



3 Great Ways To Start Your Day

Our morning routines are essential to starting the day right. Boost your physical and mental stamina with these three daily practices.



Exercise Equals Invigoration

Raise your heart rate for just 20 minutes. You'll wake up your metabolism and feel invigorated for hours. Lace up those sneakers and walk around the block a few times.



Benefit From Breakfast

Breakfast revs up your metabolism, so don't skip it. Sustained energy comes from fiber-rich foods.



Feed Your Mind

Meditation and journaling can boost your mood and energy levels. Even 10 mindful minutes can release endorphins and increase blood flow to the brain.



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Upfront / EAT

Clever Ways to Use Cottage Cheese



COTTAGE CHEESE was once one of America's popular choices for a healthy bowl of dairy deliciousness in the morning. But yogurt—with all its fancy-schmancy variations—surpassed it. Today, cottage cheese is having a comeback of sorts. Here are seven ways to enjoy a container that go beyond the usual uses, courtesy of registered dietitian and nutritionist Lauren Manaker.

1 Add a dollop to your baked potato, and top it with fresh chives.

2 Stir it into tomato-based pasta dishes, or use it to lighten up your Alfredo sauce recipe.

3 Blend it into smoothies to add thickness and a cheesecake-



like flavor. (Try it with strawberries and banana.)

4 Spread it on toast, sprinkle with cinnamon, then layer on sliced fruit and drizzle with honey.

5 Make a protein bowl. Combine it with yogurt, and top with berries and granola.

6 Stir it into pancake batter with a little grated lemon zest. Serve with fruit.

7 Add a scoop to cut cantaloupe. Drizzle with a mix of lime juice and honey, and top with chopped mint.

TIP: Watching carbs? Skip cottage cheese that is prepackaged with fruit, as many of these contain large amounts of added sugar. Buy plain and use your own fruit instead.

—Kelsey Ogletree



HOT STUFF

CHILI CRISP IS ALL THE RAGE

Want to give a spicy, crunchy, umami-laden bite to whatever you're cooking? The go-to ingredient for trendy kitchens is chili crisp (a.k.a. chili crunch). This addictive condiment—a mix that typically includes crispy fried hot peppers, garlic or onion, and spices in oil—was first bottled in China in 1997, and various brands are now available in the U.S. Try it on eggs, in noodle soups, over pasta—or even on top of vanilla ice cream.



From top: Getty Images (4); Andrea D'Agostino