

HEALTHFUL TIPS

Breakfast Bites and Sips

Start your day off with a healthy protein-rich breakfast. If your breakfast choices could use a little revamping, try these great ideas. Make ahead or prep the night before whenever possible to keep your morning schedule on track.

Coffee

- Use Premier Protein (ready-to-drink) as a coffee creamer.
- Heat up Fairlife milk and add to your cup of joe to make a protein-rich latte.

Pancakes

- Out with the syrup and in with fresh fruit and/or low-sugar yogurt toppings.
- Add a scoop or two of unflavored or vanilla protein powder to your mix.
- Use Fairlife milk in place of water to boost protein.
- Try PB Banana Pancakes for a delicious change of pace—see recipe.

Milk

- A simple glass of milk provides 8 grams of protein. The brand Fairlife milk boosts the protein up to 13 grams and is lactose-free.
- Add no-added-sugar chocolate milk powders, hot cocoa mix, chocolate syrup or Carnation Instant Breakfast—enjoy hot or cold.
- Use milk as the basis for a smoothie—just add protein powder, fruit, peanut butter, yogurt, or juice for a breakfast treat.

Yogurt

Find a low-sugar yogurt and eat right from the carton, add a few berries, slip it into your smoothie, stir in powdered peanut butter and banana slices, or blend with fat-free cream cheese and top with fresh fruit.

Cottage Cheese

You may not put cottage cheese and breakfast in the same sentence, but take another look. It's a natural mixed with sliced bananas, pineapple, berries, melon, peach slices or applesauce. Blend it into a fruit smoothie. You can make pancakes with it—really try it!

Eggs

Scrambled, fried, soft or hard cooked, eggs are a favorite breakfast food. You can microwave them in a cup, make breakfast bites, whip

up an omelet or even add them to a smoothie. Use fresh whole eggs, egg whites or pasteurized egg products.

Smoothies

Start with low-fat milk (use Fairlife ultra filtered milk for a lactose-free protein boost); add protein powder, yogurt, or pasteurized eggs for protein. Flavor with peanut butter powder, no-added-sugar chocolate, fresh or frozen fruit, powdered sugar-free Jell-O, a squirt of fruit juice, fresh or frozen greens. You can add in powdered calcium, probiotics, matcha (green tea powder to boost metabolism), chia seeds, or ground flax seeds. Watch the calories in the additives so you get a great nutrient-dense drink rather than a calorie bomb

PB Banana Pancakes

- 1/3 cup rolled oats
- 1/2 scoop vanilla protein powder
- 3 tbsp powdered peanut butter, divided
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- 1 tsp sweetener (or more to taste)
- 1/3 cup mashed bananas
- 1 egg white
- 3 tbsp fat-free milk, divided
- 2 tbsp Dannon Triple Zero vanilla yogurt



In a small bowl, whisk together 1 tbsp powdered peanut butter, 1 tbsp milk and yogurt. Set aside.

In a food processor, mill the oats until they form a fine powder. Then combine with protein powder, 2 tbsp powdered peanut butter, baking powder and cinnamon in a medium-sized bowl. Mix in mashed bananas, egg white and 1 tbsp milk.

Heat a large skillet or griddle over medium-low heat and spray with non-stick cooking spray. Spoon pancake mixture onto griddle to form 3 medium-sized pancakes. Cook until the top begins to bubble, then flip and cook through.

Top pancakes with yogurt sauce and serve. Makes 3 servings.

NUTRITION INFORMATION PER SERVING: 107 calories, 11 grams protein, 1 gram fat, 15 grams carbohydrate, 127 mg sodium.