



## Healthy Breakfast Recipes

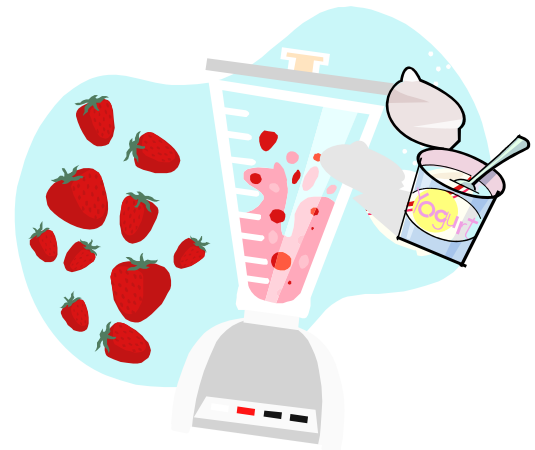
### Blueberry Yogurt Crunch

- 1 container (8 ounces) nonfat light vanilla yogurt
  - 1/2 cup blueberries
  - 1/4 cup bran cereal
1. Combine all ingredients in a bowl. Serve immediately.



### Strawberry Almond Vanilla Cereal

- 1 cup higher-fiber cold cereal (like bite-size shredded wheat or low-fat granola)
  - 1/2 cup vanilla soymilk
  - 1/4 cup fresh or frozen strawberries
  - 1 tablespoon toasted almonds (sliced, slivered or chopped)
1. Add the cold cereal to a bowl. Pour in vanilla soymilk.
  2. Sprinkle strawberries and almonds over the top. Enjoy!



### Banana-Strawberry Shake

- 1/2 cup frozen unsweetened strawberries
  - 1/2 medium banana, peeled, cut into chunks
  - 1/2 cup orange juice, preferably freshly squeezed
  - 3 Tablespoons plain low-fat yogurt
1. Place all ingredients in a blender and process until smooth.
  2. Pour into glasses. Enjoy!



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Adapted from That's My Home, RD.com, and guide, Inc.