

Protein-rich breakfasts that don't require eggs

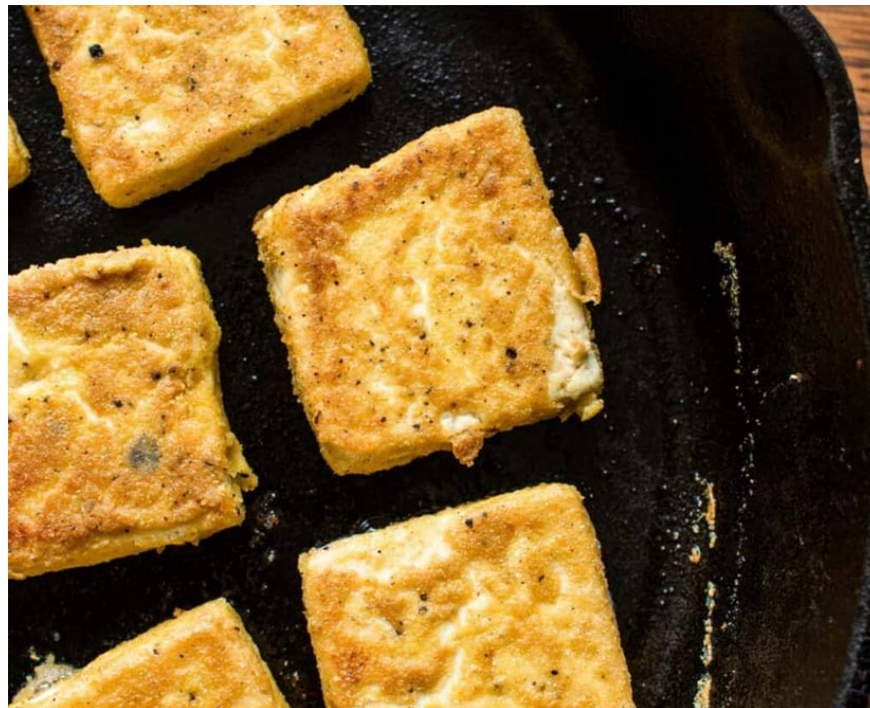
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A protein-rich breakfast is not only good for your health but also gives you a lot of energy in the morning. **In addition to eggs, you can still have a protein-rich breakfast from the suggestions below .**

Eggs are a reliable source of protein, and many people choose them for breakfast. Not only are they easy to cook, they're also relatively inexpensive. Each small egg contains 6 grams of high-quality protein. But whether you're allergic to eggs, don't like them to begin with, or are just a little bored with them as your daily morning protein source, you may be looking for other ways to fuel your morning meal.

This article will summarize ways to increase protein in the first meal of the day without using eggs.

Sandwich with tofu



If you've ever been fooled into thinking tofu is chicken, you know that this vegan protein has a flavor that's constantly evolving. You can also easily make tofu an egg substitute for breakfast sandwiches!

For breakfast, season a thickly sliced piece of tofu with spices like salt, pepper, paprika, and onion powder. Once cooked, sandwich it between slices of your favorite bread or bagel, add ingredients like sliced tomatoes, bean sprouts, or cheese, and you have a portable, eggless breakfast.

Berry smoothie

A smoothie is arguably the easiest way to get protein (and plenty of fiber-rich fruits and vegetables) into your morning routine. Add a scoop of protein powder to a blender along with a cup of berries, a handful of spinach, a splash of nut or dairy milk, and a little sweetener of your choice (like maple syrup, dates, or honey). Then, blend! Voila! You've got yourself a delicious, nutritious breakfast.



Tempeh Avocado Toast

Avocado toast is a blank canvas for all sorts of toppings, including pan-fried tempeh. Instead of topping your avocado toast with the usual fried or sunny side up options, try tempeh on breakfast toast. You can add mushrooms, along with beef tomatoes, for extra flavor and texture.

Blueberry banana walnut smoothie

Made in just 5 minutes, they're the answer to busy mornings that require a little egg-free protein. This recipe calls for walnuts, but feel free to experiment with almonds, pistachios, pecans, or cashews.



Vegan Protein Pancakes

Five ingredients and a frying pan are all that separate you from protein-packed pancakes. These flapjacks are vegan and free of gluten, dairy, and—you guessed it—eggs. They get a protein boost from oatmeal and a scoop of vanilla protein powder. Make a big batch and freeze them for an easy breakfast you can microwave.

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