

# Protein Grits Bowl

## A Southern Comfort Breakfast with a Healthy Twist

- **Prep Time:** 5 minutes
- **Cook Time:** 10 minutes
- **Total Time:** 15 minutes
- **Servings:** 1
- **Protein:** Approximately 18–22g
- **Difficulty:** Easy

## □ The Story Behind This Recipe

Growing up in the South, a warm bowl of grits was a breakfast staple. It was simple, comforting, and always seemed to bring everyone to the table. The problem? A bowl of plain grits often left me hungry again before lunchtime.

That's when I discovered a healthier way to enjoy one of my favorite comfort foods.

Instead of loading my grits with butter, I stirred in a spoonful of creamy Greek yogurt. Then I topped the bowl with a fluffy scrambled egg and crispy turkey bacon for a protein-packed boost. The result was everything I loved about traditional grits—warm, creamy, and satisfying—but with staying power.

Now, this Protein Grits Bowl has become one of my go-to breakfasts when I need lasting energy for a busy day. The extra protein helps keep me full, supports muscle health, and prevents the mid-morning crash that often comes from eating carbohydrates alone.

It's proof that healthy eating doesn't mean giving up the

foods you love. Sometimes all it takes is a few smart swaps to transform a classic comfort food into a balanced meal that works for your body.

So grab a spoon, enjoy every bite, and remember: healthy eating can still taste like home. ♥

## ▢ Ingredients

### For the Grits

- ½ cup quick grits
- 2 cups water or low-sodium chicken broth
- 1 tbsp plain Greek yogurt

### Protein Toppings

- 1 large egg
- 2 slices turkey bacon, cooked and crumbled
- Black pepper to taste

### Optional Protein & Flavor Toppings

- 1 tbsp shredded cheddar cheese
- 1 tbsp nutritional yeast
- Chopped green onions
- Diced tomatoes
- Sautéed spinach

## ▢▢▢ Instructions

### 1▢▢ Cook the Grits

Bring water or broth to a boil in a medium saucepan.

Slowly whisk in the grits and reduce heat to low.

Cover the pot with a lid slightly ajar (or partially cover)

and cook according to package directions, stirring every few minutes to prevent sticking and lumps.

Cook until the grits are thick, creamy, and tender.

## **2▯▯ Make Them Creamy**

Remove the grits from heat.

Stir in the Greek yogurt until fully incorporated and smooth.

## **3▯▯ Prepare the Protein**

Cook the turkey bacon until crispy and crumble into small pieces.

In a nonstick skillet, scramble the egg until fluffy.

## **4▯▯ Assemble the Bowl**

Spoon the warm grits into a serving bowl.

Top with scrambled egg and crumbled turkey bacon.

Sprinkle with black pepper.

## **5▯▯ Optional Boost**

Add any optional toppings if desired.

Serve immediately and enjoy!

## **▯ Why This Recipe Works**

Traditional grits are mostly carbohydrates. While delicious, eating them alone may leave you hungry shortly afterward.

This recipe balances the meal by adding:

▯ **Eggs** – High-quality protein that helps keep you full.

☐ **Turkey Bacon** – Adds flavor and protein with less fat than traditional bacon.

☐ **Greek Yogurt** – Creates a rich, creamy texture while adding protein and probiotics.

Together, these ingredients help provide longer-lasting energy and greater satisfaction.

## ☐ **Healthy Swaps**

Instead of:

☐ Butter

-☐ Use Greek yogurt

☐ Regular bacon

-☐ Use turkey bacon

☐ Extra salt

-☐ Use black pepper, garlic powder, or herbs

## ☐ **Nutrition Information**

*(Approximate values per serving)*

- Calories: 300–350
- Protein: 18–22g
- Carbohydrates: 28–32g
- Fat: 8–12g
- Fiber: 3–4g

## ♥☐ **Perfect For**

- ✓☐ High-protein breakfast
- ✓☐ Weight management
- ✓☐ Post-workout recovery
- ✓☐ Busy mornings

✓☐ Southern comfort food lovers

**Have you ever added protein to your grits? Share your favorite toppings and healthy twists! ☐☐☐☐**