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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Quick and Easy Breakfast Solutions

By News Canada

Quick and Easy Breakfast Solutions

by: **News Canada**

Brie? Mais oui! Add sliced pears and Brie cheese to a toasted Fresh Waffle for an alternative to syrup.

– News Canada

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Easy, Frugal Breakfasts!

By Cyndi Roberts

Quick and Easy Breakfast Solutions

for a quick and easy breakfast try a toasted bagel spread with low-fat cream cheese.

or peanut butter spread on whole-wheat toast.

how about a fruit smoothie? Toss whatever fruit you have in the blender with milk.

or spread peanut butter and jelly between 2 pancakes.

try some non-traditional foods, like leftover pizza—kids nearly always go for it!

Mix all ingredients in blender till smooth.

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