# Easy Breakfast Recipes for College Students

Here are five easy breakfast recipes that college students can make even on the busiest of mornings:



#### OVERNIGHT OATS

Simply mix oats, milk, yogurt, and any desired toppings the night before and let it sit in the fridge overnight.



Another great on-the-go option, breakfast burritos can be made ahead of time and frozen.



## 3 SMOOTHIE

A smoothie is a great way to get a nutritious breakfast without having to do any cooking.



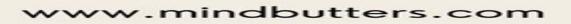
#### 4 EGG SANDWICH

Just cook up some eggs, add them to a slice of toast, and top with cheese and/or avocado.



## 5 OMELET

Simply whisk together some eggs, add in your desired fillings (veggies, cheese, meat, etc.), and cook in a frying pan.



# **College Rankings Protein Breakfast Tips**

Thirumalaisamy P. Velavancorresponding

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