

Light & Filling Breakfast

2 egg beaters scrambled in non-stick (fat-free) spray

A sprinkle of fat free cheese

Diced Tomatoes

2 slices Nature's Own Light Wheat Bread (40 calories a slice)

Entire serving is 150 calories!

Breakfast Parfait

½ cup Dannon Light'N Fit Vanilla Yogurt (40 calories)

4 Lg. Strawberries, sliced (23 calories)

½ cup Quaker Natural Low Fat Granola (157 Calories)

Add all ingredients to a bowl and mix together to make a *yummy* parfait.

Total calories: 220