

Healthy Eating: No-Cook Breakfast Ideas¹

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Sometimes we get up and don't feel like cooking breakfast. For those days, here are a few no-cook breakfast ideas. Add a healthy beverage, such as a glass of low-fat milk or 100% fruit or vegetable juice for a complete meal.

- Whole-grain cereal with low-fat milk topped with berries and banana slices.
- A fruit smoothie made with one cup of low-fat milk or half a cup of low-fat plain yogurt and a cup of fresh or frozen fruit.
- Half a cup of low-fat yogurt or cottage cheese topped with your favorite fruit and chopped walnuts or low-fat granola.
- Six whole-grain crackers topped with peanut butter or low-fat cheese.
- A fruit salad and a granola bar.
- Half a whole-wheat bagel with low-fat cream cheese and strawberry slices.
- Two celery stalks with peanut butter and raisins or other dried fruit on top.



Figure 1. Blend frozen fruit with low-fat milk or yogurt to make a thick and cold fruit smoothie with no ice needed.

Credits: Jim Thorpe, <http://bit.ly/GDHKUB>

- Hummus on a whole-wheat pita and a piece of fruit.
- Half a cup of sugar-free vanilla pudding mixed with strawberries or cherries.
- An English muffin sandwich with mustard, lean ham, and a slice of low-fat cheese.

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