

Gluten Free Breakfast Ideas:

Rice Chex or Rice Krispie Cereal

Gluten free waffles (try Van's)

Low Fat Yogurt with fresh fruit and nuts

Scrambled Eggs with gluten free toast w/ jam

Gluten Free bacon with scrambled eggs (try *Oscar Mayer Hearty Thick Cut Bacon*, *Oscar Mayer Turkey Bacon*, *Hormel Black Label Smoked Bacon*, *Farmland Hickory Smoked Bacon*)

Vegetarian omelet (cheddar cheese, peppers, onion, mushrooms, broccoli...)

Fruit Smoothie made with low fat yogurt, fresh fruit and honey to sweeten

Gluten Free Hot Cereal (Try Bob's Red Mill brand Mighty Tasty Hot Cereal -make with milk and add dried fruit, cinnamon and brown sugar)

Brown Rice or Quinoa (gluten free grains) made hot with milk, vanilla extract, diced apples or raisins, cinnamon, honey to sweeten

Gluten Free tortilla with peanut butter, honey and banana

Apple's Bakery (located in Peoria, IL) Gluten Free Muffin with fresh fruit

Gluten Free Breakfast Bar (try Glutino, Enjoy Life, KIND PLUS, Lara Bar brands)

Homemade gluten free trail mix – try rice chex, dried fruit, nuts

Gluten Free French Toast (use gluten free bread)