

EATING ON-THE-RUN

(From *Teen tips*)

No other meal is skipped as often as breakfast. Often the reason is "I don't have time." Yet breakfast gives the energy needed to start the day. Here are 15 breakfast ideas that take only a minute or two to prepare.

1. Toss your favorite fruit juice in a blender and add an egg, milk or yogurt, a banana and some ice. If desired, add a dash of cinnamon or nutmeg.
2. Sprinkle grated cheddar or mozzarella cheese on an English muffin or pita bread. Pop in a microwave or toaster oven until the cheese melts.
3. Top a bowl or yogurt with granola, wheat germ, coconut, or raisins - or all four!
4. Spread peanut butter on rice cakes or whole-wheat bread and sprinkle with sunflower seeds.
5. Warm up a left-over slice of pizza. You'll get three or four of the basic food groups in one quick breakfast.
6. On a cold morning, nothing beats a bowl of hot cereal. Try the instant varieties that cook in a microwave oven. Top with a banana or fresh berries.
7. Raid the refrigerator and eat a left-over chicken leg.
8. Make an open-faced sandwich with left-over meat or a sliced hard-cooked egg. Top with a slice of cheese and melt quickly in a microwave or toaster oven.
9. Add sliced peaches or berries to cold cereal.
10. Make a homemade trail mix ahead of time. Combine 3 cups Chex cereal, 1 cup sunflower seeds, 1 cup nuts, and 1 cup raisins. Spread on a baking sheet and bake 8-10 minutes at 375°F. Store mix in individual plastic bags and enjoy for breakfast with a frozen yogurt bar.
11. Stuff celery with peanut butter or cottage cheese mixed with raisins.
12. Grab a whole-grain muffin and a slice of individually wrapped cheese to eat on the way out the door.
13. Keep low-fat yogurt and yogurt drinks in convenient serving-size containers in the refrigerator. Eat the yogurt with a banana, orange, apple, pear, or grapes.
14. Try cream cheese and a tomato slice on a bagel.
15. Keep a supply of emergency rations such as peanut butter, whole-grain crackers, and raisins in your locker for when you need a morning pick-me-up. That way you can avoid the candy machines.