

# Healthy Breakfast Demonstration Recipes

March 2014

## Egg White and Veggie Breakfast Sandwich

2 egg whites or ½ cup egg substitute

¼ cup chopped bell peppers

1 T chopped onion

½ cup fresh spinach

1 whole grain English muffin

1 slice cheese of choice, recommend swiss

Season to taste with salt and pepper

Cooking spray

1. In a small, microwave safe bowl, spray with nonstick cooking spray and place bell peppers and onions in the bottom. Microwave for 30 seconds to soften.
2. Add eggs, spinach, and seasoning and stir gently. Microwave for 30 seconds at a time until eggs are set.
3. Toast English muffin and place egg patty on muffin and top with cheese if desired.



## Nut Butter Banana Roll Ups

1 whole grain tortilla

1 T nut butter of choice

1 banana

Dried cranberries, or dried fruit of choice

Spread tortillas with 1-1/2 T nut butter

1. Slice bananas and place on top of nut butter
2. Sprinkle with dried fruit and roll up like a burrito.

## Good Morning Yogurt Parfait

½ cup vanilla non-fat yogurt of choice, Greek or regular

½ cup green or red grapes

1 T walnuts

1 T dried fruit of choice

¼ cup high fiber cereal

1. In a small dish, combine yogurt and grapes.
2. Top with cereal, walnuts, and dried fruit.

These recipes were created by Whitney Dunagan and Janet Steffans, with the Floyd County Nutrition Coalition.

For more information, please visit [www.wellnesscsi.com/5-a-day](http://www.wellnesscsi.com/5-a-day).