

## Lori Bake's Gluten Free Breakfast Ideas

[www.loribakes.com](http://www.loribakes.com)

Here are a few ideas to show that a GFCF lifestyle can be tasty, healthy and easy. If preparation is done beforehand morning won't be rushed and you will be able to enjoy the meal before you start your day's work. Try to always include a source of protein as well as a serving of fruit or vegetable with breakfast to help get you through the day and increase your intake of foods with good nutritional value.

<input type="checkbox"/> Fried eggs with <i>Potatoes and Sausage side dish*</i>	<input type="checkbox"/> <i>Eggel Bagel*</i>
<input type="checkbox"/> <i>Homemade muffins*</i> with a GFCF smoothie	<input type="checkbox"/> Pancakes rolled up with P.B. and jelly
<input type="checkbox"/> <i>Maple Roasted Kasha*</i>	<input type="checkbox"/> <i>Cinnamon Raisin*</i> toast with <i>cinnamon pears*</i>
<input type="checkbox"/> Hot quinoa cereal with P.B., brown sugar and GFCF chocolate chips on top	<input type="checkbox"/> <i>Buckwheat cereal with berries or fruit*</i> served with bacon
<input type="checkbox"/> GFCF French toast served with sausage	<input type="checkbox"/> <i>Hash brown casserole*</i> made with bacon, mushrooms and eggs
<input type="checkbox"/> <i>Breakfast Cookies*</i> and a sliced apple	<input type="checkbox"/> Pancakes with <i>fruit kabobs*</i>
<input type="checkbox"/> <i>Homemade granola*</i> with GFCF yogurt made into a parfait	<input type="checkbox"/> <i>Cinnamon rolls*</i> served with fruit sauce and Canadian bacon
<input type="checkbox"/> GFCF toast with <i>pumpkin apple butter*</i>	<input type="checkbox"/> <i>Butterscotch Buckwheat*</i>
<input type="checkbox"/> <i>GFCF quick bread*</i> served with a <i>flavored spread*</i> and fruit	<input type="checkbox"/> Hot rice cereal with fruit preserves swirled in and <i>GFCF toast*</i>
<input type="checkbox"/> <i>Cornmeal Pancakes*</i> with <i>blueberry jelly*</i>	<input type="checkbox"/> <i>Breakfast pizza*</i>
<input type="checkbox"/> Tapioca or rice pudding with a slice of <i>GFCF quick bread*</i>	<input type="checkbox"/> <i>Cinnamon Sugar Biscotti *</i> w/GFCF hot chocolate
<input type="checkbox"/> <i>Dried Fruit Muesli*</i>	<input type="checkbox"/> GFCF yogurt and <i>baked bananas, apples or fruit*</i>
<input type="checkbox"/> <i>GFCF waffles*</i> with <i>Bacon Sausage Bites*</i>	<input type="checkbox"/> <i>Peanut Butter Chocolate Power Bar*</i> and a banana
<input type="checkbox"/> Store bought GFCF granola bar with a protein GFCF "Milk" shake	<input type="checkbox"/> <i>Cubed potatoes*</i> with <i>meat side*</i>
<input type="checkbox"/> <i>Baked GF oatmeal*</i> with fruit	<input type="checkbox"/> <i>GFCF scones*</i> with <i>fruit salad*</i>
<input type="checkbox"/> "Pancake Pigs in Blankets"	<input type="checkbox"/> <i>Breakfast Skewers*</i> with

(Sausages wrapped w/pancakes)	scrambled eggs
□ <i>Potato Latkes*</i> (pancakes) w/applesauce and <i>turkey sausages*</i>	□ <i>Breakfast Meatballs*</i> with <i>hot fruit side*</i>
□ Omelet with hash browned potatoes	□ Frittata with <i>baked fruit*</i>
□ <i>GFCF donut*</i> with <i>Citrus Fruit cup*</i>	□ Hard boiled eggs with <i>Honey Mustard Ham Dish*</i>
□ <i>Fruit Filled Danish*</i> with <i>Sweet and Spicy Bacon*</i>	□ <i>Sausage Pinwheels*</i> with <i>Honeyed grapefruit*</i>
□ <i>Crumpet*</i> with poached eggs	□ GFCF toast with <i>orange jelly*</i> served with GFCF cereal and GFCF milk
□ <i>Breakfast Tarts*</i> served with a sliced banana	□ Fruit Salsa with <i>homemade graham crackers*</i>
□ Fruit Smoothie with a <i>GFCF crumb cake*</i>	□ <i>Pineapple Stuffed Pears*</i> with Canadian bacon
□ <i>Cinnamon-Apricot Banana*</i> with mini GFCF muffins	□ <i>Heart Healthy Pancakes*</i> with <i>Apple and Sausage Topping*</i>
□ Deviled eggs with <i>chicken patties*</i>	□ Savory muffins with GFCF spread
□ <i>Scalloped Pine-Apple*</i> with ham steaks	□ <i>P.B. Pancakes*</i> with bananas and <i>P.B. Syrup*</i>
□ GFCF English Muffin with <i>Fruit and Carrot Salad*</i>	□

\*\*Recipes for the items that are *italicized and bolded* can be found within the Lori Bakes Gluten Free cookbooks