



4 GRAB-AND-GO BREAKFASTS

No time to wait ... even on the microwave?
We've got you!



Peanut Butter Protein Bites

- Combine $\frac{2}{3}$ cup creamy peanut butter, $\frac{1}{2}$ cup semi-sweet chocolate chips, 1 cup old-fashioned oats, $\frac{1}{2}$ cup ground flax seeds and 2 tbsp. honey or maple syrup in mixing bowl.
- Roll into 12 balls. Store in fridge for up to 1 week or freezer for up to 2 months.

Overnight Oats

- Place 3 cups rolled oats, 3 cups low fat milk and 4-5 tbsp. honey or maple syrup in single-serve airtight containers (like mason jars).
- Refrigerate overnight as is, or add your choice of cinnamon, nut butter, cocoa powder, vanilla extract and pumpkin spice (or puree).
- Top with banana/apple slices, fresh/dried berries, sliced almonds/walnuts, unsweetened coconut or your favorite fruit!



No Bake Protein Cookies

- Heat $\frac{1}{2}$ cup honey and $\frac{1}{2}$ cup creamy peanut butter in medium saucepan over low heat. Stir until blended.
- Remove from heat. Stir in $\frac{1}{2}$ cup nonfat dry milk. Fold in $\frac{1}{2}$ cup raisins and 2 $\frac{1}{2}$ cups crushed, non-frosted, flaked cereal.
- Form mounds on wax or parchment paper. Cool to room temp. Freeze or refrigerate in airtight container.



Protein Shake and Banana

This one's so simple, there's no prep required! Buy and refrigerate a 6-pack of pre-made, low sugar protein shakes. Then, grab one and a banana for a quick meal on your way out the door!

