



Morning Power Bowls

Are you looking for something quick, easy, healthy and NO prep required? Try these.

You can find them in the frozen breakfast aisle. They are made by name brands, such as Healthy Choice, and also by local store brands.

Just take them out of your freezer, and microwave 4-4.5 minutes on high. Then let them stand 1 more minute in the microwave, stir and enjoy!

They can cook while you are applying your makeup as you start your day – and they are delicious!