

BREAKFAST BOOSTERS

Take your breakfast to new heights by starting your day with a satisfying boost. Add almonds for a delicious source of fiber, protein, iron, calcium and good fat, which are often lacking in the gluten-free diet. Use these ideas and create your own!

IF YOU NORMALLY EAT GLUTEN-FREE COLD CEREAL, TURN UP THE VOLUME WITH:

1. *Homemade granola made with almonds, dried fruits, ground flax and gluten-free rolled oats*

2. _____

IF YOU NORMALLY EAT GLUTEN-FREE GRANOLA BARS, TURN UP THE VOLUME WITH:

1. *Cranberry, Apricot and Almond Loaf (Look for this recipe on AlmondBoard.com)*

2. _____

IF YOU NORMALLY EAT YOGURT, TURN UP THE VOLUME WITH:

1. *A yogurt parfait made with low-fat yogurt, fresh fruit and crunchy almonds*

2. _____

IF YOU NORMALLY EAT GLUTEN-FREE WAFFLES, TURN UP THE VOLUME WITH:

1. *Silver Dollar Pancakes topped with fresh fruit (Look for this recipe on AlmondBoard.com)*

2. _____

IF YOU NORMALLY EAT A PIECE OF FRUIT ON THE GO, TURN UP THE VOLUME WITH:

1. *A handful of almonds and a banana*

2. _____

IF YOU NORMALLY EAT GLUTEN-FREE TOAST WITH JAM, TURN UP THE VOLUME WITH:

1. *A piece of gluten-free toast spread with creamy almond butter*

2. _____