

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



BlueCross BlueShield  
of Mississippi

It's good to be Blue.

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
- ¼ 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.