

5 minute microwave egg scramble

2 eggs ¼ cup cottage cheese ¼ tsp butter ¼ cup chopped veggies/ham/bacon (optional)	<ol style="list-style-type: none">1. Rub butter on inside of mug2. Whisk together eggs + cheese in a ceramic mug3. Add veggies/meat4. Microwave on high 1 minute5. Stir with a fork6. Microwave on high 1 more minute
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2 minute microwave oatmeal

½ cup oatmeal ½ cup milk (anytime, cows is highest in protein) 2 Tablespoons peanut butter 1 tsp honey (optional)	<ol style="list-style-type: none">1. Choose a 4 cup bowl with tall sides2. Put all ingredients in bowl3. Microwave on high for 2 minutes4. Stir + eat5. The glass cereal bowls at dollar tree work perfect for this!
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5 minute microwave berry oatmeal

½ cup oatmeal ½ cup milk (cow milk is highest in protein) 2 Tablespoons peanut butter ½ cup frozen berries	<ol style="list-style-type: none">1. Choose a 4 cup bowl with tall sides2. Put all ingredients in bowl3. Microwave on 50% power for 5 minutes4. Stir and eat. Add nuts for more protein.
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5 minute cottage cheese pancakes

3 eggs 1 cup cottage cheese ⅓ cup whole wheat flour 1 tsp vanilla (optional) ½ tsp cinnamon (optional)	<ol style="list-style-type: none">1. Whisk all ingredients in a bowl2. Butter a non-stick skillet and heat over medium heat3. Cook 2.5 minutes each side until cooked in the middle
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5 minute high protein smoothie

¾ cup milk ½ cup cottage cheese 1 banana (frozen) ½ cup frozen raspberries	Place all ingredients in the blender and blend on high speed until combined
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