

GOOD HOUSEKEEPING

BEST OF THE TEST

ON-THE-GO

Can't even spare a minute in the morning? Toss one of these in your bag to eat and run. The bars all list a grain or fruit as the first ingredient and contain at least 3 g each of protein and fiber. The sweetened yogurts have less than 12 g of sugar per serving, and the cereals pack about 5 g or less of sugar per 100 calories.



Matcha to Go

YOUR ZEN WAKE-UP

Mix this to-go pack of matcha (a powdered Japanese green tea) into yogurt, milk or hot water for an antioxidant-packed treat containing L-theanine, a compound that can help with relaxation and alertness. Take *that*, caffeine!

GOOD HOUSEKEEPING

58 SPRING MEAL IDEAS

* Weeknight Recipes
 * Fresh Desserts
 + EASIEST EASTER DINNER!



EGG-CELLENT DECORATING PROJECTS

36 QUICK ROOM MAKEOVERS (ON A BUDGET)

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BEST CREAMY TREAT
Sigg's Vanilla Yogurt
Believe it or not, healthy yogurt doesn't have to be plain! This Icelandic-style (similar to Greek yogurt) has a smooth vanilla taste and only 9 g of sugar—many leading brands contain double that. 100 calories per 5.3-oz. container

BEST FOR MULTITASKERS
Chobani Kids 2-oz. Strawberry Greek Yogurt Tubes
Who cares if it's technically for munchkins? Thanks to its packaging, you can eat this sweet-but-not-sugary yogurt with one hand so you can use the other to wrangle your baby—or a messier word. 50 calories per tube

BEST POWER HEAL
Page Total 0% Greek Yogurt
There's a whipping 18 g of protein in every container of this everyday basic. Add fruit for a more palatable flavor. 100 calories per 6-oz. container

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3 WAYS TO MAKE A QUICKIE BREAKFAST

TASTE LIKE A FEAST in 60 seconds or less

FOUR PROTEIN INTO YOUR CUP
Toss your usual joe for a 18-oz., 180-calorie cup of nonfat milk or soy milk. You add up to a filling 13 g of protein to breakfast.

ADD FRUIT
Munch on a medium whole fruit (an apple, a pear, an orange) or chop up a cup of berries to upgrade breakfast by about 100 calories and 5 g of fiber.

EAT LAST NIGHT'S LEFTOVERS
Sprinkle fruit and yogurt over quinoa or brown rice to make a parfait; zap roasted veggies and serve with a microwave entree; or top bread with salmon or chicken.

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And when you're craving something sweet, indulge in **NEW Special K Divine Fudge Brownies**.



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