

## 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.