**Balanced Breakfast Ideas**

Whether you are just beginning to incorporate breakfast into your routine or have been doing it for years, these tips may help inspire you to shake things up! For easy to clean, one-dish breakfast ideas, try thinking about bowls and combinations of foods from multiple food groups that complement each other. These types of meals offer lots of room for creativity!

**How to Build a Balanced Breakfast:**
- Always include a source of protein. (Lean protein or low-fat dairy)
- Choose at least 3 of the 5 food groups.
  - Lean Protein, Low-Fat Dairy, Fruit, Vegetable, or Whole Grain

**Recipes:**

**Berry Overnight Oats:** ½ cup oats + ½ cup low-fat milk* + ½ cup frozen berries + 1 Tbsp chia seeds + ½ tsp vanilla extract (combine, let soak in fridge overnight)

**Banana Cocoa Overnight Oats:** ½ cup oats + ½ cup low-fat milk* + 2 Tbsp low-fat yogurt + 1 tsp cocoa powder + ½ sliced banana + 1 tsp honey (combine, let soak in fridge overnight)

**Classic Oatmeal:** ½ cup cooked oats + 1 cup low-fat milk* + ½ cup blueberries

**Granola Parfait:** ½ cup plain low-fat yogurt + ½ cup granola + ½ cup seasonal fruit + 1/8 cup chopped walnuts

**Sunshine Smoothie:** ½ cup low-fat yogurt + 1/3 cup frozen mango + 1 orange + 1 Tbsp ground flaxseeds

**Super Smoothie:** 1 cup low-fat milk* + 1 frozen banana + ½ cup low-fat plain yogurt + 1 Tbsp nut butter + 1 Tbsp ground flaxseeds + 1 Tbsp avocado

**Pea Protein Smoothie:** 1 cup low-fat milk* + ¼ cup frozen peas + 1 orange, chopped + ¾ cup frozen mangos + 1 cup spinach + 2 Tbsp lime juice

**Green Smoothie:** ½ cup low-fat yogurt + ¼ cup low-fat milk* + 1 cup baby spinach + 1 frozen banana + ½ cup frozen pineapple + 1 Tbsp chia seeds

**Avocado Toast:** 1 slice whole grain toast + 1 fried egg + ½ avocado

*or milk alternative
**Cottage Cheese Bowl:** ½ cup cooked oats + ½ cup cottage cheese + ½ cup seasonal fruit + 1/8 cup sliced almonds

**Banana Toast:** Whole grain toast + nut butter + sliced banana + low fat yogurt on the side

**English Muffin:** 1 whole grain English muffin + 1 fried egg + 1/8 cup shredded mozzarella cheeses + 2 Tbsp pesto + 1 slice tomato

**Omelet:** 2 egg omelet + 1 sliced apple + 1 slice whole grain toast

**Vegetarian Breakfast:** ½ cup scrambled tofu + ½ cup kale & chopped red peppers + ½ cup leftover roasted potatoes + 1 cup low-fat milk* to drink

**Scrambled Eggs:** 2 scrambled eggs + 1/3 cup spinach + 1/3 cup salsa + 1 slice whole grain toast

**Harvest Breakfast Bowl:** ½ cup cooked wheat berries + ½ cup low-fat yogurt + 1/8 cup pumpkin seeds + 1/3 cup diced apples + 1 tsp cinnamon + 1 Tbsp honey

**Kasha Bowl:** 1/3 cup cooked kasha (buckwheat groats) + 1 cup low-fat milk* + ¼ cup chia seeds + 1 Tbsp peanut butter + ½ cup sliced bananas & strawberries + 1/8 cup pecans (let sit 15 minutes before eating)

**Quinoa Bowl:** ½ cup cooked quinoa + 1 fried egg + 1 cup sautéed tomatoes, onions, kale

**Rice Bowl:** ½ cup cooked, seasoned rice + ½ cup frozen, chopped spinach + 1 fried egg + hot sauce + ¼ cup shredded low-fat cheese

**Coconut Millet Bowl:** Combine 1/3 cup millet in ½ cup low-fat milk*, ¼ cup water, ¼ tsp cinnamon, ½ tsp vanilla, pinch of salt and cook for 25 minutes without stirring. Add ½ cup almonds + ½ cup berries + 1 Tbsp honey and top with unsweetened coconut flakes.

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*or milk alternative  

Updated 7/17/2017