

Title:

A Healthy Breakfast: Not An Impossible Mission

Word Count:

541

Summary:

It's a trite but true refrain that breakfast is the most important meal of the day. For most of

We're too busy. We don't like breakfast foods. We're not hungry. We're trying to lose weight.

Sad to say, none of those reasons are valid. There are many healthy breakfasts that can either

Keywords:

breakfast,nutrition,healthy eating,health,healthy cooking

Article Body:

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Sad to say, none of those reasons are valid. There are many healthy breakfasts that can either

So how do you get the magical mix of the right nutrients that will give you energy and send you

It's not that hard, really. Spend a little bit of time thinking about what you like and then pick

\* If you need something portable, the ever-popular smoothie is a good choice. Be careful when

\* For an even faster breakfast, try making some breakfast burritos and keeping them in the freezer

\* Cereal is a fine breakfast, as long as it's not the only thing you eat. Consider adding some

\* If you don't like breakfast, consider making a peanut butter and jelly sandwich on wheat bread

\* Trying to lose weight? Breakfast might be the easiest meal to fill up without using a lot of

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