DEAR LIVESTRONG.COM MEMBER,

We’re excited to share our collection of high-protein breakfast recipes with you. Breaking your fast with a meal packed with protein not only gives you the energy you need to take on the day, but it will also help you feel fuller longer. And who doesn’t love that? Our bodies need protein to help repair and grow muscles and keep our hair and skin looking healthy. If you’re active and participate in more intense workouts, your protein needs may be higher, so start the day with a breakfast that helps you get the nutrients you need.

Tracking your calories on MyPlate? We’ve added a button at the bottom of each recipe, so you can track these recipes directly in MyPlate (LIVESTRONG.COM’s free calorie tracker), making managing your weight that much easier.

In Health,

The LIVESTRONG.COM Team

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If you’re feeling rushed for time in the morning, try this three-minute egg breakfast without even dirtying a pan.

**THREE-MINUTE BREAKFAST BURRITO**

- **Prep Time:** 1 min  
  - **Cook Time:** 2 min  
  - **Makes:** 1 breakfast burrito

**INGREDIENTS**
- 2 eggs
- 2 tablespoons low-fat milk
- 1/4 cup black beans
- 1 whole grain tortilla
- 2 tablespoons shredded cheddar cheese
- 1/5 avocado, sliced
- 2 tablespoons salsa

**DIRECTIONS**
1. Coat a microwave-safe coffee mug with cooking spray.
2. Add eggs and milk to the cup; beat until blended.
3. Microwave on high power for 45 seconds; stir.
4. Add in black beans and stir again.
5. Microwave until eggs and beans are almost set, about 30 to 45 seconds longer.
6. When the egg and bean mixture is hot, spoon it onto the tortilla and top with shredded cheese, avocado and salsa.
7. Wrap tortilla into a burrito.
To enjoy this recipe a few more days throughout the week, make your sweet potatoes all at once — this will cut down on prep time in the morning.

**INGREDIENTS**

- 1/2 sweet potato
- 1 teaspoon olive oil
- 1 teaspoon paprika
- 1 pinch cayenne pepper
- 1 pinch ground black pepper
- 1 pinch salt
- 2 eggs
- 1/4 medium avocado, sliced

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Peel and cut half a sweet potato into small, one-inch cubes.
3. Toss with olive oil, paprika, cayenne pepper, pepper and salt.
4. Bake on a roasting pan for approximately 40 minutes at 350 degrees.
5. While the potato is cooking (about five minutes from finish), add cooking spray to a pan on medium-high heat and cook eggs to your liking.
6. Once sweet potato is done, top with eggs and avocado.
Try this quick five-minute microwave Italian-inspired Eggs Florentine.

MICROWAVE EGG & VEGGIE BREAKFAST BOWL

INGREDIENTS
1 teaspoon coconut oil
1 egg
1 tablespoon water
1/4 cup baby spinach, thinly sliced
2 tablespoons mushrooms, chopped
2 tablespoons shredded mozzarella cheese
2 cherry tomatoes, sliced

DIRECTIONS
1. Coat an 8-ounce ramekin or custard cup with coconut oil.
2. Add egg, water, spinach and mushrooms; beat until blended.
3. Microwave on high power for 30 seconds. Stir and then microwave until egg is almost set, 30 to 45 seconds longer.
4. Top with cheese and tomatoes.
5. If you like, you can enjoy with a slice of whole-grain or gluten-free bread.
RING AROUND AN EGG

These are healthy and easy to make, and kids will love them too!

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INGREDIENTS
1 teaspoon coconut oil
1 red bell pepper
4 eggs
1/2 medium avocado, thinly sliced
1 dash salt
1 dash pepper

DIRECTIONS
1. Heat one teaspoon of coconut oil in a skillet over medium heat.
2. Slice a red or green bell pepper into four slices, or “rings,” and place in skillet.
3. Flip the rings a few times so they cook evenly.
4. Crack an egg into the center of each ring and cook until the white is just firm, about one to two minutes.
5. Serve each with avocado slices and season with salt and pepper. If you like, you can enjoy with a slice of whole-grain bread.
MICROWAVE VEGGIE NUT COFFEE CUP SCRAMBLE

INGREDIENTS
1 teaspoon coconut oil
1 egg
1 tablespoon water
1/4 cup broccoli, chopped
1/4 cup mushrooms, chopped
1 pinch salt
1 pinch pepper
2 tablespoons shredded mozzarella cheese
4 walnut halves, chopped

DIRECTIONS
1. Coat a 12-ounce microwave-safe coffee mug with coconut oil.
2. Add egg, water, broccoli and mushrooms; whisk until blended.
3. Microwave on high power for 30 seconds. Stir. Microwave until egg is almost all set, about 30 to 45 seconds longer.
4. Season with salt and pepper if desired.
5. Top with cheese and walnuts.

This one-cup breakfast scramble combines veggies, eggs and nuts for a quick and delicious breakfast.
INGREDIENTS
1 banana
2 eggs
1 teaspoon extra-virgin olive oil

DIRECTIONS
1. Peel banana and put it into a mug or small bowl.
2. Mash the banana with a fork until it has achieved a fairly smooth consistency.
3. Crack and stir in the eggs and make sure the whole mixture is blended and smooth without any large chunks.
4. Heat a griddle or nonstick pan on medium heat.
5. Grease griddle with olive oil, coconut oil or nonstick cooking spray.
6. Pour the batter onto the griddle in small pancake circles the size of silver dollars. After approximately one minute of cooking, flip your pancakes.
7. Enjoy them plain, or add a small drizzle of pure maple syrup, honey or agave nectar.

NOTE: Be sure to use a ripe and mushy banana.
If a blueberry muffin craving strikes, try whipping up this grain-free, gluten-free, Paleo-friendly and high-protein two-minute microwave muffin.

**TWO-MINUTE BLUEBERRY MICROWAVE MUFFIN**

**INGREDIENTS**
1 teaspoon coconut oil
1 egg
1 1/2 teaspoons honey
1 teaspoon vanilla extract
1 pinch salt
2 tablespoons ground flaxseed
1 tablespoon chia seeds
3/4 cup frozen blueberries

**DIRECTIONS**
1. Coat large microwave-safe mug with coconut oil.
2. Break egg into mug and lightly beat with a fork.
3. Add honey, vanilla extract, salt, flaxseed and chia seeds and stir until blended into a "batter."
4. Gently fold in the blueberries until distributed fairly evenly.
5. Microwave on high for two minutes. (Check the muffin's consistency. If it hasn't set, put it in for 30 more seconds.)
6. Turn the mug upside down over a small plate and gently tap the bottom so the muffin falls onto the plate. Top with a few spare blueberries and/or another drizzle of honey. Or just eat it out of the mug on the go.
STRAWBERRY PROTEIN PANCAKES

This high-protein breakfast pancake will keep you full until noontime.

INGREDIENTS
1/3 cup quick-cooking oats
4 egg whites
1/4 cup protein powder (vanilla or unflavored)
1 tablespoon unsweetened almond milk
1 teaspoon coconut oil
6 medium strawberries, sliced

DIRECTIONS
1. In a bowl, combine oats, egg whites, protein powder and almond milk and mix well.
2. Heat a skillet over medium-high heat and add coconut oil.
3. Once hot, drop batter onto skillet. Once edges begin to form, flip pancake. Continue to heat until thoroughly cooked.
4. While pancakes are cooking, add sliced strawberries to another small saucepan and cook until soft and resembling a chunky sauce.
5. Top pancake with strawberry mixture.
BLUEBERRY-BANANA PROTEIN MUFFINS

These fruit-based morning muffins are packed with protein and fiber, giving them more staying power.

Makes: 12 muffins (one serving is 2 muffins)

Prep Time: 10 min  |  Cook Time: 20 min
Calories: 217  |  Fat: 2 grams  |  Carbohydrates: 32 grams  |  Protein: 20 grams

INGREDIENTS
2 bananas
1 egg
1/2 cup plain Greek yogurt
1/4 cup unsweetened almond milk
2 teaspoons pure vanilla extract
1 cup vanilla protein powder
1 1/4 cups whole-wheat flour
2 teaspoons baking soda
1 dash salt
1 cup blueberries

DIRECTIONS
1. Preheat oven to 350 degrees.
2. Spray muffin pan with cooking spray and lightly dust with one tablespoon of flour.
3. In a medium bowl, mash bananas until smooth and consistent and absent of clumps. Next, add egg, yogurt, milk and vanilla extract. Continue to mix until well combined.
4. In another bowl, combine the protein powder, flour, baking soda and salt. Next, fold the dry ingredients into the wet ingredients and mix just enough to combine. Finally, add in the blueberries and gently fold until they are fully combined.
5. Evenly distribute the mix into the muffin pan and bake for 15 to 20 minutes or until fully cooked.
WATERMELON-KIWI SLUSHY SMOOTHIE

For a perfect after-workout refresher, this smoothie combines three workout superfoods: kiwi, Greek yogurt and sweet watermelon.

INGREDIENTS
1 cup watermelon, diced
1 kiwi, peeled and chopped
1 cup vanilla Greek yogurt
1/2 cup crushed ice

DIRECTIONS
**BUNNY-FOOD SMOOTHIE**

The tofu, veggies and fruit for this smoothie might sound like an unusual combination but the subtle sweetness from the fruit and creaminess from the tofu makes this a delicious and nutritious way to start the morning.

- **Prep Time:** 5 min
- **Cook Time:** 0 min
- **Makes:** 1 smoothie

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**INGREDIENTS**
- 5 ounces firm tofu
- 1/2 cup chopped romaine lettuce
- 1 banana
- 1/2 cup cooked carrots
- 1/2 cup orange juice

**DIRECTIONS**
1. In advance, steam and cool carrots.
2. Combine tofu, lettuce, banana, carrots and orange juice in a blender. Cover and blend until creamy. You can add a few pieces of ice if you like your smoothies thicker. Serve immediately.
BLUEBERRY PROTEIN POWER SMOOTHIE

This smoothie combination of blueberries, protein, flaxseed, spinach and walnuts will keep your heart and waistline happy.

INGREDIENTS
1 cup unsweetened almond milk
1 cup frozen blueberries
1/3 cup protein powder (vanilla or unflavored)
1 tablespoon ground flaxseed
5 walnut halves
1 cup baby spinach
1/2 cup ice

DIRECTIONS
1. Combine almond milk, blueberries, protein powder, flaxseed, walnuts, spinach and ice in a blender. Cover and blend until creamy. Use another quarter cup to half cup of almond milk if needed for desired thickness. Serve immediately.

TIPS: You can use any type of protein that you like (whey, plant-based, etc.). Also, if you like your smoothie a little sweeter-tasting, try adding a tablespoon of honey or agave.
CHOCO-COCO PEANUT BUTTER SMOOTHIE

This smoothie tastes like a chocolaty indulgence, but it’s loaded with good-for-you ingredients.

**INGREDIENTS**
1 cup unsweetened almond milk  
1/3 cup chocolate protein powder  
1 banana  
1 tablespoon unsweetened shredded coconut  
1 tablespoon cacao powder  
1/4 cup ice  
1 tablespoon natural peanut butter

**DIRECTIONS**

**TIP:** A frozen banana makes this smoothie creamier.

**Prep Time:** 5 min  
**Cook Time:** 0 min  
**Makes:** 1 smoothie

**Calories:** 411  
**Fat:** 15 grams  
**Carbohydrates:** 38 grams  
**Protein:** 33 grams
SAVORY OATMEAL WITH EGG (AND A KICK!)

INGREDIENTS
1/2 cup dry oats
1 cup water
1 egg
1 tablespoon soy sauce
1 tablespoon chia seeds
2 teaspoons hot chili sauce
1 dash ground black pepper

DIRECTIONS
1. Boil water in pan on the stovetop and cook oatmeal according to package.
2. When oatmeal is a few minutes away from being ready, crack and stir in one egg.
3. Stir in soy sauce, chia seeds, and hot chili sauce (if you like things spicy). Add salt and pepper to taste.
PB PROTEIN OATMEAL WITH RAISINS

Adding peanut butter to this breakfast staple gives it staying power with all the healthy fats and protein.

INGREDIENTS
1/3 cup dry oats
2/3 cup unsweetened almond milk
2 tablespoons raisins
1 tablespoon natural peanut butter
2 egg whites

DIRECTIONS
1. In a saucepan over low heat combine oats, milk, water and raisins and cook for five to seven minutes. Continue to stir mixture.
2. Once oats are softened, add in egg whites and cook for another three to five minutes on low heat. Cook until fluffy and well combined.
3. Transfer mixture to a bowl and stir in peanut butter.
INGREDIENTS
1/2 cup dry rolled oats
1 1/4 cup unsweetened almond milk
2 tablespoons chia seeds
1 peach, cubed
1 tablespoon raisins
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

DIRECTIONS
1. Add all the ingredients to a large Mason jar and mix well until fully combined.
2. Cover jar and let sit overnight in the refrigerator.
3. Warm oatmeal for about one minute in the microwave (if desired).

TIP: You can add any sort of mix-ins that you like: nut butters, nuts, fresh fruit, chia seeds, flaxseeds, etc. You can add more or less milk depending on desired consistency.

These overnight oats will make it easier for you to get out the door in the morning while still having enjoyed a nutritious and delicious breakfast.

PEACHES AND OVERNIGHT OATS

Makes: 1 serving

Calories: 401  Fat: 16 grams  Carbohydrates: 56 grams  Protein: 15 grams
CHOCOLATE-PEANUT BUTTER COTTAGE CHEESE

This simple and delicious chocolate-peanut butter breakfast dish is made extra creamy with the addition of cottage cheese.

INGREDIENTS
2/3 cup low-fat cottage cheese
1 tablespoon natural peanut butter
3 tablespoons chocolate protein powder
1 tablespoon cacao powder

DIRECTIONS
1. Combine all ingredients in a bowl and mix thoroughly.

Special Instructions:
Try chocolate casein protein powder with this recipe for best results. Also try unsweetened cacao powder. For a little something extra, you can add fruit like berries or a banana. Enjoy!
This breakfast is a complete meal with healthy sources of protein, carbohydrates and fat.

### INGREDIENTS
1 cup plain Greek yogurt
1 tablespoon natural peanut butter
1 banana

### DIRECTIONS
1. Combine the Greek yogurt and natural peanut butter, mixing well until combined.
2. Slice banana.
3. In a small jar or cup, start with a layer of the peanut butter-yogurt mixture and then add a layer of banana slices. Repeat until ingredients are all used.