



5 Minute Costco Breakfasts

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Fruits

- 2 Banana
- 1 cup Raspberries

Breakfast

- 1 1/2 tbsps Almond Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1 tbsp Hemp Seeds
- 2 tbsps Pumpkin Seeds

Frozen

- 1 cup Frozen Berries
- 1/2 cup Frozen Raspberries

Boxed & Canned

- 1/2 cup Cheerios
- 1 1/2 cups One Degree Organics Sprouted Granola

Bread, Fish, Meat & Cheese

- 1 Protein Tortilla

Cold

- 1 cup Soy Milk
- 1 3/4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/4 cup Protein Powder
- 1/2 cup Vanilla Protein Powder



Granola Yogurt Parfait

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1/3 cup One Degree Organics
Sprouted Granola
1/2 cup Frozen Raspberries (thawed)

Directions

- 1 Mix together the protein powder and yogurt in a bowl. Top with raspberries and granola!

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	46g
Fiber	9g
Sugar	12g
Protein	25g
Cholesterol	4mg
Sodium	133mg
Vitamin A	52IU
Vitamin C	12mg
Calcium	531mg
Iron	2mg



Granola Cereal Mix

1 serving

5 minutes

Ingredients

1/2 cup Cheerios
1/3 cup One Degree Organics
Sprouted Granola
2 tbsps Pumpkin Seeds
1 tbsp Hemp Seeds
1 cup Soy Milk

Directions

- 1 Mix together the cereal, granola, hemp seeds and pumpkin seeds. Add milk and enjoy!

Nutrition

Amount per serving	
Calories	464
Fat	22g
Carbs	51g
Fiber	6g
Sugar	17g
Protein	20g
Cholesterol	0mg
Sodium	242mg
Vitamin A	4IU
Vitamin C	3mg
Calcium	396mg
Iron	9mg



Blended Granola Chia Pudding

1 serving
35 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
 1/4 cup Unsweetened Coconut Yogurt
 1/4 cup Vanilla Protein Powder
 3 tbsps Chia Seeds
 1 tbsp Maple Syrup
 1 cup Raspberries (divided)
 1/4 cup One Degree Organics
 Sprouted Granola

Nutrition

Amount per serving	
Calories	541
Fat	19g
Carbs	68g
Fiber	24g
Sugar	23g
Protein	30g
Cholesterol	4mg
Sodium	221mg
Vitamin A	415IU
Vitamin C	32mg
Calcium	877mg
Iron	5mg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and half of the raspberries. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with remaining granola and raspberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 3/4 cups, including raspberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Nut Butter & Banana Granola Roll-Ups

1 serving
10 minutes

Ingredients

1 1/2 tbsps Almond Butter
1 Protein Tortilla
3 tbsps One Degree Organics
Sprouted Granola
1 Banana

Nutrition

Amount per serving	
Calories	463
Fat	18g
Carbs	66g
Fiber	15g
Sugar	19g
Protein	19g
Cholesterol	0mg
Sodium	34mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	203mg
Iron	2mg

Directions

- 1 Spread almond butter evenly over the tortilla. Sprinkle with granola. Place the banana in the middle of the tortilla. Fold in opposite sides and roll up burrito-style. Cut in half to serve.



Granola Smoothie Bowl

1 serving
5 minutes

Ingredients

1 Banana
1 cup Frozen Berries
1/4 cup Protein Powder
1/3 cup One Degree Organics
Sprouted Granola
1 cup Unsweetened Almond Milk

Directions

- 1 Blend together all of the ingredients except the granola. Pour into bowl and top with granola.

Nutrition

Amount per serving	
Calories	461
Fat	8g
Carbs	76g
Fiber	13g
Sugar	36g
Protein	27g
Cholesterol	4mg
Sodium	255mg
Vitamin A	575IU
Vitamin C	50mg
Calcium	622mg
Iron	3mg