfast at all. Here are 6 ideas not found in a cereal box.

- 1) Roll up a whole wheat tortilla spread with cream cheese and sliced or smashed fruit. (I like strawberry cream cheese with sliced strawberries or smashed blueberries!) Enjoy this with a glass of milk.
- 2) A granola bar (or loose granola) with yogurt, berries, and a few almonds.
- 3) A scrambled egg with cheese and salsa rolled into a corn tortilla. Enjoy this with a glass of orange juice.
- 4) A peanut butter and banana (or any fresh fruit) sandwich on whole wheat bread with a glass of milk. (This sandwich could be left open faced, or rolled in a whole wheat tortilla.)
- 5) A turkey, cheese, and avocado sandwich on either whole wheat bread or tortilla.
- 6) A cheese quesadilla on either a corn or whole wheat tortilla with a pear.

Even eating half a sandwich for breakfast and the other half as a late morning or mid-afternoon snack gives you the benefits of starting the day with a nutritious breakfast and fueling your body with good food. Enjoy eating breakfast outside the box.