

ON THE GO!

It's possible to save time and still eat breakfast



Other Fast Breakfasts:

For a great breakfast template, follow **MyPlate**.

Or make **fruit** the star of your plate, add a **whole grain**, and follow up with a bit of nonfat **dairy** or lean **protein**.

Here are some speedy **ideas** to get you started.

- Layer fresh fruit, nonfat plain yogurt, and whole grain cereal in a travel mug for a **breakfast parfait**.
- Make a **breakfast pocket** by scrambling egg whites with fresh tomatoes and peppers. Stuff the whole thing into a whole grain pita.
- Combine a whole wheat English muffin with slices of fresh fruit and a smear of nut butter for a sweet **breakfast sandwich**.

Recipe: Speedy Oatmeal with Raisins

Ingredients: 1/3 cup rolled oats, 2/3 cup water, 1/4 cup raisins, and a dash of cinnamon.

Directions: Place all ingredients in a 2-cup microwaveable container. Microwave on full power until bubbly and thick, about 3 minutes. Serve with 1 cup of skim milk.

Nutrition Information: 319 calories, 3 grams of fat, 5 grams of fiber, 35 grams of sugars, and 14 grams of protein.

Quick Tip: Pour the oatmeal into a travel mug and grab a spoon for a speedy meal on the go.

