

3 recipes to beat breakfast boredom



Eating a balanced morning meal can help increase your energy, prevent hunger and help you reach your health goals. What's more, breakfast is a chance to squeeze more nutrients into your day. If you want to spice up your breakfast routine, try these three easy options.

Cherry almond yogurt parfait

Makes 1 serving | Prep: 5 minutes



Ingredients

- ½ cup frozen cherries
- ½ cup low-fat Greek yogurt
- 2 Tbsp sliced almonds

Instructions

- Defrost frozen cherries.
- In a parfait glass, layer ¼ cup cherries, ¼ cup yogurt and 1 tablespoon almonds. Repeat layers.

Nutrition information per serving



Calories: 209 | Total fat: 8 g | Saturated fat: 2 g | Sodium: 37 mg | Cholesterol: 18 mg | Total carbs: 20 g | Fiber: 3 g
Sugars: 16 g | Protein: 15 g | Potassium: 240 mg

Breakfast fajitas with onions

Makes 1 serving | Prep: 5 minutes | Cook: 5 minutes



Ingredients

- ½ cup sliced bell peppers of various colors
- ¼ cup sliced onion
- ½ cup sliced mushrooms
- 1 tsp olive oil
- ½ tsp cumin
- 1 whole egg
- 2 egg whites
- 1 8-inch whole grain tortilla

Instructions

- Sauté peppers, mushrooms, onion, cumin and salt and pepper in oil for 3-5 minutes. Set aside.
- Scramble eggs and wrap them in tortilla with pepper, mushroom and onion mix.

Nutrition information per serving



Calories: 377 | Total fat: 15 g | Saturated fat: 3 g | Sodium: 526 mg | Cholesterol: 186 mg | Total carbs: 41 g | Fiber: 5 g
Sugars: 7 g | Protein: 22 g | Potassium: 373 mg

Peanut butter and banana smoothie

Makes 1 serving | Prep: 5 minutes



Ingredients

- 10 oz skim milk or plain soy milk
- 1 Tbsp natural peanut butter
- 1 medium banana
- 2 cups baby spinach

Instructions

- In a blender, combine all ingredients and mix until smooth. Use 6 ice cubes for a thicker consistency.

Nutrition information per serving



Calories: 320 | Total fat: 9 g | Saturated fat: 2 g | Sodium: 270 mg | Cholesterol: 6 mg | Total carbs: 48 g | Fiber: 6 g
Sugars: 32 g | Protein: 17 g | Potassium: 900 mg

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