

Ideal Protein Desserts & Breakfasts



CHOCOLATE MOCHA PUDDING

*5 oz. chilled coffee
Cinnamon, if desired*

1 packet Ideal Protein Chocolate Pudding

Add coffee and pudding packet to shaker or blender. Shake or blend, sprinkle with cinnamon, and serve. (Tip: make a little extra coffee in the morning to refrigerate for this snack later.)

WILDBERRY YOGURT POPSICLES

*5 oz. cold water
Popsicle mold*

1 Packet Ideal Protein Wildberry Yogurt mix

Add all ingredients to shaker. Shake, pour into popsicle mold, and freeze until solid.

DREAMSICLE POPSICLES

*5 oz. cold water
1 tbs. Ideal Protein Orange Drink mix*

*1 packet Ideal Protein Vanilla Pudding
Popsicle mold*

Add all ingredients to shaker. Shake, pour into popsicle mold, and freeze until solid.

ALTERNATIVE BREAKFAST IDEAS

- Make Ideal Protein Fine Herbs and Cheese Omelet according to directions, fill with sautéed vegetables (such as spinach, mushrooms, or zucchini), top with hot sauce.
- Make Ideal Protein Maple Oatmeal according to directions, sprinkle with cinnamon.
- Make Ideal Protein Chocolate Pancake according to mix. Top with vanilla sauce made by combining 1 tbs. Ideal Protein Vanilla Pudding Mix with 2½ tbs. water.

ALTERNATIVE VEGGIE IDEAS

- Peel a turnip like an apple, slice the long way, and sprinkle with sea salt.
- Sprinkle celery with hot sauce.
- Marinate sliced cucumbers in apple cider vinegar, sea salt, and fresh ground pepper.