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## Blueberry Protein Pancakes

½ ripe banana, mashed well  
1 egg  
½ scoop vanilla protein powder  
¼ tsp. cinnamon  
½ cup blueberries



1. Heat a pan over medium heat.
2. Mix banana, egg, protein powder and cinnamon together in a bowl. Add blueberries.
3. Grease the pan with non-stick spray. Use a ¼ measuring cup to pour the batter into the pan.
4. Once the pancake begins to bubble, flip it over and cook the other side.

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## Broccoli Salad

4 cups small broccoli florets  
1 1/2 cups seedless grapes, halved  
1 cup chopped celery  
1/2 cup raisins or dried cranberries  
1/4 cup sunflower seed kernels  
1/4 cup light mayonnaise  
1/3 cup plain fat-free yogurt  
2 tablespoons honey  
1 tablespoon white vinegar



1. Combine the first 5 ingredients in a large bowl.
2. Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well. Chill for 1 hour.

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## Nut Butter Protein Fluff

1 cup full-fat Greek yogurt  
2 tbsp. peanut butter or almond butter  
2 tsp. stevia  
favorite garnish (banana, granola, blueberries)

1. Add the yogurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.
  2. Transfer the mix into a bowl and top with your favorite toppings to serve.
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## Turmeric Poached Egg

2 tsp. pine nuts  
1 3/4 cups of fresh spinach  
5/8 cup of tomatoes, halved  
1 tbsp. mild olive oil  
1 tbsp. white wine vinegar  
1 tsp. ground turmeric  
2 medium-sized eggs



- 1.Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.
- 2.In the meantime, heat the oil in a frying pan and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.
- 3.Bring a pot of water to a boil then add the vinegar and turmeric. Turn the heat down so the water no longer bubbles. Carefully break in the egg and poach for 3 minutes; repeat with the second egg.
- 4.Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with salt and pepper. Break open the eggs just before serving.

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## Fish Curry

1 medium yellow onion, chopped  
3 tbsp. green curry paste  
1 x 14 oz. can coconut milk  
1.3 lb. white fish fillets (i.e. cod), coarsely chopped  
2 cups. frozen vegetable mix  
1 tbsp. olive oil

- 1.Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
  - 2.Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through.
  - 3.Serve immediately.
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