

Breakfast Boredom

We all know that eating breakfast is a great way to start the day but now that we have been working at home or having a different schedule for a while some of us are experiencing “breakfast blahs” from eating the same thing everyday. Here are a few different choices to mix up your morning with color and flavour.

½ Cooked Oatmeal and ½ cup of fruit

Packed full of nutrients, low in calories and quick to make

Calories	Nutrients	Tips
73 per half cup of oatmeal	3 g protein, 1.9 g fibre, low fat	Add cinnamon or nutmeg
40 per 1/2 cup of berries	High in fibre and antioxidants	Measure out the night before

Avocado Toast

Really what could be easier than toasting a piece of bread and mashing a ½ avocado on top! Be warned there is a big difference in calories based on the size of your avocado! Do not eat 2 pieces unless you are doing some major activity that day; instead add an egg or just the egg white, to increase the protein. Plain avocado with a squeeze of lime is delicious!



Calories	Nutrients	Tips
½ avocado (small 150 g) – 120c ½ avocado (large 230g) – 185c	1.5 to 2.5 g protein in half 7 to 10 carbs, 11 to 17g of fat	Buy 2 avocados in case one is yucky. Wait until just ripe. Wrap remaining half, leave pit in, and refrigerate.
1 slice multigrain bread – 50c	5 g of fibre, 1 g of fat, 1 g sugar Check label for sodium content	Forget buttering the bread, you don’t need it. Add salt & pepper

Smoothie

A smoothie does not need a recipe, it is fast and easy to adjust to your liking. We like the magic bullet (put a dishtowel under it if you are blending early in the morning). While you can make your smoothie the night before and shake it up for breakfast it is never as good as freshly blended. Invest in a shaker cup if you plan to drink it on the go. Some tips for your drink:

- Read the label on your ingredients to check for sugar and fat content or you could end up with a high calorie breakfast instead of a healthy treat! Yogurt and protein powders can be a culprit in hidden calories. Measure your almond/cashew milk so you are aware of the content.
- Add spinach or other veggies as they are hard to detect in the mix
- Frozen fruit will make your drink cold and thick and requires no prep
- Experiment with the liquid you add to find the consistency that pleases you