

# Breakfasts

## Easy French Toast

- Lightly scramble one egg with  $\frac{1}{4}$  cup milk in a shallow bowl.
- Dip two slices bread in egg mixture, poking with a fork to allow egg to soak in.
- Lift bread carefully and place in warm frying pan. If it's nonstick, you don't need to oil the pan.
- Cook for a minute or so on each side, until the egg is cooked through.
- Top with frozen-but-thawed berries and nut butter or yogurt.
- Add a drizzle of honey and/or cinnamon if desired. Freeze any leftovers.

## Huevos Rancheros (Mexican-style Eggs)

- Whisk two eggs together in a microwaveable bowl and top with a wet paper towel.
- Cook on high for 30 seconds, stir, and cook for 20 more seconds.
- Add fresh or leftover veggies, salsa, and a pinch of cheese and/or small scoop of plain yogurt.
- Add hot sauce if desired. Wrap in tortilla.

## Oatmeal with Berries

- Mix  $\frac{1}{3}$  cup oats with  $\frac{2}{3}$  cup water in a deep bowl.
- Cover with paper towel and microwave for 30-second intervals until water has soaked in and oats are tender. Watch the bowl carefully to avoid spillover. Add a splash of milk or yogurt if desired.
- Top with frozen-but-thawed (or warmed) berries, nut butter, and cinnamon.

## "Baked" Apple and Whole-grain Toast

- Chop an apple and sprinkle it with cinnamon in a microwaveable bowl or mug.
- Cook on high for two minutes.
- Allow to cool slightly before eating with a slice of toast, topped with nut butter.

## Overnight Oatmeal

- Combine  $\frac{1}{2}$  cup yogurt and  $\frac{1}{4}$  cup oats in a bowl or covered plastic container.
- Top with frozen berries. Place in refrigerator and leave overnight, covered. In the morning the oats will have absorbed the moisture from the yogurt and berries, so no cooking is required.
- Eat warm or cold with a dollop of nut butter and cinnamon.