### Oatmeal
Make your favorite oatmeal as instructed and get creative!
Add in fruit, peanut butter, cinnamon, or other healthy toppings.
Did you know that oatmeal can be made in their packets so that you can take it on the go instead of putting it in a bowl?

### Honey Lime Fruit
- Rinse all fruit
- Cut strawberries and grapes in half
- Mix honey and lime juice in bowl
- Toss in fruit and enjoy!

### Egg Sandwich
2 eggs
Whole Wheat English Muffin
Slice of cheese
- Beat together 2 eggs
- Microwave 1 to 1.5 minutes, stirring until eggs set (depends on microwave power)
- Add a slice of cheese and let it melt
- Put between a whole wheat English muffin

### Rice Cake Variation
1 Rice Cake
Peanut Butter*
Fruit of your choice
Cinnamon or honey (optional)
- Spread peanut butter* on rice cake
- Add fruit (strawberries, bananas, grapes, etc)
- Add a dusting of cinnamon or tablespoon of honey (optional)

### Yogurt Parfait
1/2 cup of your choice of yogurt
1/2 cup of granola
1/2 cup of your favorite fruit
Honey (optional)
- Combine the yogurt and granola together
- Add fruit
- Top with a drizzle of honey
- Eat and walk!

### Apple Slices
1 apple
Peanut butter*
Granola
Raisins (optional)
- Cut apple into slices
- Spread on some peanut butter
- Dip in granola or top with raisins

### Cereal Coated Banana
Banana
Peanut Butter*
Cereal or granola
- Cut the banana into 1 inch slices
- Roll in peanut butter
- Roll in cereal or granola
- Take it on the go and eat up!

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*If you have peanut allergies, try replacing peanut butter with almond butter, soy butter or sunflower butter.

The recipes listed are examples of healthy breakfast options that are provided to those that are limited to kitchens and cooking appliances; these recipes do not have to be used.

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“For accommodations on the basis of disability, call (405) 325-3053 and ask for Jennifer Reed. The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo”