### Breakfast Bar
Pick a favorite breakfast bar to take on the go!

Quick and easy, but make sure it is healthy!

Try a KIND bar, Luna bar or Lara bar and tell us @OUFitandRec which you think is best!

### Breakfast Burrito
- 1 whole wheat wrap
- 2 eggs
- 1/4 cup of shredded cheese

- Microwave eggs 1-2 minutes until they set
- Place in wrap, add cheese, and fold the wrap up
- Add diced tomatoes, salsa or olives as extra ingredients

### Mediterranean Breakfast Pizza
1 whole wheat flat bread pita
1 tbsp low-fat cream cheese
1 handful fresh baby spinach
3 thin slices of tomato
1 egg

- Spread one side of pita with cream cheese
- Place a handful of spinach on top
- Top spinach with tomato slices
- Crack egg in the center of the pita.
- Microwave on high for 1 1/2 to 2 minutes, depending on how you like your egg cooked

### Bagel Variation
- 1 whole wheat bagel
- 2 tablespoons of lowfat cream cheese
- Half of a banana
- Cinnamon and honey (optional)

- Spread the cream cheese on the bagel
- Cut slices of the banana and lay them on one side of the bagel
- Sprinkle some cinnamon and drizzle some honey for added flavor

### Trail Mix and Applesauce
1 cup from a bag of your favorite and healthy Trail Mix
1 cup of no sugar applesauce

Easy and on the go!

### Cottage Cheese and Fruit
1/2 cup of cottage cheese
Fresh fruit of your choice

- Stir together the cottage cheese and fruit to take in a quick hurry

### Cereal and Fruit
1 cup of your choice of healthy cereal
1/2 cup of fresh fruit
1 cup of lowfat or Skim milk

- Try cereals high in protein and fiber, and avoid cereals high in sugar

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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