

Heart Smart Breakfasts and Snacks

Enjoy items below with a glass of unflavored milk and/or a fruit.

Eggs:



- Breakfast burrito: 1 small whole wheat tortilla, 2 scrambled eggs/egg whites, cheese and veggies
- Veggie and cheese omelet: 2 eggs/egg whites, cheese and veggies in an omelet with whole grain toast
- Hardboiled egg with a small salad tossed in a light vinaigrette

Nuts:



- Fruity and nutty oats: Toss 2 tablespoons of dried fruit (raisins, cranberries, dates, figs) and ¼ cup nuts into oatmeal
- Trail mix: Mix together 1 cup whole grain cereal, 2 tablespoons dried fruit, ¼ cup nuts (can also add 1 tablespoon of dark chocolate chips)
- Fruit and Nuts: Pick a fruit (apple, banana, orange) and pair with ¼ cup (handful) of your favorite nuts (walnuts, pecans, almonds) or nut butter (peanut, almond, sunflower)

Vegetables:



- Fresh veggies (tomatoes, bell peppers, cucumbers, celery, carrots) with hummus, salsa, guacamole or cheese/cottage cheese
- Steamed veggies (broccoli, cauliflower, carrots) with olive oil and light seasoning
- Steamed edamame (soybeans)
- Avocado with salt/pepper
- Small lettuce salad topped with fresh veggies and a light vinaigrette, may also add nuts



Lean Protein:



- Turkey/Ham Lettuce Wrap: Wrap 1 to 2 slices lean turkey or ham and 1 slice of cheese in lettuce
- Tuna, salmon or chicken salad: Mix 2 ounces water packed tuna, salmon or chicken with 1 tablespoon of Greek yogurt, diced bell peppers or cucumbers, onion and relish (pickles)
- Bean Burrito: 1 small whole tortilla, $\frac{1}{4}$ cup cooked beans, sprinkle cheese and 2 tablespoons salsa

Dairy and Fruit:



- Berry-banana "ice cream" – blend 1 carton of Greek yogurt, $\frac{1}{2}$ frozen banana, $\frac{1}{2}$ cup frozen berries with $\frac{1}{4}$ cup milk
- Fruit and cheese: cubed or string cheese with fresh fruit (grapes, berries, melon)
- Cottage cheese with fruit (peaches, berries)
- Fresh skim mozzarella or feta/goat cheese with fruit (melon)
- Smoothie: Blend 1 container yogurt with 1 cup fresh or frozen fruit and 8 ice cubes
- Parfait: 1 carton yogurt with $\frac{1}{2}$ cup fruit (berries, banana) and crushed whole grain cereal on top (can add crushed nuts instead or in addition to cereal)
- Apple cinnamon oats: Add diced apples and cinnamon to oatmeal prepared with unflavored milk

