Quick & Healthy Breakfast Ideas

Classic Cereal and Banana. Top Cheerios with sliced banana and low-fat milk.

Fruit and Yogurt Parfait. Layer yogurt, strawberries, and reduced-fat granola or Grape Nuts cereal in a glass.

Winter Oats and Berries. Sprinkle fresh or frozen blueberries and cinnamon over warm oatmeal.

PB to Go. Spread peanut butter and raisins on multi-grain bread.

Peaches & Cream. Serve peach slices with low-fat yogurt and whole-grain toast.

California Sunrise. Whole grain muffins with orange segments


French Toast with Melon. Prepare French toast with whole-grain bread. Serve with cantaloupe slices.

Bagel with Cream Cheese. Spread a thin layer of light cream cheese on a whole-grain bagel. Top with fruit preserves or a pineapple ring.

Eggs & Fruit. Scramble an egg with a little reduced-fat cheese. Serve with grapes and an English muffin.

Autumn Apple & Cinnamon Pita. Fill a whole-grain pita with apple slices, low-fat cottage cheese, and a sprinkle of cinnamon.

Breakfast Goody Bag. In a zip-top bag, combine ready to eat cereal, dried fruit and nuts. Wash it down with a cup of 100% grape juice.