



3 Easy, Reheat-and-Eat Breakfasts

Blueberry Baked Oatmeal Muffins

- Preheat oven to 350°F.
- Combine 2 cups old-fashioned oats, 1/3 cup brown sugar, 1 1/2 tsp. baking powder and 1/4 tsp. salt in a large bowl.
- Mix 1 egg white, 1 egg, 1 cup nonfat yogurt and 3/4 cup low fat milk in another bowl.
- Combine wet and dry ingredients. Add 1 cup blueberries. Bake for 22 – 25 min.
- To freeze: Let cool and cover in plastic wrap or store in an airtight container. To reheat: Unwrap and microwave for 1 – 2 min.



Banana Pancakes

- Combine 6 ripe bananas, 6 eggs and 6 cups oats in blender or food processor.
- Thoroughly cook each side on a skillet or griddle, then flip. Add mix-ins like nuts, dried fruit or dark chocolate to batter once it's on the skillet, if desired.
- To freeze: Let cool and store in airtight container with wax/parchment paper between pancakes. To reheat: Cook on skillet/griddle or microwave for 1 min.



Quick Breakfast Quesadillas

- Whisk together 4 eggs, 1 tbsp. low fat milk, 1/2 tsp. salt, 1/2 tsp. garlic powder and 1/2 tsp. pepper. Sauté spinach in 1 tbsp. olive oil. Add eggs and cook for 3 min.
- Sprinkle 1/4 cup shredded low fat cheese on 1 whole wheat tortilla. Top with eggs and 2nd tortilla. To eat right away: Cook on each side until golden brown.
- To freeze: Cover uncooked quesadillas in plastic wrap and store in an airtight container. To reheat: Unwrap and microwave for 2 – 3 min.

