



SMART SPOT:

# Breakfast Builder

	Bread/Toast	Bagel	Tortilla	Cold Cereal	Hot Cereal/ Oatmeal	Waffle	Granola/ Cereal Bar	
ADD FRUIT	<b>Jam / Jelly / Preserves</b>	Spread jam/ jelly/ preserves on bread, top with sliced fresh fruit and another slice of bread. Or cut bread into "fingers" or other easy-to-eat shapes. Thin jam/jelly/ preserves with fruit juice and use as a dip.	Slice bagel. Toast, if preferred. Spread jam/jelly/ preserves on cut sides. Top with chopped nuts, raisins or dried fruit.	Spread jam/jelly preserves on tortilla, top with fresh or dried fruit. Cut into pinwheels or eat as-is.		Mix jam/jelly/ preserves into hot cereal. Add fresh or dried fruit if desired.	Spread jam/jelly/ preserves on waffle. Add fresh or dried fruit if desired.	Thin jam/jelly/ preserves with fruit juice, milk or yogurt and use as a dip.
	<b>Fresh Fruit</b>	Spread yogurt, jam/jelly/preserves or peanut butter on bread. Top with fresh fruit and another slice of bread.	Slice bagel. Toast, if preferred. Spread with yogurt, peanut butter or jam/jelly/ preserves, if desired. Arrange sliced fruit on one half, and top with the other half.	Spread peanut butter, jam/jelly/ preserves or yogurt onto tortilla. Top with sliced fresh fruit and roll up. Cut into pinwheels or eat as-is.	Top cold cereal with sliced fresh fruit. Or layer fresh fruit, jam/jelly/preserves and cold cereal parfait-style in a small bowl.	Top hot cereal with sliced fresh fruit. Or layer fresh fruit, jam/jelly/preserves and hot cereal parfait-style in a small bowl. Or cook sliced fresh fruit with hot cereal.	Top toasted waffle with sliced fresh fruit.	
	<b>Dried Fruit</b>	Spread peanut butter, jam/jelly/ preserves or yogurt on bread. Top with dried fruit and another piece of bread.	Slice bagel. Toast, if preferred. Spread with yogurt, peanut butter or jam/jelly/ preserves, if desired. Arrange dried fruit on one half, and top with the other half.	Spread peanut butter or yogurt onto tortilla. Top with dried fruit and roll up. Cut into pinwheels or eat as-is.	Top cold cereal with dried fruit. Or layer dried fruit, jam/jelly/preserves and cold cereal parfait-style in a small bowl.	Top hot cereal with dried fruit. Or layer dried fruit, jam/jelly/preserves and hot cereal parfait-style in a small bowl. Or cook dried fruit with hot cereal.	Top toasted waffle with dried fruit.	



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	Bread/Toast	Bagel	Tortilla	Cold Cereal	Hot Cereal/ Oatmeal	Waffle	Granola/ Cereal Bar
ADD FRUIT AND PROTEIN	<p><b>Yogurt</b></p> <p>Spread yogurt on bread (like jam/jelly/preserves) top with sliced fruit and another slice of bread. Or cut bread into "fingers" or other easy-to-eat shapes and use yogurt as dipping sauce.</p>	<p>Slice bagel. Toast, if preferred. Spread yogurt on cut sides. Top with chopped nuts, raisins or dried fruit if desired.</p>	<p>Spread yogurt on tortilla (like jam/jelly/preserves), top with sliced fruit and roll up. Slice into pinwheels or eat as-is.</p>	<p>Mix cereal into yogurt.</p>	<p>Add yogurt (instead of milk and sugar) to hot cereal. Top with fresh or dried fruit if desired.</p>	<p>Top toasted waffle with yogurt. Or cut toasted waffle into "fingers" or other easy-to-eat shapes and use yogurt for dipping.</p>	<p>Dip granola/cereal bar into yogurt.</p>
ADD PROTEIN	<p><b>Peanut Butter</b></p> <p>Spread peanut butter on bread (like jam/jelly/preserves) top with sliced fruit and another slice of bread.</p>	<p>Slice bagel. Toast, if preferred. Spread peanut butter on cut sides. Top with chopped nuts, raisins or dried fruit.</p>	<p>Spread peanut butter on tortilla, top with fresh or dried fruit and roll up. Cut into pinwheels or eat as-is.</p>		<p>Add a tablespoon of peanut butter and jelly (instead of milk and sugar) to hot cereal. Top with fresh or dried fruit if desired.</p>	<p>Spread peanut butter and jelly on waffle.</p>	<p>Top granola/cereal bar with peanut butter and pieces of fresh or dried fruit.</p>
	<p><b>Eggs</b></p> <p>Top bread with a poached, scrambled or sliced hard-boiled egg and another slice of bread.</p>	<p>Slice bagel. Toast, if preferred. Top with a poached, scrambled or sliced hard-boiled egg and the other bagel half.</p>	<p>Arrange scrambled or sliced hardboiled egg on tortilla and roll up. Cut into pinwheels or eat as-is.</p>				
	<p><b>Bacon / Sausage</b> (Turkey is best)</p> <p>Top bread with turkey bacon/sausage and another slice of bread.</p>	<p>Slice bagel. Toast, if preferred. Top with turkey bacon/sausage and the other bagel half.</p>	<p>Arrange turkey bacon/sausage on tortilla and roll up. Cut into pinwheels or eat as is.</p>			<p>Top toasted waffle with turkey bacon/sausage and light syrup.</p>	
	<p><b>Cheese</b> (Low-Fat is best)</p> <p>Top bread with a slice of low-fat cheese and another slice of bread. Add a scrambled egg if desired.</p>	<p>Slice bagel. Toast, if preferred. Top with a slice of low-fat cheese and the other bagel half.</p>	<p>Arrange low-fat cheese on tortilla and roll up. Cut into pinwheels or eat as is.</p>				