

# 14 Things Doctors Eat for Breakfast Every Day

Lauren Cahn 3 days ago



## Homemade banana chocolate chip muffins

Doctors and medical experts sometimes opt for a breakfast that doesn't appear to offer much beyond delicious taste and some energy to get the day going. "I am addicted to my homemade banana chocolate chip muffins," says New York City-based plastic and reconstructive surgeon, [Yael Halaas](#), MD. She says they are "only pseudo-healthy."

But a closer look at what Dr. Halaas refers to as "pseudo" is actually healthier than it sounds. As it turns out, the flour she uses to make her muffins is teff flour, a whole-grain flour that is gluten free and low on the glycemic index.