

5 Valentine's Day Gift Ideas She'll Love

(Family Features)

Finding the perfect Valentine's Day gift has been a challenge for ages. Whether your relationship is new or has withstood the test of time, it's the perfect time to remind her that she plays an important role in your life.

It turns out all that worry may be for nothing. A survey by PANDORA Jewelry found 65 percent of women agree that they receive the gift they want when they drop hints. This year, make the gift-giving process seamless by watching for hints, reading between the lines and considering one of these sure-to-please gift ideas.

Put a sparkle in her eye. According to the survey, the majority of women consider jewelry to be the most covetable gift, yet 77 percent normally receive flowers or chocolates. Read between the lines and give her a desirable gift, like pieces from the PANDORA Jewelry Valentine's Day collection. From stacking rings to gorgeous pendants, the Lock Your Promise and Explosion of Love collections are full of high-quality, hand-crafted, stylish pieces that nearly any woman would be thrilled to receive this year.

It's the thought that counts - really. Most women agree that a thoughtful gift, not the most expensive one, is a winner. Something that shows you really know her can send a strong message. For example, if you decide to give flowers, instead of defaulting to the usual dozen red roses, think about her favorite bloom, or choose a flower that may have special meaning in her life.

Make time the treasure. A busy pace of life means that there's rarely enough time to spend together without distractions. A gift doesn't have to be a physical object, but rather an experience you can share together. Plan a date night away from home, enroll in a class to learn a new hobby together or make a point to simply enjoy each other's company.

Simple and sentimental. Even if sappy isn't your standard MO, Valentine's Day is the perfect occasion to get a little sentimental. Give a copy of the movie from your first date, or revisit a restaurant that holds special meaning in your relationship. Make it meaningful and you'll see how a simple idea can earn a big response.



When in doubt, ask. If you're out of ideas or inspiration, ask your beloved what she'd enjoy most. That's not to say you must forgo the element of surprise. Remember that just because she suggests jewelry doesn't mean she knows exactly what you'll choose.

Find more tips for Valentine's Day gift ideas at [Pandora.net](#).

#14118
Source: Pandora

Boost Your Breakfast with Protein-Packed Recipes

(Family Features)

Whether you're a casual exerciser, a professional athlete or just looking for a nutritious breakfast, kick off your day with protein-packed recipes.

As an expert in the nutritional needs of professional athletes, Megan Chacosky, chef and registered dietitian for the U.S. Ski & Snowboard Team, stresses the importance of protein in any fitness enthusiast's diet. Protein helps build, maintain and repair muscles while increasing energy and endurance, which can help strengthen the body and avoid injuries. Adding a protein beverage like Rockin' Protein, made from fresh Shamrock Farms milk with up to 30 grams of protein per serving, into healthy breakfast recipes is one way to increase the protein level and nutritional benefits of your breakfast.

These recipes are quick to prep for grab-and-go mornings to start your day with proper nutrition. To learn more, visit [rockinprotein.com](#).

Chocolate-Hazelnut Granola

Servings: 30

- 1 bottle (12 ounces) Chocolate Rockin' Protein Builder
- 12 cups rolled oats
- 1/2 cup maple syrup
- 3/4 cup oil
- 2 cups roasted hazelnuts
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup dark chocolate chips

Heat oven to 325 F.

In large bowl, combine protein builder, rolled oats, maple syrup, oil, hazelnuts, pumpkin seeds and sunflower seeds; mix until oats, hazelnuts and seeds are coated. On baking sheet, spread granola in thin layers and bake until golden brown, about 45 minutes, stirring every 10-15 minutes.

Cool completely then sprinkle in chocolate chips and serve with yogurt, on smoothie bowl or as cereal.

Nutritional information per serving: 295 calories; 32 g carbohydrates; 7.5 g protein; 16 g fat; 6 g sugar.



Blueberry Cornbread Muffins

Servings: 12 muffins

- 1 cup cornmeal
- 1 cup flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- pinch of salt
- 1 cup fresh blueberries
- 1 egg
- 1 cup Vanilla Rockin' Protein Builder
- 6 tablespoons vegetable oil
- 1 lemon, juiced

Heat oven to 400 F. Line muffin tin with 12 paper or foil muffin liners and set aside.

In medium bowl, combine cornmeal, flour, sugar, baking powder and salt; once mixed, toss in blueberries to coat.

In separate bowl, combine egg, protein builder, oil and lemon juice. Pour liquid ingredients into dry mix and stir until just combined. Divide into lined muffin tins and bake until golden brown, about 20-25 minutes.

Nutritional information per serving: 245 calories; 25 g carbohydrates; 5 g protein; 15 g fat; 6 g sugar.

#14120
Source: Rockin' Protein