



Protein Packed Berry Bowls

MACROS | SERVING SIZE

Protein 18g | Fat 19g* | Carbs 45g

% CALORIES OF MACROS | SERVING SIZE

Calories 411 | Protein 17% | Fat 41% | Carbs 42%

NUTRIENTS | SERVING SIZE

Fiber 8g | Sodium 256mg | Sat. Fat 10g

INGREDIENTS (SERVES 4)

- 2 cups cottage cheese
- 2 cup frozen mixed berries
- 2 tsp. honey
- ¼ cup sliced almonds
- ½ cup old fashioned oats
- ¼ cup shredded coconut
- 1 tbsp oil (olive, coconut, or avocado)

INSTRUCTIONS

1. Add to a food processor or blender the cottage cheese and frozen berries. Blend until smooth.
2. In a medium sized skillet, heat the oil to medium high heat. Add the oats and almonds and toast for about 2 minutes. Toss continuously to prevent burning. Turn heat to medium, add the coconut and toast just until the coconut begins to brown. Remove from heat and drizzle the honey over the mixture and toss.
3. Divide the blended cottage cheese mixture between 4 bowls or containers. Top each with 1/4th of the "quick stove top granola".

NOTES

- To increase fiber and Omega 3 fatty acid content, consider a small sprinkle of chia seeds before consuming.
- Omitting the almonds from the recipe will decrease the fat content and calories, if desired.
- Change up this recipe by using different frozen fruits, such as frozen banana and/or peaches along with different types of nuts.
- Use single serve containers with lids and make a batch for a quick at-the-ready, easy to transport breakfast.

Breakfast, typically, is thought of as the morning meal but the purpose of the meal to "break" a "fast". This means to consume food to fuel the brain and body after a time of fasting, such as overnight. For many, the societal meaning of breakfasting conjures up the first meal of the day upon waking. However, any meal that breaks a long fast of 6-8 hours, is a very important meal.

The benefits of "breaking" a "fast", which for most is typically the morning, are numerous. Studies show this action improves energy levels, manage body weight, and lowers the risk of diabetes. No matter the time of the day, mindfulness regarding fueling the body to perform optimally should be considered. In the short-term, providing the brain the best fuel, glucose, helps with concentration. This is key, especially with children and learning.

Going too long without eating leads to an increased risk of overconsumption. Often, this results in low quality nutrition food choices which causes high blood sugar spikes. Fluctuations in blood sugar are not an ideal environment for the body and brain to perform optimally, and can overtime increase the risk of obesity and other chronic diseases.

For this reason, rather than think of breakfast as the most important meal of the day, reframe this to, "BREAKING A FAST IS THE MOST IMPORTANT ACTION OF THE DAY no matter the time of day. When doing so, it is best to aim to provide your brain and body with all that it needs by consuming a combination of fat, protein, and carbs from nutrient dense choices such as healthy fats, lean proteins, whole grains, and fruits and/or vegetables. Use this easy, fueling recipe as a strategy to make this action a healthy habit.

DIETITIAN TIPS

Focus on fueling the body with nutrients throughout the day to avoid brain fog, decreases in energy, and spikes in blood glucose.

