A healthy breakfast is an important way to start your day!

Try these quick and easy breakfast recipes to start your morning right:

**Easy Breakfast Burrito**

**Serves:** 1

**Ingredients**
- 1 (6-inch) whole-wheat tortilla
- 1 egg and 1 egg white
- 1 Tbsp. salsa
- 1 Tbsp. low-fat cheddar cheese

**Directions**
1. Lightly dampen two paper towels with water. Place damp paper towels on either side of the tortilla and place on a microwave-safe plate. Microwave for 20 seconds.
2. Place eggs in a coffee cup. Mix egg and egg white with a fork in the coffee cup until blended. Microwave for 1-2 minutes or until eggs are scrambled. Remove and stir eggs. Microwave for an additional 1-2 minutes if needed.
3. Place scrambled eggs on the center of the warm tortilla. Top eggs with salsa and cheese and wrap into a burrito. Serve warm.

**Peanut Butter & Banana Waffle**

**Serves:** 1

**Ingredients**
- 1 whole-wheat frozen waffle
- 1 Tbsp. peanut butter
- ½ small banana, sliced

**Directions**
Toast the waffle according to package directions. Spread the peanut butter on the toasted waffle. Top with banana slices.

**Breakfast Sundae**

**Serves:** 1

**Ingredients**
- 1 (6-ounce) container vanilla Greek yogurt
- ½ c. low-fat granola cereal
- ¼ c. sliced strawberries
- ¼ c. blueberries

**Directions**
Pour half of the vanilla yogurt in the bottom of a small glass. Top with half of the berries and granola. Top with the remaining yogurt. Layer with the remaining berries and granola. Serve immediately.