**Overnight Oats**
*Get Real SNC Health & Wellness Series 2014*

**INGREDIENTS**
- 1 cup quick oats
- 1 tsp chia seeds
- as desired: nut butters, jam
- 1 cup Greek yogurt
- 1 tsp cinnamon
- fresh, frozen, dried fruit
- 1 cup skim milk or milk alternate
- garnish with chopped nuts or granola
- 1 banana

**DIRECTIONS**
1. Mix all ingredients (except for crunchy bits) and cover
2. Let ingredients sit overnight. Add crunchy bits before serving. Serves 4

Per 1 cup: 250 calories, 7g fat, 16g protein, 32g carb, 5g fiber

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**Super Sneaky PB Cup Smoothie**
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**INGREDIENTS**
- 1 cup chocolate milk
- handful spinach or kale
- 1/2 scoop Vanilla Whey Protein Powder
- 2 T natural peanut butter

**DIRECTIONS**
1. Place all ingredients in blender and add 1 cup of ice. Blend well.
2. Never tell your children they are eating kale

Per 16oz: 315 calories, 16g fat, 21g protein, 22g carb, 5g fiber

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**Mini Veggie Omelets**
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**INGREDIENTS**
- 6 whole eggs, beaten
- 6 T water
- 1 cup finely chopped veggies
- sprouted grain English muffin or 6” whole wheat tortilla
- salt, pepper, etc...
- Leaf spinach, salsa as desired

**DIRECTIONS**
1. Preheat oven 350 F
2. Spray a muffin tin with pan spray or use a silicone tray with 6 wells
3. Beat eggs with water
4. Season to taste with salt, pepper, onion powder, etc...
5. Add veggies
6. Bake 15 minutes
7. Serve on toasted English muffin or tortilla. Add leaf spinach, salsa and go!

**SINGLE SERVING SPEEDY DIRECTIONS:** beat 1 egg & 1 T of water with veggies in microwavable bowl for 1 minute

Per each w/ grain: 250 calories, 10g fat, 13g protein, 21g carb, 5g fiber