

## ***Breakfast • 4 minutes, only 400 calories***

- Grab & Go: high fiber chewy bar, drinkable yogurt and an apple.
- Meaty burrito: one whole-wheat tortilla with four slices of deli ham or roast beef and a mozzarella cheese stick. Microwave 30 seconds, wrap while warm and take on the road. Have a pear too!
- Smoothie-licious: In a blender, combine 1 cup frozen strawberries, 1 banana, 8 ounces of French vanilla yogurt and 4 ounces of skim milk. Whip it and serve in travel mug.
- Western bagel with Laughing Cow cheese, orange.
- Baker's breakfast cookie, single-serve milk chug.
- Breakfast-in-a-bag: Blue Diamond Cinnamon-Brown Sugar almonds, dried cranberries, Kashi Autumn Fields cereal. Mix and pre-portion ahead of time in snack-size bags. Serve with chilled or warmed vanilla soymilk.
- Granola parfait: ½ cup fruit & nut granola + a 100 calorie yogurt + ¾ cup fresh or frozen and thawed berries
- Breakfast taco: ¼ cup reduced fat shredded Cheddar cheese on a whole wheat flour tortilla. Microwave 30 seconds; roll while warm. Add salsa and lettuce, if desired. Serve with tomato juice.
- Banana Dog: One Flatout Light Original Wrap smeared with 2 tablespoons peanut butter, top with a whole banana; wrap and go.
- Instant Oats & More: Microwave ½ cup Hy-Vee quick oats and ¼ cup frozen or dried blueberries in 1 cup water for 1-1/2 to 2 minutes; stir in ¼ cup walnuts; sprinkle with sugar and cinnamon.

