OH NO! I’M LATE!

You overslept again, your kids are moving slowly, you need to be out the door in 15 minutes and you haven’t eaten breakfast yet! What’s a mom to do? Fortunately a healthy breakfast is only 10 minutes away, leaving you 5 minutes to search for your toddler’s missing left shoe...again.

Breakfast is the most important meal of the day and is shown to help with, “brain function, attention span, concentration and memory...Eating breakfast can reduce irritability and tiredness.”

Here are 5 easy breakfast ideas that are nutrient packed and quick to put together:

1. **Loaded Bananas Roll-up**: Microwave a whole-wheat tortilla for 10 seconds. Spread peanut butter and honey on the tortilla. Put the banana on the tortilla with some raisins. Roll it up, grab a glass of milk and you’re ready to go!

2. **Breakfast Pizza Melt**: You’ll need a scrambled egg, half an English muffin, spaghetti sauce, and mozzarella cheese. Put it all on the muffin and microwave for 30 seconds or until the cheese is melted. Serve with an apple for a complete breakfast.

3. **Green Pepper Eggs & Ham**: Slice a green pepper into ½ inch round strips. In a frying pan with olive oil in it, put the green pepper strips and then crack an egg into the green pepper. Sprinkle salt and pepper on top. Cut/tear lunch meat ham into little pieces and sprinkle those on top of the egg as well. Flip the pepper ring over and cook for 30 more seconds. Adding a piece of whole-wheat toast makes this a protein and energy packed way to start your day.

4. **Yogurt Parfait**: For an easy and fancy breakfast that can be eaten on the go, pour 6oz of a low-fat vanilla yogurt into plastic cup. Top with fresh fruit, granola, or even peanut butter. Stick a plastic spoon in it and you have a completely disposable breakfast ready to go in under 10 minutes.

5. **Scrambled Eggs**: Don’t forget about the easiest breakfast of all: eggs! Eggs are high in protein and take less than 5 minutes to make. By adding some cheese, salsa, or even spinach you turn boring eggs into a delicious and colorful breakfast.