5 Grab-and-Go Breakfast Ideas

A meal that is often forgotten about is breakfast. You and your family need to eat a nutritious breakfast, even on your busiest morning. Luckily, the following grab-and-go breakfast ideas are both easy to prepare and can be very healthy. Even as a busy mom, you can prepare the following grab-and-go breakfasts.

**1. Fruit and Nut Loaf**

An easy way to have breakfast ready for the entire week is by making a healthy bread loaf that has lots of fruit and nuts in it. This is a lot healthier than making a loaf of cinnamon raisin bread, which might be delicious, but doesn’t contain as much nutrients. You can try a loaf with fig and almonds, or go for a multi-berry loaf with applesauce and walnuts.

**2. Protein or Breakfast Bars**

Breakfast bars are great when you are really low on time, but you don’t want to hand your children a Pop-Tart when they leave the house. Breakfast bars and protein bars tend to have more vitamins and minerals, plus extra protein to keep your family energized for the day. You can also make your own with just a few simple ingredients.

**3. Smoothies**

Smoothies are not only healthy and easy to make, but with the right bottle, can be something anyone in your family can bring with them on a busy morning. You can even prepare some of the ingredients the night before, such as chopping up and freezing fruit and putting them in serving-size baggies. In the morning, all you have to do is grab those baggies and add them to the blender with milk and yogurt, and you have yourself a healthy smoothie.

**4. Breakfast Sandwiches**

Believe it or not, it is actually quite easy to have healthier versions of the breakfast sandwiches you usually get from a fast food drive-thru. You can prepare them ahead of time as well, which saves you even more time on busy mornings. Make the eggs ahead of time by putting an egg into individual muffin tins, then baking them until the eggs are cooked. Now get out whole wheat or whole grain English muffins and put the egg on top, with a slice of cheese and anything else you like. Wrap up each sandwich individually and pop it in the freezer. In the morning, you can hand one to each family member to heat up or let defrost until they are ready to eat breakfast.

**5. Homemade Granola**

Finally, don’t forget about granola! This is a healthy snack or breakfast to make for your family and is easy for them to bring along on busy mornings. You can make the granola with your choice of nuts, grains, dried fruit, and other ingredients, then put it in individual baggies. In the morning, they can grab a bag of granola to munch on or add it to some yogurt.