

Choose fresh fruit instead of a glass of juice – you'll feel more satisfied

Top toast with mashed avocado instead of butter



Make a veggie pizza




Spread applesauce on toast instead of jelly or jam


# 50 Ways to EAT MORE FRUITS and VEGETABLES for Breakfast



Add dried fruit like blueberries, cherries, cranberries, or raisins to oatmeal



Finely chop spinach & add to eggs to use as a breakfast sandwich filling



Top toast with slices of tomato & hard-boiled egg


Try lunch for breakfast: Turkey sandwich with peppers & cucumber



Add blueberries or sliced bananas to pancakes



Add grated apple to pancake batter or muffin mix




In a hurry? Fill a tortilla the night before with your favorite veggies, salsa, & cheese



Make a breakfast tostada: Top a tortilla with mashed beans, sliced tomatoes, & cheese




Add peeled & shredded sweet potato to pancakes




Top waffles with fresh fruit instead of syrup

Add frozen corn to waffles, cornbread, or pancakes



Layer yogurt & cut-up fresh fruit in a glass to make a parfait


Add cubes of sweet potato & winter squash to potato home fries



Combine canned pumpkin with yogurt & spices for a creamy smoothie

Top cold cereals with slices of banana or strawberries

Ants on a Log: Spread peanut butter onto celery & top with raisins



Make your own trail mix from dried apples, cranberries, raisins, & nuts





Blend fruit, yogurt & 100% fruit juice into a smoothie



Enjoy a glass of vegetable juice – look for low-sodium varieties

Dip apple slices, strawberries, or orange segments in yogurt

Make a fruit salad with your favorite fruits & sprinkle with granola



Make green smoothies by adding kale, spinach, or lettuce to your fruit smoothie



Spread peanut butter & apple slices on an English Muffin



Bake apples sprinkled with cinnamon & top with yogurt & nuts



Microwave a baked potato & top with cooked broccoli & cheese

Make kabobs from cut-up fruit & cheese cubes



Add spinach, asparagus, peppers, & broccoli to omelets or scrambled eggs

Top toast with peanut butter & banana slices

Top a whole grain bagel with cream cheese & cucumber slices

Scramble eggs & top with salsa



Broil a grapefruit half topped with a teaspoon of brown sugar or honey



Sauté spinach with minced garlic until wilted & top with a poached egg



Breakfast burrito: Scramble eggs, black beans, & chopped tomatoes and place in tortilla

Swirl applesauce & cinnamon into oatmeal



Make a veggie snack pack: carrots, celery, & cucumbers + peanut butter to dip



Cook eggs inside slices of bell peppers

Add sautéed peppers, mushrooms, & onions to hash brown potatoes



Eat last night's leftover dinner vegetable for breakfast



Take a banana, apple, or orange if you're on the go



Mix diced peaches or pineapple into low-fat cottage cheese

Spread a tortilla with peanut butter & wrap around a whole banana

Make a frozen fruit salad – try grapes, banana slices, or berries

Add fresh fruit to plain yogurt to make your own flavor



Chop apples, strawberries, & kiwi to make fruit salsa – dip with graham crackers

