

# Nutritious Breakfast Recipes For Teens



## Yogurt parfait

Indulge your teen in a delicious and healthy yogurt parfait - the perfect "treat yourself" moment!

## Fruity waffle with peanut butter

Peanut butter and fruit, a tasty breakfast that will leave a lingering nutty taste.



## Deviled egg with toast

Devilishly delicious eggs on crispy toast - a heavenly bite!

## Fruity smoothie

A refreshing blend of fruit and fun with an added goodness of nutrients.



## Burrito

Wrap up your teen's morning with a flavorful breakfast burrito - the ultimate way to start the day.

## Cheesy egg avocado toast

Egg-cellent avocado toast topped with a cheesy surprise.

