

Building a Balanced Breakfast

When it comes to breakfast, the magic number is **3**. Combining **at least 3 food groups** at this meal will give you the energy and nutrients you need to fuel your day.

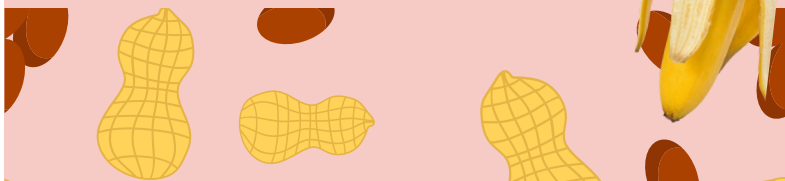
Egg Salad Toast

1 slice of whole-wheat bread
2 hard-boiled eggs, peeled and chopped
1/4 cup guacamole
Combine the eggs and guacamole in a bowl. Spread on top of toast.
Toppings: Hot sauce, salsa, sliced tomato



Banana Nut Roll

1 whole-grain tortilla
1 banana
1 Tbsp. almond or sunflower butter
Spread tortilla with nut butter. Add banana and roll-up. Eat with an 8oz. glass of low-fat milk or soy milk



On-the-Go Berry Parfait

6 oz. Greek vanilla yogurt
1 cup berries
1/4 cup Grape Nuts cereal

Layer in a jar with lid. You can make this the night before so it's ready to grab and go.



Make Ahead Oatmeal

Make the following oatmeal recipe the night before. Pop in the microwave with a splash of milk. Enjoy!



Build Your Oatmeal Base

Ingredients:

- 1 cup old fashioned oats
- 2 cups low-fat milk or higher protein plant milk
- 1 ripe banana, peeled and cut into pieces
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Directions:

Add oatmeal, milk and banana to a medium-size saucepan. Over medium heat, bring to a simmer, reduce heat and cover (allow a slight opening of the lid to prevent boiling over) and cook for 5 minutes, stirring occasionally. Remove from heat and stir in vanilla and cinnamon.

Servings: 2

Topping Suggestions: Greek yogurt, almond or peanut butter, nuts, dried fruit, chopped apples, berries, coconut, chia seeds, hemp seeds, ground flax seeds

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