



BREAKFAST!

Quick Breakfast Recipes

- **PROTEIN POWDER SMOOTHIE**
Milk, almond- or soy milk.
1 scoop of protein powder
1 packet stevia (optional)
Frozen unsweetened berries or frozen banana slices
- **COFFEE PROTEIN SMOOTHIE**
Same as above, but freeze coffee in an ice cube tray, and add coffee ice cubes instead of frozen berries.
- **PROTEIN PANCAKES OR PROTEIN PANCAKE ROLLUP**
 $\frac{1}{3}$ cup rolled oats
 $\frac{1}{8}$ tsp baking powder
 $\frac{1}{4}$ – $\frac{1}{3}$ scoop vanilla protein powder
1 packet stevia (optional)
 $\frac{1}{3}$ cup pure egg whites
 $\frac{1}{4}$ cup fat free cottage cheese
Blend. Cook like regular pancakes.
Top with a thin layer of nut butter or a dab of cottage cheese with berries. (For roll up, use less baking powder, making a thin “pancake” that rolls up for eating on-the-go.)
- **EGG/CANADIAN BACONWICH**
1 egg
2 slices Canadian bacon or ham
Reduced fat cheese.
Cook together in pan, and place on one slice of whole wheat bread, bread thin/bagel or rice cake.