

QUICK & HEALTHY PROTEIN- PACKED BREAKFASTS FOR KIDS



1. Almond Butter Banana Protein Smoothie

Protein: ~15–20g

- 1 frozen organic banana
- 1 cup organic milk (cow, goat, or clean plant-based)
- 2 tbsp organic almond or nut butter of choice
- 1 scoop clean protein powder (optional)
- ¼ cup organic Greek or goat yogurt

Instructions: Blend all ingredients until smooth. Serve immediately.



2. Mini Veggie & Cheese Egg Muffins

Protein: ~7–8g per muffin

- 6 pasture-raised, cage-free eggs
- ¼ cup organic milk
- ½ cup organic chopped veggies
- ¼ cup organic shredded cheese (parmesan for higher protein)

Instructions: Whisk, pour into greased muffin tin, bake at 350°F for 15–18 minutes.

3. Chicken Sausage Breakfast Plate

Protein: ~15–20g

- 2 organic, nitrate-free chicken apple sausage links (such as Applegate)
- 2 pasture-raised eggs, scrambled with parmesan
- ½ cup organic berries

Instructions: Cook sausage according to package instructions. Scramble eggs with parmesan and serve with berries on the side.

