



# Higher-Protein Breakfast Recipes

This collection of healthy, recipes includes simple, delicious higher-protein [25g +] options for breakfast.



# Recipes

- Spinach and Tomato Frittata
- Cottage Cheese & Blueberries
- Chocolate Avocado Mousse Smoothie
- Peanut Butter Yogurt with Pears
- Chicken Sausage & Kale Saute
- Yogurt with Fruit & Almonds



# Spinach and Tomato Frittata

Serves 4

**Prep: 10 mins. | Total: 20 mins**

## Ingredients

- 1 cup sun-dried tomatoes, drained and chopped
- 4 cups spinach, chopped
- 1/2 tsp garlic powder
- 1 tsp oregano, dry
- Cooking Spray
- 12 eggs, large
- 1 cup feta cheese, crumbled (Optional)
- Salt & pepper, to taste

### Per serving:

351 calories

11g carbohydrates

2g fiber

23g total fat

26g protein

## Prep

1. Drain and rinse sun-dried tomatoes - chop.
2. Wash and chop spinach.
3. Preheat oven to 425° F.
4. Line sheet pan with parchment paper.

## Make

1. Line a 9" x 13" rimmed sheet pan with parchment paper then lightly coat with cooking spray. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. [You can also use an Italian Herb Blend].
2. In a small bowl whisk together the eggs. Pour the eggs over the vegetable mixture. Top with feta cheese, if desired.
3. Bake for 10-15 minutes or until eggs are set. Season with salt and pepper to taste.



# Cottage Cheese with Blueberries and Hemp Seeds

Serves 2

**Prep: 5 mins.**

## Ingredients

- 2 cups cottage cheese, whole-milk
- 1/2 cups blueberries
- 1/4 cups hemp seeds

### Per serving:

272 calories

10g carbohydrates

9g fiber

16g total fat

26g protein



## Make

1. Add cottage cheese to serving cups and top with blueberries and hemp seeds.



# Chocolate Avocado Mousse Smoothie

Serves 1

**Prep: 15 mins.**

## Ingredients

- 1/2 avocado
- 1/4 cup spinach, frozen
- 1/2 banana, frozen
- 2 dates, pitted and chopped
- 3 Tbs cocoa powder, unsweetened
- 1 cup almond milk, unsweetened
- 2 scoops protein powder [collagen peptides]

### Per serving:

501 calories

72g carbohydrates

19g fiber

20g total fat

27g protein



## Make

1. Combine all ingredients in a blender and process until smooth.

# Peanut Butter Yogurt with Pear Slices

Serves 2

## Ingredients

- 2 cups Greek yogurt
- 4 Tbs peanut butter powder
- 2 pears, cored and sliced
- 2 tablespoons hemp seeds

**Prep: 15 mins.**

### Per serving:

326 calories

37g carbohydrates

8g fiber

10g total fat

26g protein



## Make

1. Mix peanut butter powder into the yogurt
2. Spread on pear slices, sprinkle with hemp seeds, and enjoy!

# Chicken Sausage and Kale Sauté

Serves 2

**Prep: 15 mins.**

## Ingredients

- 12 oz chicken sausage, uncured and unsweetened
- 8 oz kale, spines removed and chopped

### Per serving:

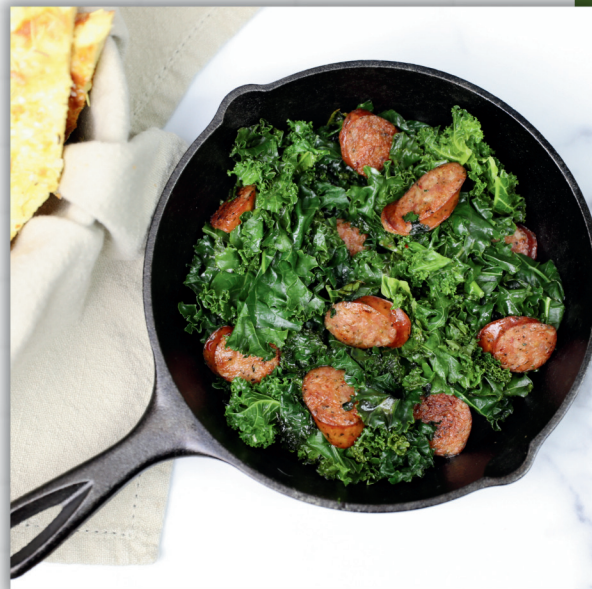
340 calories

17g carbohydrates

5g fiber

18g total fat

31g protein



## Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat a heavy skillet.

## Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.

# Yogurt with Fruit and Almonds

Serves 2

**Prep: 15 mins.**

## Ingredients

- 2 cups Greek yogurt
- 1 cup blueberries
- 1 cup strawberries, chopped
- 2 tablespoons slivered almonds

### Per serving:

235 calories

23g carbohydrates

3g fiber

5g total fat

27g protein



## Make

1. Mix yogurt and berries together.
2. Add yogurt mixture to container and top with berries and almonds