

Quick and Easy Breakfast

Article

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Oneonta State Athletics

Easy to Make Breakfast's and On-The-Go Breakfast Ideas – Even in the dorms

- Cereal with Fruit and Yogurt
 - 1cup of low-fat or non-fat yogurt, serving of fruit
 - 1 cup low-fat or non-fat milk, 1-2 handfuls of cold cereal
- Cereal with Walnuts, Toast, Fruit and Milk
 - 1 tablespoon unsweetened jelly or jam, 1 serving of bread of your choice
 - 1 table spoon of walnuts, 1 cup low-fat or non-fat milk, 1 serving of fruit, 1 handful of cereal
- Egg Wrap
 - 2 large eggs (scrambled with cheese and microwave until firm – about two minutes), 1 whole-wheat tortilla
- Whole-Grain Waffle with Fruit or Peanut Butter
 - 1-2 frozen waffles with 2 tablespoons of peanut butter
- Fruit Shake
 - 1/4cup 100% fruit juice, 1 cup frozen strawberries or blueberries, 4 ice cubes, 1 cup low-fat or non-fat milk
- Fruit Protein Shake
 - 1 scoop protein powder, ½ medium banana, 3 ice cubes, 4 ounces low-fat or non-fat milk
- Fruit or cereal bars
- Oatmeal with Milk and Fruit
- String cheese
- Hard-boiled eggs
- Bran Muffin plus vanilla yogurt
- Two slices of last night's left-over pizza
- Peanut butter-banana-honey sandwich

