

## MORNINGS UPGRADED RECIPES

1. **On The Go:** You've only got two hands, and you need one to open the door when you're on the move! You can make an easy grab-and-go breakfast all in one cup with this delicious smoothie.

- **What you need:**
  - (1) cup **Stok® Cold Brew Un-Sweet Black Coffee**
  - (1) 5.3 oz **Oikos® Pro Vanilla Cup**
  - ½ medium banana
  - ½ avocado
  - ½ cup frozen riced cauliflower
  - ½ cup frozen blueberries
  - Handful fresh spinach
  
- **Directions:** Add all ingredients to a blender and blend until smooth. Pour into a cup and enjoy.



2. **Be Prepared:** Make these delicious overnight oats in advance and grab whenever you need a quick breakfast addition. Nothing speeds up a morning routine like things you already have done and ready to go BEFORE it's morning! Mix up these delicious overnight oats before you go to bed, then just grab on your way out the door for a balanced breakfast that keeps up with you wherever you go.

- **What you need:**
  - ½ cup Rolled Oats
  - ½ cup **Silk® Unsweetened Vanilla Almondmilk**  
OR use **Silk® Soy** for added protein
  - A drizzle of honey or agave
  - 1 Tbsp nut butter of your choice (or sunflower seed butter for an allergy friendly option)
  - Toppings of your choice – fresh, frozen, dried fruit, nuts, seeds – you name it!
  
- **Directions:** Add oats, Silk® Unsweetened Vanilla Almondmilk, honey/agave and nut butter into a small mixing bowl and until thoroughly combined. Cover and refrigerate overnight so that the oats soften. To serve, layer additional fruit with the oat mixture. Then just grab and go! (Makes 2 servings).



3. **Me Time:** Have a sweet morning with this deliciously indulgent protein pancakes, that still delivers on nutrition.

- **What you need:**
  - (1) cup of old-fashioned oats
  - ½ cup of all-purpose flour
  - 1.5 tsp baking powder
  - ¼ tsp salt
  - (2) 5.3oz cups of **Too Good® Vanilla Yogurt**
  - (2) large eggs
  - (2) tbsp honey
  - (2) tbsp canola oil



- ½ cup frozen blueberries (optional)
  - A handful of fresh blueberries to press on top (optional)
- **Directions:** Preheat oven to 375 degrees. Combine all ingredients except fresh blueberries into a high-speed blender. Blend until smooth. On a greased cookie sheet, pour the batter into an even layer, using the back of a spoon to smooth. Press a few fresh blueberries on top (optional). Bake for 15 minutes until the batter is cooked and lightly browned. Slice and serve with syrup and/or yogurt.
4. **Feed the Family:** These oatmeal bars are a tasty crowd pleaser for the whole family. Pair with your favorite yogurt and fresh fruit for a balanced breakfast or add to any lunchbox or snack!

○ **What you need:**

- (2) ripe bananas, mashed
- (2) eggs, beaten
- 1 ½ cups rolled oats or quick oats
- ½ cup **Silk® Unsweetened Almondmilk or Silk® Soymilk**
- ½ cup raisins or dried fruit of your choice
- (1) tsp vanilla
- ½ tsp cinnamon



- **Directions:** Preheat oven to 350 degrees Fahrenheit. Grease a rectangular loaf pan and set aside. Fork mash bananas in a large mixing bowl. Add eggs and whisk together until well combined. Add milk, oats, vanilla and cinnamon, and stir until combined. Gently fold in dried fruit until evenly distributed. Pour batter into pan and bake for 15 – 17 minutes until top is no longer wet and shiny. It will slightly start to brown, and a toothpick will come out clean.

5. **Make it Count:** Did you know that calcium, vitamin D, potassium and fiber have been identified as four “nutrients of public health concern” that most people aren’t eating enough of. Finding ways to get a good source of all four of them at meals can help you work towards your daily goals!

○ **What you need:**

- (1) 5.3oz **Oikos® Triple Zero Banana Yogurt**
- (1) tbsp nut butter of your choice (or sunflower seed butter for an allergy friendly option)
- ¾ cup strawberries (reserve ¼ cup and slice into quarters)
- (1) medium banana (reserve half and slice)
- (1) tbsp chia seeds

- **Directions:** Add yogurt, nut butter, ½ cup strawberries, ½ banana, seeds to a blender and blend until smooth. Pour into a bowl, top rest of the strawberries and bananas.

