

# 40+ BREAKFAST IDEAS

## FOR HUNGRY TWEENS & TEENS

### HOT BREAKFASTS

- Make-Ahead Egg Muffin or Bagel Sandwich
- Make-Ahead Breakfast Burritos
- Make-Ahead Scrambled Egg Muffins
- Egg-in-a-Hole: Cut out a hole from the center of buttered bread; place it in a pan and crack an egg in the center, flip and cook until done.
- Dinner Leftovers
- Pancakes
- Waffles
- Oatmeal Packets (store-bought or homemade)
- Crepes

### COLD BREAKFASTS

- Overnight Oats
- Snack Bars + Balls
  - Nut-Free Oatmeal Bars
  - Nut-Free Snack Balls
  - Quinoa Breakfast Bars
- Cereal or Granola with milk or yogurt
  - Double Chocolate Granola
  - Nutty Granola
  - Homemade Muesli
- "Cussied Up" cereal: Top cold cereal w/ berries or sliced fruit, nuts, seeds.
- Cottage cheese + fruit
- Cold pizza

- Smoothies
  - Peanut Butter Breakfast Shake
  - Peach & Vanilla Green Smoothie
  - Banana Date Shake
  - Make-Ahead Green Smoothie Packets
- Smoothie Bowl
- Banana Split: Cut a banana in half length-wise and top with nut butter and granola
- Avocado Toast (option: top w/ fried egg)
- PB&J or SB&J (SunButter + Jelly)
- Muffins
  - Banana Oatmeal Cups
  - Chocolate Peanut Butter Oatmeal Cups
  - Wild Blueberry Oatmeal Cups
  - Cinnamon Sugar Muffins
  - Blueberry Zucchini Muffins
  - Whole Wheat Zucchini Muffins
  - Sweet Potato Banana Bites
- Quick Breads: Smear slices with nut or seed butter for extra protein.
  - Fudgy Chocolate Zucchini Bread
  - Banana Bread with Chocolate Chips
- Toasts: Spread with nut or seed butter and cover with sliced strawberries or bananas
- Yogurt Parfait: Layer yogurt with granola and fruit in a glass or in a bowl, top with chia seeds for extra fiber.