

Angels of Valor Breakfast Ideas

Boiled eggs, strawberries, zucchini ( any fruit or veggie subbed here will do!)

Scrambled Eggs and Ezekial Toast ( add a fruit or veggie here too)

Whole Wheat Pancakes ( I add blueberries and use maple syrup)

<http://www.fifteenspatulas.com/whole-wheat-pancakes/>

Whole wheat blueberry muffins and fruit

<http://www.angelsofvalor.com/blog/blackberry-bread> ( this is the basic recipe I use for the muffins)

Veggie Egg cups and Ezekial Toast or fruit

<http://showmethenyummy.com/healthy-egg-muffin-cups/>

Oatmeal with blueberries, greek yogurt, and a drizzle of maple syrup

Breakfast baked apples

<http://www.delish.com/cooking/recipe-ideas/recipes/a43872/breakfast-baked-apples-recipe/>

Broccoli Frittata

<http://www.delish.com/cooking/recipe-ideas/recipes/a16360/broccoli-frittata-recipe-fw0312/>

Omelettes and your choice of fruit or toast

<http://www.delish.com/cooking/recipe-ideas/recipes/a32413/redbooks-hearty-omelet-recipe-rbk1011/>

Easy Kale Feta Egg Toast [http://www.wellplated.com/kale-feta-egg-toast/#\\_a5y\\_p=3422321](http://www.wellplated.com/kale-feta-egg-toast/#_a5y_p=3422321)

Breakfast Stuffed Peppers

<http://www.thereciperebel.com/breakfast-stuffed-peppers-oven-or-slow-cooker/>

Juevos Rancheros <http://www.skinnytaste.com/huevos-rancheros/>

Overnight Oats <http://www.skinnytaste.com/skinny-overnight-oats-in-jar/>

