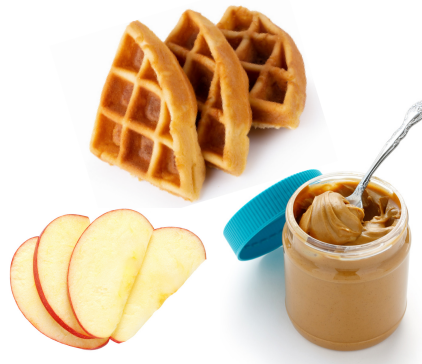


Easy 3-Ingredient Breakfast Ideas



Mini Bagel + Cream Cheese
+ Sliced Strawberries



Whole Grain Waffle +
Peanut Butter + Apple Slices



English Muffin +
Scrambled Egg + Cheese



Instant Oatmeal +
Chopped Nuts + Fruit



Fruit + Spinach +
Yogurt (& Ice)



Whole Grain Cereal +
Milk + Blueberries



Banana + Oats + Dried Fruit
= Breakfast Cookies



Greek Yogurt +
Chopped Fruit + Granola



Toast + Mashed Avocado
+ Hard-Boiled Egg