

# Gluten-Free Breakfasts

## Cereals:

### Highest in fiber and protein:

- Crunchy Flax from Enjoy Life
- Nature's Path® Whole O's
- Nature's Path® Mesa Sunrise
- Grits, marked gluten-free
- Cream of rice marked gluten-free
- Puffed rice, corn, millet, etc. marked gluten-free
- Most Chex® Cereals (not Wheat Chex®)
- Kashi Indigo Morning
- Gorilla Munch®
- Buckwheat Flakes
- Rice Twice®



## Cooked grains:

- Buckwheat (kasha)
- Millet
- Amaranth
- Teff
- Quinoa flakes
- Oatmeal (certified gluten free, of course)
- Bob's Red Mill®: Mighty Tasty Hot Cereal and Creamy Buckwheat

## Making cereals healthier:

- Add in some fresh or frozen fruit!
- Add in ground flax or chia seed to increase fiber content.

## Heartier choices:

- Eggs-Add some spinach, mushrooms, onions, peppers, etc.
- Leaner, free-range sausage or turkey bacon marked gluten-free
- Garden Lites muffin
- Chia pods®
- Rice cakes and nut butters
- Yogurt (or coconut or almond yogurt) and flax and/or fruit
- Breakfast smoothie: handful berries, some kind of protein (yogurt, protein powder) and a handful spinach or kale

