



healthy living

Ace Back-to-School:

SIMPLE, PROTEIN-PACKED BREAKFASTS

And Easy Egg Muffins

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Back-to-school may look a little different this year, but that doesn't change the importance of a nourishing start to the day! For kids and adults alike, a combination of healthy, whole grains and protein is the recipe for a breakfast that will help with focus and energy all morning long!

Prepping ahead for the week can be key! Here are some ideas to get you started:

Boosted toast!

Top whole-grain toast topped with nut butter and sliced berries.

Grab and go!

Pre-boil a dozen eggs for the week for breakfast or to slice on top of a salad for lunch.

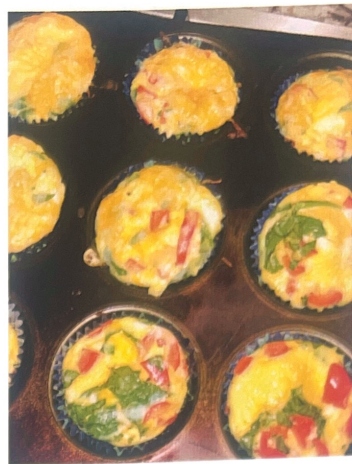
Pre-plan

your smoothie!

Have your ingredients, including protein powder or nut butter, ready to go in a container. Add ice and a banana ... blend and go!

Prep a parfait!

Top a cup of plain yogurt or cottage cheese with cinnamon, fresh fruit, granola and a drizzle of honey!



A bowl full of goodness!

Cereal can be a great option if whole grains are the first ingredient, and it contains 3 or fewer grams of added sugar per serving. Top with berries or sliced banana for extra sweetness.

Bake ahead!

Egg "muffins" (see recipe) pair well with fruit. Bake them on the weekend, refrigerate, and pop into the microwave to heat and go.

No matter what the school year looks like for your family, I wish you all a happy, healthy start!

Egg Muffins

No matter what back-to-school looks like for you, having these tasty, protein-filled egg "muffins" ready for the week will add a boost to everyone's morning!

- 1 dozen eggs
- ½ cup milk
- ¼ cup each chopped vegetables of choice (red pepper, spinach, mushrooms, onion)
- ¼ cup browned sausage (optional)
- 1 tsp. salt
- ½ tsp. pepper
- 1 cup shredded Colby jack cheese

Preheat oven to 350 degrees.

Line muffin tins with liners, and spray with cooking spray to prevent sticking. Beat eggs, milk, salt and pepper together. Stir in toppings of choice. Top with shredded cheese, if desired. Bake for 20 minutes, or until inserted knife comes out clean.

Serve hot or refrigerate up to five days.

Makes 18 egg muffins.



For more tips and tricks on nutrition and skincare, follow Kendra, @RadiantChickpea, on Facebook and Instagram!