

Nutrition Tip of the Week

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5 Fabulous Ways to Start Your Day

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According to the Weight Control Registry people who have the most success keep weight off eat breakfast everyday. Here are 5 speedy ways to start your day:

1. **Whole wheat pancakes with yogurt maple sauce**
Frozen pancakes, nonfat vanilla yogurt mixed with 2 T maple syrup
2. **Yogurt sundae**
Nonfat strawberry yogurt layered with granola and fresh berries
3. **Egg and cheese easy-quiches**
Scramble eggs with a little milk, salt and pepper, pour into greased muffin tin, top with
4. **Shredded Cheese Bake**
Great for freezing, just warm them up in the microwave.
5. **Morning Milkshake**
Milk yogurt, frozen fruit in a blender
6. **Breakfast Pizza**
Whole wheat bagel topped with tomato sauce and mozzarella cheese