

Breakfast Power Shakes (Protein-Powder Free)

Summer is the perfect time for on-the-go breakfast power shakes, but using protein powder every day isn't always the best practice. It's more refined than we recommend for everyday use. We'd rather use whole foods such as whole-milk Greek yogurt or hemp seeds for our protein whenever possible. So, here are a couple of new power shakes without the protein powder. Let us know what you think!

Breakfast Bowls or Layered Grab-and-Go Breakfast Jars

If you have a bit more time to sit and eat, you can turn these power shakes into fun breakfast bowls by stirring the basic ingredients together and topping with the berries and seeds. Alternately, layer the ingredients into a canning jar for a delicious grab-and-go breakfast option. Make the layered jar ahead and easily store it in the fridge until you are ready to eat it.

Phase 1 Blueberry Cheesecake Power Shake

This hearty shake has the great tang of cheesecake combined with the sweetness of vanilla and blueberries. It's so rich and creamy that 1/4 portion could be served as an excellent dessert pudding.

1/2 cup frozen blueberries, unsweetened
3/4 cup whole-milk Greek yogurt, unsweetened
1/2 cup half and half
2 tablespoons whole-milk cottage cheese
1/2 teaspoon vanilla
1/2 cup of ice, optional for a thicker shake

Place all ingredients in a blender, then blend until smooth. Serve.

Calories: 412 Carbohydrate: 24% Protein: 25% Fat: 51%

Phase 2 Cherry Chocolate Power Shake

This variation on our classic power shake flavor is great for everyday breakfasts since it packs a high protein punch without unnecessary protein powder. Great for busy mornings!

1/2 cup unsweetened frozen dark cherries
1/2 ripe banana
3/4 cup whole milk or unsweetened soy milk
3/4 cup whole-milk Greek yogurt, unsweetened
1 tablespoon hemp seeds
1 tablespoon cocoa powder, unsweetened
1/4 teaspoon vanilla

Place all ingredients in a blender, then blend until smooth. Serve.

Calories: 425 Carbohydrate: 35% Protein: 27% Fat: 38%