

HEALTHY BREAKFAST IDEAS



1

SPICED PEANUT BUTTER AND BANANA ROLL-UP

Spread all natural nut butter on a whole grain tortilla, and place a peeled banana at one edge of it. Sprinkle with cinnamon, then roll it up for a nutritious and portable meal.



2

PUMPERNICKEL TOAST WITH HUMMUS AND SUNFLOWER SEEDS

Toast up two slices of pumpernickel or whole grain bread, spread with hummus, and sprinkle with sunflower seeds for a uniquely savory breakfast filled with healthy fats. Using flavored hummus, such as roasted red pepper, makes for an even more delightful treat.



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3

BERRIES AND CREAM ENGLISH MUFFIN SANDWICH

Slice an english muffin in half, spread with a bit of greek yogurt, top with berries such as raspberries or blueberries, and drizzle with honey for additional antioxidants and a boost of sweetness.



4

QUICK MUESLI

In a plastic baggie, combine 1/2 cup of plain rolled oats with a handful of nuts and a handful of unsweetened dried fruit. This tasty, fiber filled breakfast will be sure to keep your taste buds entertained during your commute.



5

GREEK YOGURT WITH PISTACHIOS AND HONEY

The Greeks knew what they were doing when they paired honey with their yogurt. Sprinkle with pistachios and you've got yourself a healthy, high protein, portable, and delicious version of baklava.



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6

WHOLE GRAIN BAGEL WITH TAHINI AND SMOKED SALMON

Spread half a bagel with tahini, and top with smoked salmon. Easy to hold in one hand and full of fiber and beneficial omega-3 fats, this spin on a classic brunch food makes a delicious meal to travel with.



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7

SWEET POTATO WITH ALMOND BUTTER AND CINNAMON

I know this sounds odd, but trust me on this one; nut butter with sweet potatoes is a winning combo for both your body and your taste buds. Microwave your sweet potato the night before, and in the morning, split it down the center with a knife, stuff with almond butter, and add touch of cinnamon. It even great cold!



8

PEANUT BUTTER YOGURT WITH FRESH FRUIT

Mix a couple spoonfuls of natural peanut butter and some natural sweetener into a 6 ounce container of plain Greek yogurt. It will thicken up and taste rich and decadent, almost like peanut butter cheesecake. Eat it with a piece of fresh fruit for a sweet and satisfying meal.



9

TOAST WITH COTTAGE CHEESE AND TOMATO

Top slices of toast with cottage cheese, cherry tomatoes, and salt and pepper. This quick, savory breakfast will leave you satisfied for hours.



10

PUMPKIN PIE GREEK YOGURT

Take a container of plain Greek yogurt, and add a heaping spoonful of unsweetened pumpkin puree. Sweeten with a bit of honey, and spice it up with cinnamon or pumpkin pie spice; it's like clean pumpkin pie you can eat with a spoon! Just add a handful of nuts and you've got yourself a balanced meal.





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