

## **Quick Breakfast Ideas for a Family on the Go**

### **Quick Breakfast Ideas:**

If you are in a rush in the morning and want a healthy breakfast other than cereal, try these ideas:

- Try school breakfast, most Idaho schools offer a healthy breakfast at a low cost.
- Yogurt, fruit, and granola parfait.
- Tortilla with cheese and meat (use your leftover meat from the previous night's dinner).
- Whole wheat English muffin or toast with peanut butter.
- Egg scramble with veggies, meat, and cheese (make an egg casserole the night before, just heat and serve).
- Egg sandwiches (use whole grain English muffin, bagel, or toast)

### **Here's a great, healthy recipe for a delicious breakfast burrito:**

Scrambled Eggs

Cheese

Potatoes (frozen hash browns)

Beans (black beans, pinto beans, kidney beans, etc)

Veggies (tomatoes, broccoli, shredded carrots, onions, green peppers)

Salsa

Whole Wheat Tortilla

Scramble eggs, add cheese, potatoes, beans and veggies. Combine all ingredients inside a whole wheat tortilla and top with salsa.

Serve with low-fat milk and fresh fruit on the side.