

Cereal Clusters



Prep Time: 15 minutes
Chill Time: 30 minutes
Number of Servings: 30 (weight: 397g)

Ingredients:

½ cup semi-sweet chocolate chips
¼ cup creamy peanut butter
¼ cup unsalted butter
1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink mix
2 cups corn flakes cereal
½ cup dry roasted, salted peanuts
½ cup dried, sweetened cranberries

Directions:

LINE a baking sheet with parchment paper. Set aside.

PLACE chocolate chips, peanut butter and butter in microwave-safe bowl. Heat on HIGH 30 seconds. Stir until butter is melted and mixture is smooth. Stir in CARNATION BREAKFAST ESSENTIALS® Powder.

COMBINE cereal, peanuts and cranberries in large bowl. Pour chocolate mixture over cereal. Toss to coat in chocolate mixture. Spoon by tablespoonful onto prepared baking sheet. Place in refrigerator 30 minutes or until cool and hardened. Store in cool, dry place.

Nutrition Facts

Serving Size: 1 cluster (13g)

	Amount	% Daily Value
Calories	73	
Calories from Fat	42	
Total Fat	5 g	7%
Saturated Fat	2 g	9%
Cholesterol	4 mg	1%
Sodium	36 mg	2%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	3%
Sugars	5 g	
Protein	2 g	3%
Vitamin A		2%
Vitamin C		5%
Calcium		1%
Iron		5%

Double Strawberry Cereal Bar



Prep Time: 20 minutes
Bake Time: 20 to 25 minutes
Number of Servings: 12 (Weight: 526g)

Ingredients:

1-1/4 cups whole wheat flour
3/4 cup old-fashioned oats
1/2 cup toasted rice cereal (such as Rice Krispies)
2 packets STRAWBERRY SENSATION CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix, divided
2 tablespoons brown sugar
1 stick (1/2 cup) butter, cut into 1/2-inch pieces
2 tablespoons cold water
1/3 cup reduced-sugar strawberry preserves
2 tablespoons fresh lemon juice

Directions:

SPRAY 8X8-inch baking pan with nonstick cooking spray. Preheat oven to 350°F.

COMBINE flour, oats, cereal, 1 packet CARNATION BREAKFAST ESSENTIALS® Powder and sugar in food processor container. Process 30 seconds or until mixture resembles sand. Add butter and cold water. Process until mixture sticks together when pressed with fingers.

PRESS 2 cups of dough into prepared pan. Combine preserves, lemon juice and drink mix. Spread over dough in pan. Sprinkle remaining dough over preserves, gently pressing down.

BAKE 20 to 25 minutes or until light golden brown.

Nutrition Facts

Serving Size: 1 bar (44g)

	Amount	% Daily Value
Calories	176	
Calories from Fat	74	
Total Fat	8 g	13%
Saturated Fat	5 g	24%
Cholesterol	21 mg	7%
Sodium	35 mg	1%
Total Carbohydrate	23 g	8%
Dietary Fiber	2 g	7%
Sugars	8 g	
Protein	3 g	6%
Vitamin A		8%
Vitamin C		26%
Calcium		5%
Iron		10%

Vanilla Berry Smoothie



Prep Time: 5 minutes

Number of Servings: 2 (Volume: 2 cups)

Ingredients:

2 cups frozen mixed berries

1 cup skim milk

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Toppings may include: sliced strawberries, sliced bananas, blueberries, raspberries, blackberries, granola

Directions:

COMBINE all ingredients in blender container. Blend until smooth. Pour into servings bowls. Top, as desired.

Nutrition Facts

Serving Size: 1 cup

	Amount	% Daily Value
Calories	167	
Calories from Fat	1	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	5 mg	2%
Sodium	111 mg	5%
Total Carbohydrate	35 g	12%
Dietary Fiber	5 g	20%
Sugars	25 g	
Protein	8 g	15%
Vitamin A		16%
Vitamin C		85%
Calcium		29%
Iron		15%

Green Monster Smoothie



Prep Time: 5 minutes

Number of Servings: 2 (16 oz)

Ingredients:

1 ¼ cup coconut water, plain unsweetened

½ cup Kale

½ (100g) of a golden delicious apple

½ cup cucumber, chopped

2 Tablespoons hemp hearts

¼ cup frozen mango

1 (100g) frozen banana

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all the ingredients to a blender and process until smooth.

SERVE immediately

Nutrition Facts

Serving Size: 1 smoothie (8 ounces)

	Amount	% Daily Value
Calories	250	
Calories from Fat	42	
Total Fat	5 g	7%
Saturated Fat	0.6 g	3%
Cholesterol	2 mg	1%
Sodium	72mg	6%
Total Carbohydrate	45 g	15%
Dietary Fiber	4 g	16%
Sugars	28%	
Protein	7 g	14%
Vitamin A		22%%
Vitamin C		93%%
Calcium		17%
Iron		22%

Hidden Veggie Blueberry Protein Smoothie



Prep Time: 5 minutes

Number of Servings: 2 (16 oz)

Ingredients:

1 cup frozen blueberries

½ cup baby spinach

1 cup almond milk, unsweetened

2 tablespoons almond butter, plain unsweetened

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all ingredients to a blender and process until smooth

SERVE immediately

Nutrition Facts

Serving Size: 1 smoothie (8 ounces)

	Amount	% Daily Value
Calories	224	
Calories from Fat	96	
Total Fat	11 g	16%
Saturated Fat	1 g	5%
Cholesterol	2 mg	1%
Sodium	204 mg	8%
Total Carbohydrate	27 g	9%
Dietary Fiber	5 g	20%
Sugars	16 g	
Protein	7 g	15%
Vitamin A		50%
Vitamin C		16%
Calcium		44%
Iron		22%

Hidden Veggie Orange Smoothie



Prep Time: 5 minutes

Number of Servings: 1 (12 oz)

Nutrition Facts

Serving Size: 1 smoothie (1-1/2 cups)

	Amount	% Daily Value
Calories	379	
Calories from Fat	12	
Total Fat	1 g	2%
Saturated Fat	1 g	4%
Cholesterol	9 mg	3%
Sodium	199 mg	8%
Total Carbohydrate	82 g	27%
Dietary Fiber	6 g	24%
Sugars	52 g	
Protein	12 g	23%
Vitamin A		467%
Vitamin C		238%
Calcium		41%
Iron		32%

Ingredients:

1 cup fresh carrot-orange juice

1 (100g) frozen banana

¼ cup plain, low-fat yogurt

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all ingredients to a blender and process until smooth

SERVE immediately

Coconut Acai Smoothie Bowl



Prep Time: 5 minutes

Number of Servings: 2 (16 oz)

Ingredients:

- 1 cup coconut water, plain unsweetened
- 1 cup frozen raspberries, unsweetened
- 1 (100g) frozen banana
- 2 packs frozen acai puree (sambazon-pure, unsweetened)
- 2 teaspoons chia seeds
- 1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all the acai puree, coconut water, raspberries, frozen banana, chia seeds and CARNATION BREAKFAST ESSENTIALS® Powder to a blender and process until smooth.

POUR into two bowls and top with sliced banana, shredded coconut, acai powder and cocoa nibs.

SERVE immediately.

Nutrition Facts

Serving Size: 1 smoothie (8 ounces)

	Amount	% Daily Value
Calories	525	
Calories from Fat	126	
Total Fat	15 g	21%
Saturated Fat	3 g	17%
Cholesterol	5 mg	2%
Sodium	158 mg	7%
Total Carbohydrate	92 g	30%
Dietary Fiber	22 g	86%
Sugars	47 g	
Protein	10 g	20%
Vitamin A		38%
Vitamin C		218%
Calcium		46%
Iron		39%

Chocolate Orange Quinoa Parfait



Prep Time: 7 minutes

Number of Servings: 2 (32 oz)

Ingredients:

Quinoa Mix: (212g)

1 cup tri-color quinoa, cooked

½ teaspoon orange zest

2 tablespoons orange juice

Yogurt Mix: (250g)

1 cup plain, low-fat Greek yogurt

1 packet DARK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

½ teaspoon vanilla extract

2 tablespoons cocoa powder

½ teaspoon orange zest

Garnishes: (122g)

120g fresh clementine segments (28 pieces)

1 teaspoon mini dark chocolate chips

Directions:

COMBINE all quinoa mix ingredients into a medium bowl until well blended. Can be made up to 2 days ahead and kept refrigerated.

COMBINE all yogurt mix ingredients in separate medium size bowl until well blended. Can be made up to 2 days ahead and kept refrigerated.

PLACE ¼ of the quinoa mix to the bottom of a glass and do the same with a second glass. Spoon some of the yogurt mixture on top of the quinoa, then lay a few clementine segments on top.

CREATE another layer: quinoa, yogurt, clementine than garnish with ½ teaspoon of chocolate chops on each parfait. Refrigerate up to 2 hours if not eating immediately.

Nutrition Facts

Serving Size: 1 serving (285 grams)

	Amount	% Daily Value
Calories	325	
Calories from Fat	55	
Total Fat	6 g	9%
Saturated Fat	3 g	14%
Cholesterol	14 mg	5%
Sodium	93 mg	4%
Total Carbohydrate	52 g	17%
Dietary Fiber	6 g	26%
Sugars	23 g	
Protein	20 g	39%
Vitamin A		23%
Vitamin C		113%
Calcium		30%
Iron		26%

Quinoa Oatmeal Berry Parfait



Prep Time: 25 minutes

Number of Servings: 2 (32 oz)

Ingredients:

Quinoa Oatmeal Mix: (212g)

¼ cup red quinoa

¼ cup steel cut oats

1 cup boiled water

½ cup almond milk, unsweetened

½ teaspoon vanilla extract

¼ teaspoon ground cinnamon

Yogurt Mix: (250g)

1 cup low-fat plain Greek yogurt

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

¼ teaspoon ground nutmeg

Garnishes: (122g)

2 cups fresh mixed berries (strawberries, blueberries, raspberries, blackberries)

1 teaspoon pecans, chopped

Directions:

THE night before cooking, rinse quinoa thoroughly and strain off any excess water. Combine oats and quinoa in a medium saucepan and cover with 1 cup boiling water.

IN the morning, bring soaked oats/quinoa, almond milk, salt and nutmeg to a boil and reduce the heat to low. Stir occasionally until quinoa is tender (10-12 minutes). Add the vanilla and let cool completely.

COMBINE all yogurt mixture ingredients in a medium bowl.

Place ¼ of the quinoa oatmeal in the bottom of each glass. Spoon some yogurt mixture on top of the quinoa, then top with mixed berries. Repeat this process until reached the top of the glass

GARNISH with chopped pecans.

Nutrition Facts

Serving Size: 1 serving (207 grams)

	Amount	% Daily Value
Calories	396	
Calories from Fat	60	
Total Fat	7 g	10%
Saturated Fat	2 g	9%
Cholesterol	14 mg	5%
Sodium	271 mg	11%
Total Carbohydrate	64 g	21%
Dietary Fiber	10 g	39%
Sugars	24 g	
Protein	21 g	42%
Vitamin A		19%
Vitamin C		144%
Calcium		43%
Iron		28%

Morning Mocha Chia Pudding



Prep Time: 5 minutes

Number of Servings: 2 (320g)

Ingredients:

1 cup 2% milk

3 tablespoons chia seeds

2 teaspoons light agave syrup

1 tablespoon cocoa powder, unsweetened

1 packet CAFÉ MOCHA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

WHISK together in a medium bowl milk, agave, cocoa powder, and CARNATION BREAKFAST ESSENTIALS® Powder until smooth

STIR in chia seeds and let sit at room temperature for 10 minutes.

STIR again and then cover and refrigerate at least 8 hours or overnight.

BEFORE serving, stir and transfer to two bowls and garnish with vanilla yogurt, fresh raspberries, and mini chocolate chips.

Nutrition Facts

Serving Size: 1 serving (160 grams)

	Amount	% Daily Value
Calories	229	
Calories from Fat	73	
Total Fat	8 g	12%
Saturated Fat	2 g	13%
Cholesterol	12 mg	4%
Sodium	105 mg	4%
Total Carbohydrate	32 g	11%
Dietary Fiber	7	28%
Sugars	20 g	
Protein	10 g	19%
Vitamin A		12%
Vitamin C		71%
Calcium		37%
Iron		21%

Raspberry Acai Frozen Yogurt Bark



Prep Time: 5 minutes
Number of Servings: 4 (540g)

Ingredients:

2 cups plain Greek yogurt
2 tablespoons honey
1 teaspoon vanilla extract
½ cup fresh raspberries
2 teaspoons pistachios, chopped
¼ teaspoon acai powder
1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

MIX the yogurt, honey, vanilla, and CARNATION BREAKFAST ESSENTIALS® Powder until well combined.

LINE a 9"x9" baking tray with plastic wrap and pour yogurt mixture on top. Spread evenly across foil.

GENTLY press pistachios and raspberries on top of yogurt, then sprinkle acai powder on top.

PLACE in freezer for at least 4 hours or until yogurt is completely frozen.

TO serve, remove yogurt bark from pan and plastic wrap. With a sharp knife, cut into pieces and serve immediately

Nutrition Facts

Serving Size: 135 g (1/4 pan of bark)

	Amount	% Daily Value
Calories	210	
Calories from Fat	66	
Total Fat	7 g	11%
Saturated Fat	3 g	16%
Cholesterol	18 mg	6%
Sodium	75 mg	3%
Total Carbohydrate	23 g	8%
Dietary Fiber	1 g	5 %
Sugars	19 g	
Protein	13 g	27%
Vitamin A		5%
Vitamin C		42%
Calcium		20%
Iron		8%

Mexican Chocolate Pops



Prep Time: 10 minutes

Number of Servings: 8 standard popsicles (465g)

Ingredients:

2 ounces dark chocolate, 60% cacao

4 teaspoons sugar

2 tablespoons cocoa powder, unsweetened

2 tablespoons cornstarch

¼ teaspoon ground cinnamon

¾ cup 2% milk

1 teaspoon vanilla extract

1 bottle RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Ready-To-Drink

Pinch of ground cayenne

Directions:

WHISK together in a medium saucepan the chopped chocolate, sugar, cocoa powder, cornstarch, cinnamon, cayenne, and milk until smooth.

OVER medium heat, whisk frequently until the mixture thicken and the chocolate fully melts (about 10 minutes).

REMOVE from heat and add vanilla and CARNATION BREAKFAST ESSENTIALS® Drink. Stir until well combined.

POUR into popsicle molds and insert sticks according manufactures instructions.

FREEZE completely before unmolding.

Nutrition Facts

Serving Size: 1 popsicle (58 g)

	Amount	% Daily Value
Calories	103	
Calories from Fat	35	
Total Fat	4 g	6%
Saturated Fat	2 g	10%
Cholesterol	4 mg	1%
Sodium	31 mg	1%
Total Carbohydrate	15 g	5%
Dietary Fiber	1 g	4%
Sugars	8 g	
Protein	3 g	5%
Vitamin A		4%
Vitamin C		13%
Calcium		7%
Iron		7%

Peanut Butter Chocolate Banana Soft Serve



Prep Time: 10 minutes

Number of Servings: 1 pint (504g)

Ingredients:

3 large (300g) ripe bananas, frozen

1 tablespoon cocoa powder, unsweetened

2 tablespoons natural peanut butter

1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all ingredients in a high speed blender or food processor and pulse until mixture is smooth and creamy. Use a spatula to scrap down sides of blender or processor between pulses.

SERVE immediately or freeze in air-tight container until ready to eat.

Nutrition Facts

Serving Size: 1/2 cup (126 g)

	Amount	% Daily Value
Calories	167	
Calories from Fat	41	
Total Fat	5 g	7%
Saturated Fat	1 g	4%
Cholesterol	1 mg	0.5%
Sodium	50 mg	42%
Total Carbohydrate	29 g	10%
Dietary Fiber	4 g	14%
Sugars	16 g	
Protein	4 g	8%
Vitamin A		5%
Vitamin C		48%
Calcium		7%
Iron		9%

Chocolate Hazelnut Mug Cake



Prep Time: 10 minutes
Number of Servings: 2 (422g)

Nutrition Facts		
Serving Size: 1 mug (377 g)		
	Amount	% Daily Value
Calories	697	
Calories from Fat	338	
Total Fat	38 g	58%
Saturated Fat	9 g	46%
Cholesterol	9 mg	3%
Sodium	331 mg	14%
Total Carbohydrate	81 g	27%
Dietary Fiber	4 g	18%
Sugars	48 g	
Protein	11 g	21%
Vitamin A		10%
Vitamin C		70%
Calcium		40%
Iron		30%

Ingredients:

- ½ cup all-purpose flour
- ¼ sugar
- 2 tablespoons cocoa powder, unsweetened
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- 10 tablespoons 2% milk
- ¼ cup vegetable oil
- 1 teaspoon vanilla extract
- 2 tablespoons hazelnut chocolate spread
- 2 teaspoons hazelnuts, chopped
- 1 packet DARK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all dry ingredient together in medium size bowl.

WHISK in milk and vegetable oil until all ingredients are combined and batter is smooth.

POUR batter into microwave-safe mugs, no more than ¾ full.

Add 1 tablespoon of hazelnut chocolate spread into the middle of the batter. Top with hazelnuts.

MICROWAVE mugs on high for 60-90 seconds, or until batter looks firm.

Fudge Sauce



Prep Time: 5 minutes

Number of Servings: 4 (448g)

Nutrition Facts

Serving Size: 2 tablespoons

	Amount	% Daily Value
Calories	138	
Calories from Fat	94	
Total Fat	10 g	16%
Saturated Fat	7 g	35%
Cholesterol	1 mg	0.5%
Sodium	12 mg	0.5%
Total Carbohydrate	10 g	3%
Dietary Fiber	2 g	7%
Sugars	5 g	
Protein	2 g	4%
Vitamin A		1%
Vitamin C		10%
Calcium		3%
Iron		15%

Ingredients:

8 ounces dark chocolate, chopped

8 ounces canned coconut milk, plain unsweetened

1 packet DARK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

MELT chopped chocolate in the top of a double boiler or in a microwave at 1 minute bursts at 50% power stirring between bursts.

POUR the coconut milk and CARNATION BREAKFAST ESSENTIALS® Powder into a small pot and bring just to a boil over medium heat. Remove from heat and pour over the melted chocolate, gently stirring with a rubber spatula until smooth.

SERVE sauce warm.

Chocolate Banana Power Cookie



Prep Time: 15 minutes
Number of Servings: 38 (570g)

Ingredients:

1 cup rolled oats
 ½ cup walnuts, chopped
 2 tablespoons wheat bran
 1 tablespoon dry roasted, unsalted sunflower seeds
 1 tablespoon flax seeds
 1 tablespoons brown sugar
 ¼ cup dark mini chocolate chips
 ½ teaspoon ground cinnamon
 1 (100g) banana
 1 large egg
 1 ½ tablespoons coconut oil
 1/3 cup plain low-fat yogurt
 1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

PREHEAT oven to 350°F and line a large baking sheet with parchment paper or a non-stick baking mat.

MASH banana in a medium size bowl until smooth.

STIR in egg, coconut oil and yogurt until smooth.

ADD all remaining ingredients and stir until well combined.

SCOOP tablespoon size batter on the prepared baking sheet 1" apart.

BAKE for 10-14 minutes, depending on the final texture that you want. Let cool for 10 minutes before transferring them to a cooling rack to cool completely.

Nutrition Facts

Serving Size: 1 cookie (13 g)

	Amount	% Daily Value
Calories	45	
Calories from Fat	24	
Total Fat	3 g	4%
Saturated Fat	1 g	5%
Cholesterol	5 mg	2%
Sodium	6 mg	0%
Total Carbohydrate	5 g	2%
Dietary Fiber	1 g	3%
Sugars	2 g	
Protein	1 g	2%
Vitamin A		1%
Vitamin C		4%
Calcium		1%
Iron		2%

Cinnamon Spice Popcorn Mix



Prep Time: 5 minutes
Number of Servings: 8 (250g)

Ingredients:

1 teaspoon ground cinnamon
 ¼ teaspoon kosher salt
 8 cups unsalted popcorn, popped
 1 ½ tablespoon coconut oil, melted
 ¼ cup dark chocolate, 60% cacao
 1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

ADD popcorn to large mixing bowl and drizzle coconut oil over popcorn while tossing popcorn. Mix thoroughly so that popcorn is evenly coated with coconut oil

MIX dry ingredients, except for dark chocolate, with popcorn until evenly coated

MICROWAVE dark chocolate in 30 second intervals until chocolate is completely melted. Stir chocolate between intervals. Once dark chocolate is completely melted, drizzle over popcorn mix. Wait for 30 minutes until chocolate has cooled and hardened.

Nutrition Facts

Serving Size: 1 cup (31 g)

	Amount	% Daily Value
Calories	45	
Calories from Fat	24	
Total Fat	3 g	4%
Saturated Fat	1 g	5%
Cholesterol	5 mg	2%
Sodium	6 mg	0.5%
Total Carbohydrate	5 g	2%
Dietary Fiber	1 g	3%
Sugars	2 g	
Protein	1 g	2%
Vitamin A		1%
Vitamin C		4%
Calcium		1%
Iron		2%

Chocolate Peanut Pretzel Dip



Prep Time: 5 minutes

Number of Servings: 6 (358g)

Ingredients:

1 cup plain, low-fat greek yogurt

¼ cup natural peanut butter

1 tablespoon cocoa powder

2 teaspoons honey

¼ cup gluten-free pretzels, crushed

1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

MIX all ingredients, except for pretzels, in a medium mixing bowl until ingredients are evenly combined.

GARNISH dip with crushed pretzels. Serve immediately.

Nutrition Facts

Serving Size: ¼ cup (59 g)

	Amount	% Daily Value
Calories	142	
Calories from Fat	58	
Total Fat	6 g	10%
Saturated Fat	1 g	7%
Cholesterol	5 mg	2%
Sodium	115 mg	5%
Total Carbohydrate	13 g	4%
Dietary Fiber	1 g	5%
Sugars	7 g	
Protein	7 g	14%
Vitamin A		5%
Vitamin C		24%
Calcium		9%
Iron		6%

Honey Yogurt Fruit Dip



Prep Time: 5 minutes

Number of Servings: 4 (292g)

Nutrition Facts

Serving Size: ¼ cup (58 g)

	Amount	% Daily Value
Calories	72	
Calories from Fat	8	
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Cholesterol	6 mg	2%
Sodium	40 mg	2%
Total Carbohydrate	11 g	4%
Dietary Fiber	0 g	0%
Sugars	9 g	
Protein	5 g	11%
Vitamin A		6%
Vitamin C		29%
Calcium		10%
Iron		5%

Ingredients:

1 cup plain, low-fat greek yogurt

½ teaspoon ground cinnamon

1 tablespoon honey

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

MIX all ingredients in a medium mixing bowl until ingredients are evenly combined.

SERVE with fresh fruit.

Green Tea Latte



Prep Time: 5 minutes
Number of Servings: 1 (150g)

Nutrition Facts

Serving Size: 1-1/4 cup (313 g)

	Amount	% Daily Value
Calories	287	
Calories from Fat	54	
Total Fat	6 g	9%
Saturated Fat	4 g	19%
Cholesterol	29 mg	10%
Sodium	263 mg	11%
Total Carbohydrate	42 g	14%
Dietary Fiber	0 g	0%
Sugars	33 g	
Protein	16 g	33%
Vitamin A		26%
Vitamin C		142%
Calcium		62%
Iron		27%

Ingredients:

¾ teaspoon matcha powder

1 ¼ cup 2% milk

1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all ingredients in a small saucepan. Heat saucepan on medium high heat, stirring occasionally to keep milk from burning.

CONTINUE heating and stirring until ingredients are mixed completely and liquid has reached your desired temperature. Remove from heat.

Salted Caramel Mocha Latte



Prep Time: 5 minutes
Number of Servings: 1 (130g)

Nutrition Facts

Serving Size: 1 cup (289 g)

	Amount	% Daily Value
Calories	252	
Calories from Fat	52	
Total Fat	6 g	9%
Saturated Fat	4 g	18%
Cholesterol	24 mg	8%
Sodium	208 mg	9%
Total Carbohydrate	38 g	13%
Dietary Fiber	1 g	4%
Sugars	30 g	
Protein	13 g	26%
Vitamin A		24%
Vitamin C		141%
Calcium		54%
Iron		25%

Ingredients:

1 cup 2% milk
1 ¼ tablespoons Torrani salted caramel syrup, sugar free
1 packet CAFÉ MOCHA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

COMBINE all ingredients in a small saucepan. Heat saucepan on medium high heat, stirring occasionally to keep milk from burning.

CONTINUE heating and stirring until ingredients are mixed completely and liquid has reached your desired temperature. Remove from heat.

Malted Almond Chai Granola



Prep Time: 30 minutes

Number of Servings: 6 (390g)

Ingredients:

- 2 cups rolled oats
- 2 tablespoons dry roasted, unsalted sunflower seeds
- 1 tablespoon dried dates, chopped
- 1 tablespoon raisins
- 1 cup sliced almonds
- 3 tablespoons vegetable oil
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 4 tablespoons hot water
- 1 teaspoon ground ginger
- 1 teaspoon ground allspice
- 1 packet CLASSIC CHOCOLATE MALT CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

PREHEAT oven at 325°F

MIX all ingredients together until the CARNATION BREAKFAST ESSENTIALS® Powder dissolves

PLACE mixture on a parchment lined baking sheet

BAKE for 30 minutes, stirring every 7-10 minutes until granola is dry and crunchy. Cool granola before eating or placing in containers.

Nutrition Facts

Serving Size: ½ cup (63 g)

	Amount	% Daily Value
Calories	302	
Calories from Fat	162	
Total Fat	18 g	28%
Saturated Fat	2 g	8%
Cholesterol	1 mg	0.5%
Sodium	404 mg	17%
Total Carbohydrate	30 g	10%
Dietary Fiber	5 g	21%
Sugars	7 g	
Protein	8 g	16%
Vitamin A		2%
Vitamin C		24%
Calcium		9%
Iron		15%

French Vanilla Toast Batter



Prep Time: 10 minutes
Number of Servings: 8 (656g)

Ingredients:

2 cups whole milk
10 eggs
2 tablespoons unsalted butter
8 slices of bread (prefer brioche)
1 packet CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix

Directions:

WHISK eggs, milk, CARNATION BREAKFAST ESSENTIALS® Powder together in large mixing bowl

HEAT large nonstick sauté pan to medium high heat. Add ¼ amount of butter to coat the hot pan.

DIP individual pieces of brioche in batter quickly, soaking the bread throughout.

PLACE battered bread slice in a sauté pan and cook approximately 3 minutes per side or when bread is golden brown.

Nutrition Facts

Serving Size: 1 slice (82 g)

	Amount	% Daily Value
Calories	327	
Calories from Fat	127	
Total Fat	14 g	22%
Saturated Fat	6 g	29%
Cholesterol	269 mg	90%
Sodium	305 mg	13%
Total Carbohydrate	33 g	11%
Dietary Fiber	1 g	4%
Sugars	8 g	
Protein	16 g	32%
Vitamin A		18%
Vitamin C		25%
Calcium		22%
Iron		3%

Dulce de Leche



Prep Time: 2 minutes

Number of Servings: 8 (70g)

Nutrition Facts

Serving Size: 1-1/2 (15 g)

	Amount	% Daily Value
Calories	55	
Calories from Fat	12	
Total Fat	1.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	2 mg	1%
Sodium	50 mg	2%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	3%
Sugars	3 g	
Protein	4 g	8%
Vitamin A		6%
Vitamin C		25%
Calcium		9%
Iron		6%

Ingredients:

2 bottles CLASSIC FRENCH VANILLA CARNATION BREAKFAST ESSENTIALS® Ready-To-Drink

Directions:

POUR CARNATION BREAKFAST ESSENTIALS® Drink into small saucepan.

COOK very slowly over low heat until mixture reduces to ½ cup, stirring every 10-15 minutes or as needed.

Milk Chocolate Pancake/Waffle Batter



Prep Time: 20 minutes
Number of Servings: 8 (880g)

Ingredients:

2 cups all-purpose flour
 ¼ cup whole wheat flour
 ¾ teaspoon baking powder
 ¾ teaspoon baking soda
 2 ½ large eggs
 2 ½ cups low-fat buttermilk
 1 ½ ounces unsalted butter, melted
 1 packet RICH MILK CHOCOLATE CARNATION BREAKFAST ESSENTIALS® Powder Drink Mix
 A pinch of salt

Directions:

MIX all dry ingredients together

COMBINE wet ingredients into dry ingredients, mix thoroughly.

REST batter for 20 minutes before adding to pan or waffle iron.

Nutrition Facts

Serving Size: 2 pancakes (220 g)

	Amount	% Daily Value
Calories	253	
Calories from Fat	62	
Total Fat	7 g	11%
Saturated Fat	4 g	18%
Cholesterol	74 mg	25%
Sodium	394 mg	16%
Total Carbohydrate	38 g	13%
Dietary Fiber	2 g	6%
Sugars	9 g	
Protein	10 g	19%
Vitamin A		9%
Vitamin C		40%
Calcium		20%
Iron		18%