

So first things first, grab some pre-sliced bread and pop those puppies in the toaster.

While that is going, get 2 eggs from the fridge. Crack them into a mug with a little bit of milk, salt, and pepper. Microwave them in 30-45 second intervals stirring the eggs until they are no longer runny.

The toast should be done by now, spread some butter, jelly, peanut butter, or hazelnut spread onto the toast (whichever mom prefers).

Get some yogurt from the fridge and a little bowl of granola to have on your tray.

Have an adult brew some coffee or tea if your mom enjoys drinking that in the morning. After it is done prepare it to their liking and add it to your tray.

Assemble your tray and deliver it to your mother.

If you do not have the culinary skills or ingredients for the foods above don't worry. Just pour your mom's favorite bowl of cereal and coffee or tea. If you do not have a tray you can just deliver it one by one. Your mother will appreciate it either way.