

Easy healthy grab-and-go breakfast ideas

Muffins or scones

Baked oatmeal

Breakfast cookies

Pancake mini muffins

Homemade egg McMuffin or breakfast sandwich

Make-ahead breakfast wraps or quesadillas

Freezer breakfast burritos

Mini egg cups

Slice of frittata or breakfast tart

Breakfast casserole/baked omelets

Pancake sandwiches

Waffles or waffle sandwiches

Granola/yogurt parfait

Granola bars or fruit or nut bars

Overnight oats in a jar

Smoothie

