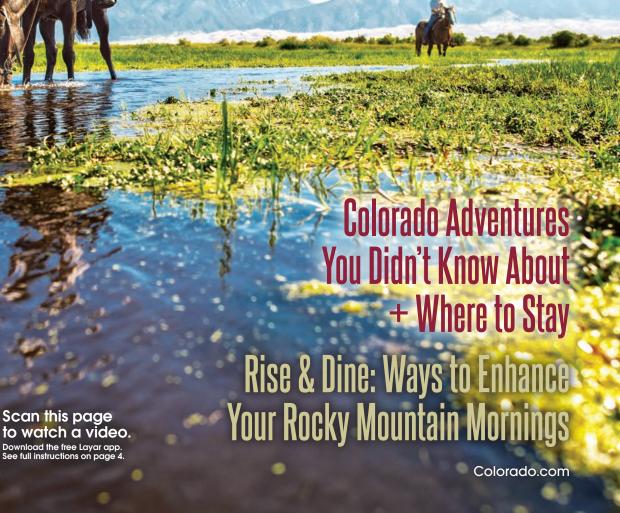
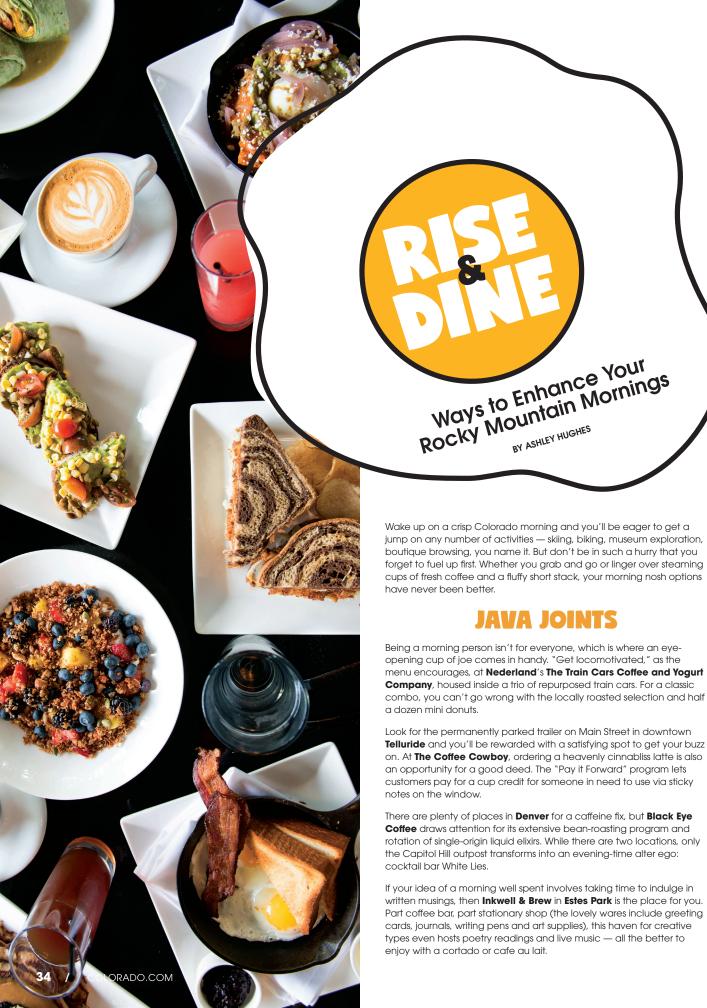
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THE MOST IMPORTANT **MEAL OF THE DAY**

There's a reason parents tell their kids not to skip breakfast: Not only is it delicious, it will power you through the day ahead. Join the local crowd at Village Smithy in Carbondale — a longtime Roaring Fork Valley favorite — for a smattering of skillets, scrambles, sweets and other dishes served up in an old blacksmith building.

In Fort Collins, the a.m. fare at Silver Grill Cafe tempts diners daily, but it's the giant homemade cinnamon rolls that really steal the show. Oozing with sugary goodness, this signature item at the oldest restaurant in northern Colorado is worth waking up for and can even be tried as French toast (yes, please).

A focus on local ingredients? Check. Fresh bread baked in house paired with made-fromscratch jams and jellies? Double check. The emphasis on quality must be why the hungry denizens of **Steamboat Springs** flock to the homey Creekside Cafe & Grill year-round. Don't miss the Wafflelaughagus, a hearty malted waffle loaded up with sausage gravy, cheese, a choice of meat and two eggs.

Despite its name, Salida's Patio Pancake Place has no actual outdoor patio - in fact, it originally opened as a drive-in restaurant. These days, headliners range from prized pancakes (think: banana split and coconut varieties) to a green-chili recipe that hasn't changed in decades. Because why mess with success?

BAKERY BITES

It doesn't matter if you crave sweet or savory treats before noon, that's what bakeries are here for. Palisade's Slice O'Life Bakery has been turning out the owner's personal recipes since 1978, frequently using the bounty of locally grown fruit for peach challah bread, cherry-hazelnut espresso bars and various pies.

When you've had your fill of soaking in Pagosa Springs' geothermal waters, make a stop at Pagosa Baking Company for all things flour-filled. There's always an artisan bread of the day, not to mention tasty muffins, scones, cinnamon rolls, cookies and other delights.

Experience an authentic taste of France by way of the Denver suburb Parker at La Baguette de Normandy, where a certified master baker, chef and chocolatier oversees the creation of swoon-worthy pastries, buttery croissants, airy quiche and ham-laden sandwiches.

Being gluten free doesn't mean having to skip out on baked goods entirely, a point proven by Aime's Love in Longmont. In fact, everything on the menu is sans gluten, including egg sandwiches, crepes, bagels and an assortment



