

## Fruit Smoothies

- ◇ Blend together fresh or frozen fruit, fruit juice and vanilla yogurt (remember Greek yogurt has more protein) for a delightful beverage.
- ◇ Add peanut or nut butters to smoothies to boost the protein.
- ◇ Add 1 TBSP of dried milk powder to any creamy food or drink.

## Breakfast Protein Tips

- ◇ Add milk to cereal and coffee
- ◇ Stir peanut butter into hot cereal. If you want some added texture, use the chunky version.
- ◇ Add ground flax seed to cereal, muffin batter, yogurt or smoothies.



*Image by RitaE from Pixabay*

## Enjoy Eggs

Eggs are easy to make, inexpensive and you can eat them so many ways!

If you are worried about cholesterol, just eat the whites, that is where the protein is located.

- **Poached**
- **Scrambled**
- **In an Omelet**
- **Egg Salad**
- **Hard Boiled**
- **On top of pancakes or toast**
- **However you like them!**

## Cottage Cheese

- ◇ Add to baked goods batter, such as muffins, pancakes, quick breads. Substitute at least half the fat called for in the recipe with cottage cheese.
- ◇ Use it as a filling in pastries.



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## Cottage Cheese

- ◇ Add to scrambled eggs and sautéed veggies.
- ◇ Whip it up in the blender and add to smoothies or hot cereal or flavor with some herbs or spices and eat on a bagel or English muffin. It's great topped with chives and a little pepper.



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## Cottage Cheese



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Cottage Cheese has a 14 grams of protein per half a cup!  
Try cottage cheese for breakfast with some fresh or frozen fruit.

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## Protein Boosters

- ◇ Add grated or melted cheese to veggies, hot dish, soups, mashed potatoes, eggs, and more.
- ◇ Add peanut butter to celery, apples, bananas, crackers, bread, pancakes, waffles...

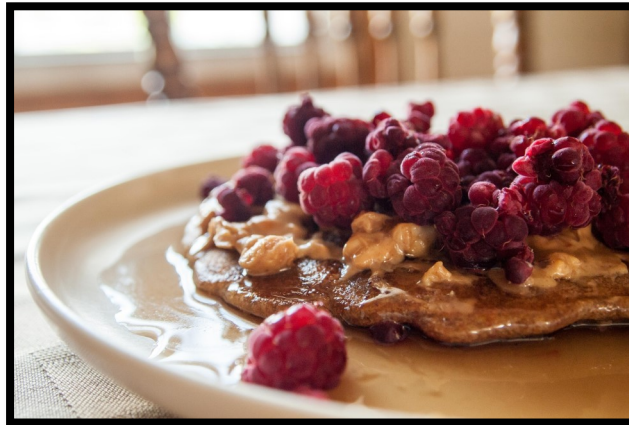


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## Skim Milk Powder

Mix 1 cup of skim milk powder into 1 quart of whole milk and use in recipes for creamed soups, hot cocoa, cooked cereals, custard or pudding, hot dishes, mashed potatoes. You can also add to scrambled eggs, soups, meat loaf or meat balls, cookies and muffins.



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## Instant Breakfast Milk Shake



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**Combine and mix well:** one packet instant breakfast mix, one cup whole milk, half and half, or reduced fat milk and 1/2 cup ice cream.

**Add a little coffee for a flavor boost.**

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