

Breakfast Recipes Page 2

Avocado Toast with Egg

Ingredients	Instructions
1 slice whole grain bread	1. Toast the bread and mash the avocado onto it.
½ avocado, mashed	2. Top with the fried or poached egg and season with salt and pepper.
1 egg, fried or poached	
Salt and pepper to taste	

Cinnamon Apple Oatmeal

Ingredients	Instructions
½ cup old-fashioned oats	1. Combine oats, milk, diced apple, and cinnamon in a small pot over medium heat.
1 cup skim milk or water	2. Cook for 5-7 minutes, stirring occasionally, until oats are tender.
1 small apple, diced	3. Sweeten with a drizzle of honey, if desired.
½ teaspoon cinnamon	

Scrambled Eggs with Veggies

Ingredients	Instructions
2 eggs	1. Heat oil in a small skillet over medium heat.
1 cup frozen mixed vegetables, thawed	2. Add veggies and sauté for 2-3 minutes.
1 teaspoon olive oil	3. Whisk eggs, then pour into skillet. Stir constantly until eggs are cooked through.
Salt and pepper to taste	

Berry Smoothie

Ingredients	Instructions
1 cup frozen mixed berries	1. Combine all ingredients in a blender and blend until smooth.

1 cup skim milk or unsweetened almond milk	2. Serve immediately.
½ banana	
1 teaspoon honey (optional)	