**3 Easy Gluten-Free Breakfast Recipes**

Considering that breakfast is the most important meal of the day, it makes sense to want to start your new gluten-free diet off in the best way possible. Whether you don’t have a huge budget to buy and prepare whatever you please, or if you simply don’t have a ton of time in the morning (most of us have to deal with that problem), keep in mind that there are still tons of great ideas for simple, quick, and extremely healthy gluten-free breakfasts.

Let’s go over a few possibilities that you can keep in mind for breakfast tomorrow.

Gluten-Free Breakfast Recipes That Are Also Really Easy

Studies show that a good breakfast has a number of benefits that are realized throughout the day. You’re giving yourself a needed boost of energy in the morning. You’re also ensuring that you’ll eat a more sensible lunch, while avoiding the need to snack unhealthily throughout the day.

A gluten-free breakfast can meet all of those demands. At the same time, it doesn’t have to suck up a huge chunk of your time. Here are 3 easy gluten-free breakfast recipes to try:

1. Gluten-free waffles: The great thing about gluten-free waffles made from yogurt is that you can use these yummy waffles to plan your breakfasts for an entire week. Using yogurt and a little sugar as the primary ingredients, these gluten-free waffles are delicious, and you can keep them in the freezer with ease. This recipe can also be ideal for those who need to make breakfast every morning for the kids! Make sure you have a good waffle maker handy.

2. Gluten-free overnight oats: This recipe couldn’t be simpler. All you need are some rolled oats, with some chia or flax seeds for thickening. Add just a dollop of milk, and you’re going to have an amazing, easy breakfast prepared in about five minutes. One of the best things about this recipe is how you can suit things to your specific tastes. With an endless array of flavor variations, you can rely on this breakfast choice from one day to the next. The investment is pretty minimal, as well.

3. Breakfast tacos: This one might take just a little longer, but you can do the prep work ahead of time, if you really want to. Then the only thing you’ll need to do is heat up your taco shell. Use scrambled eggs or scrambled-up tofu (or both!) for your filling.