

Breakfast Ideas:

Tip: have healthy breakfast ideas planned ahead for when you are rushing out the door in the morning

Veggie Sausage Wrap

Great for on the go

Courtesy of: "[MensHealth.com](http://recip.es.menshealth.com/Recipe/veggie-sausage-wrap.aspx)" [http://recip.es.menshealth.com/Recipe/veggie-sausage-wrap.aspx]

Serves: 1

Prep time: 2 min

Cook time: 1min

Total time: 3min

Ingredients

- 2 morningstar farms veggie sausages
- 1 medium whole-wheat tortilla
- 1/4 cup shredded reduced-fat mexican-blend cheese

Directions

1. Nuke the veggie sausages for 45 seconds.
2. Place end-to-end in the tortilla
3. Top with the cheese (which will melt when you roll the tortilla)

Nutritional Facts per serving

CALORIES	296.7 CAL
FAT	12.7 G
SATURATED FAT	5.6 G
CHOLESTEROL	25 MG
SODIUM	759.5 MG
CARBOHYDRATES	33.1 G
TOTAL SUGARS	0 G
DIETARY FIBER	4.8 G

Berry Breakfast Smoothie

Courtesy of: "[Prevention.com](http://recipes.prevention.com/Recipe/berry-breakfast-smoothie.aspx)" [http://recipes.prevention.com/Recipe/berry-breakfast-smoothie.aspx] Check this site for 19 other smoothie ideas!

Tip: smoothies can be made the night before and stored in the refrigerator

Serves: 1
Prep time: 5 min
Cook time: 0 min
Total time: 5 min

Ingredients

- 1 banana, cut into chunks
- 1/2 cup fat-free milk (cold in the summer, warm in the winter)
- 1/4 cup frozen unsweetened blueberries
- 1/4 cup frozen unsweetened strawberries
- 1 teaspoon peanut butter
- 1/2 teaspoon honey

Directions

1. In a blender, combine the banana, milk, blueberries, strawberries, peanut butter, and honey. 2. Process about 1 minute, or until the consistency of a thick milkshake

Nutritional Facts per serving

Calories	224.9 CAL
Fat	3.4 G
Saturated Fat	0.7 G
Sodium	91.9 MG
Carbohydrates	45.5 G
Total Sugar	28.8 G
Dietary Fiber	5.2 G
Protein	7.5 G