

What's Your Go-To Breakfast Dish?

“Chocolate-Peanut Butter Smoothie” Combine $\frac{3}{4}$ cup of fat-free milk, $\frac{1}{4}$ cup of low-fat yogurt, a chopped frozen banana, 2 tablespoons of unsweetened cocoa powder, a tablespoon each of honey and peanut butter, and a dash of cinnamon in a blender. Whip together, adding ice until it's the perfect consistency. Sometimes I add a scoop of protein powder to make sure I feel full and satisfied all morning. —**Carri Shupe, *Prevention* reader and Facebook fan**

“My Own Granola”

I mix rolled oats, bran, sunflower and sesame seeds, and pecans, then toss with honey, cinnamon, canola oil, and vanilla extract. Bake in a 300°F oven, turning often, until crispy and golden. Add dried fruit, and enjoy a bowlful with soy milk.

—**Mary Bolster, *Prevention* editor**



“Egg in a Basket”

It takes just a few minutes to make a hot breakfast! Remove a circle from a slice of multigrain bread with a biscuit cutter. Butter the bread and put in a hot pan. Crack an egg into the hole. Brown and flip. —**Rebecca Lang, contributing editor to *Southern Living***

“Cinnamon Sweet Potato” It's a tasty, easy-to-prepare choice when you're bored with typical breakfast foods. Scrub a small sweet potato and leave it slightly damp. Puncture it with a fork and microwave it until the fork slides in easily (4 to 5 minutes). Slice it down the center, add a pat of butter, and sprinkle with cinnamon. For additional sweetness, try topping it with maple syrup, agave nectar, or brown sugar. —**Bibby Gignilliat, founder and executive chef of Parties That Cook**

“A Wrap with Everything” Use a small whole wheat wrap, scramble a few egg whites or whole eggs, and then get creative. You can throw in anything you want—I usually use leftover ingredients from dinner, like goat cheese and baby spinach, feta and chopped tomatoes, or even mashed potatoes and turkey bacon. —**Kyle Shadix, RD, chef and culinary consultant in New York City**



FAST IDEAS

Cook!

“**PB&J Pancakes**” I change up my standard pancake recipe by adding a healthy scoop of smooth or chunky peanut butter. Then I cook as normal, adding milk to thin the batter if needed. It's simple to prep and is always a crowd-pleaser. For “jelly,” I simmer some mixed berries with a bit of water, lemon zest, and sugar to make a sweet and fruity syrup to pour over my fluffy, peanut butter-flavored pancakes. And if there's a banana around, it's getting chopped and sprinkled on the top. —**Sunny Anderson, host of Food Network's *Cooking for Real***

“**Vanilla Plums with Yogurt**” I stew dried plums in advance and add a teaspoon of vanilla extract. Serve the plums warm or cold with Greek-style yogurt and top with sliced almonds. —**Lauren Groveman, media host and author of *The I Love to Cook Book***



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