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Start Your Day With Healthy Breakfast Recipes

You've heard it before, time upon time - "breakfast is the most vital meal of the day " - but in our busy, on-the-go society, folks often rush through breakfast or skip it altogether. Try these simple [healthy breakfast recipes](#) to begin the day off right.

Spicy Scrambled Eggs

I love exotic food! This tangy healthy breakfast recipes is sure to wake up your taste receptors.

Ingredients :

two little spoons of butter, olive oil, or coconut oil 0.5 cup chopped pepper, orange or red half cup cut onion 2 large eggs 0.25 cup milk 0.25 cup cheese Sea Salt Ground Pepper 0.25 cup salsa 0.5 avocado two unprocessed wheat tortillas or bits of toast.

Heat one spoon of butter or oil over middle heat in a pan. Add pepper and cook till soft, then add onion. When the cubed onion begins to sweat, remove the pepper and onion from a pan and save them on a plate. Wash the pan clean. In a mixer bowl, whisk eggs with milk. The milk will make the scrambled eggs extra fluffy.

Add salt to taste and pepper. Add one little spoon of butter or oil to pan. Add egg-milk mix and cook over middle heat, repetitively stirring with a spatula. After two mins, when the eggs are virtually scrambled to your preference, add the pepper, onion, and cheese. Use pepper jack cheese for a further kick! For extra spice, spatter hot sauce, ground cumin, or paprika over the eggs. Serve with fresh salsa, avocado, and full wheat toast or tortillas.

If you're in a hurry, you can make a breakfast sandwich or breakfast burrito as healthy breakfast recipes! Often I add other ingredients to the scrambled eggs, like sliced tomatoes, sliced mushrooms, or spinach to make them much better healthy breakfast recipes.

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