

A top-down view of a dark, textured surface, likely a countertop, decorated with various holiday-themed items. In the top left, there's a white egg, a small pine cone, a metal whisk, and a sprig of evergreen. To the right of these are two wooden rolling pins and a bowl of walnuts. Further right is a small wooden spoon filled with dark spices. In the center, a large, rounded orange rectangle with a white border contains the text. To the left of the rectangle are cinnamon sticks, star-shaped cookie cutters, and star-shaped spices. To the right are more star-shaped cookie cutters, a sprig of evergreen, and cinnamon sticks. In the bottom left, there's a metal sieve, a green cloth, and a pile of almonds. In the bottom right, there's a carton of brown eggs and a Christmas tree-shaped cookie cutter.

Holiday

Recipe Favorites

Mint Cookie Shake

2 scoops Chocolate Life Shake
1 cup milk of choice
2 handfuls of spinach
2 tbsp powdered peanut butter
few shakes of cinnamon
1 tsp pure vanilla extract
squeeze of honey
1-2 drops peppermint extract
ice





No-Bake Peanut Butter Cookies

3/4 cup peanut butter

1/4 cup maple syrup

2-4 tbsp any dry ingredient (quick oats, almond flour, etc)

Optional Flavorings:

Pinch of pink sea salt, few drops of vanilla, 1-2 tsp cinnamon or chai spice

Directions:

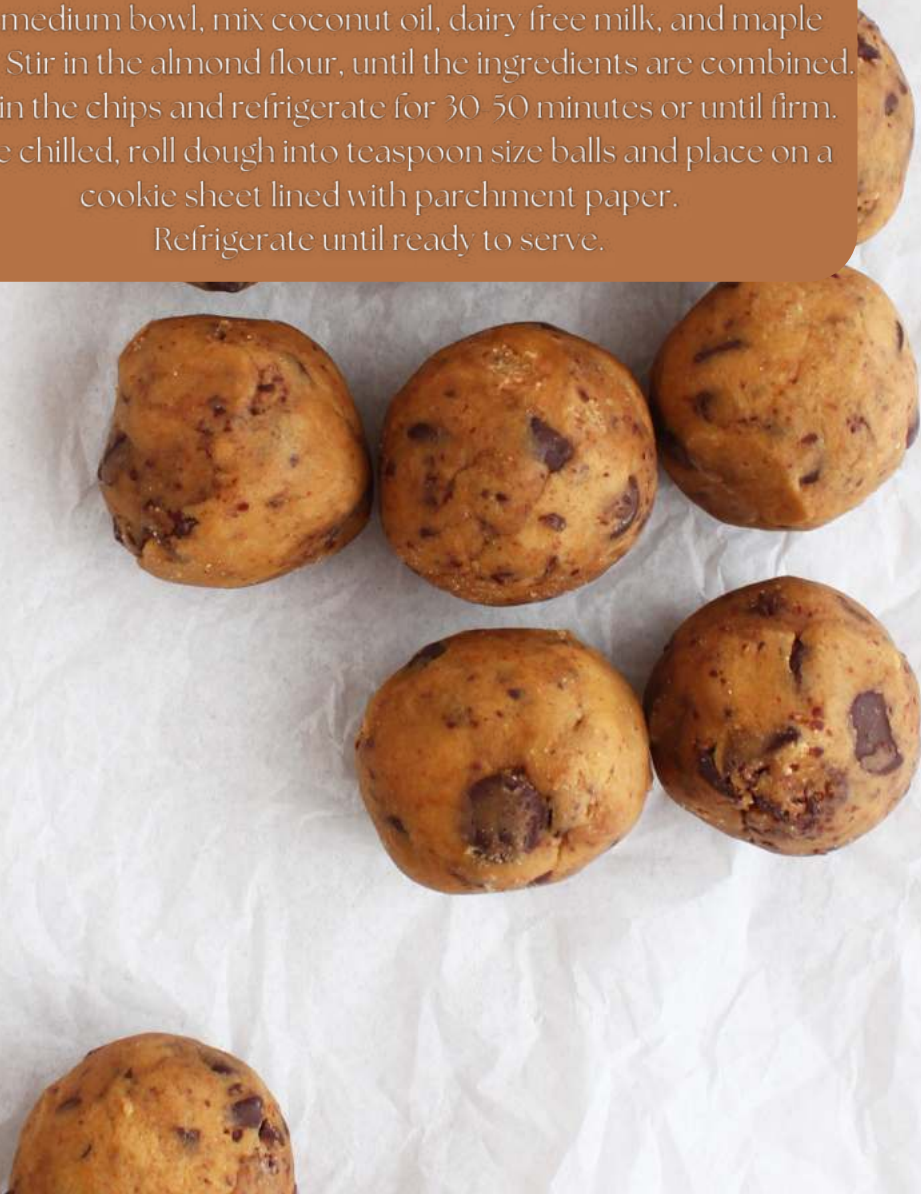
Mix ingredients in a bowl. Scoop one tablespoon at a time and flatten each ball with fork both directions on parchment paper, then freeze.

Chocolate Chip Dough Bites

1 1/4 cup coconut oil, melted
3 tbsp dairy free milk
2 tbsp maple syrup
2 cups fine ground almond flour
1/2 cup gluten free, chocolate chips

Directions:

In a medium bowl, mix coconut oil, dairy free milk, and maple syrup. Stir in the almond flour, until the ingredients are combined. Fold in the chips and refrigerate for 30-50 minutes or until firm. Once chilled, roll dough into teaspoon size balls and place on a cookie sheet lined with parchment paper. Refrigerate until ready to serve.



Christmas Energy Bites

1/2 cup Vanilla Life Shake
3/4 cup of oats
1/2 red and green M&Ms
1 cup nut butter of choice
1/4 cup honey
optional: chai seeds

Directions:

Mix together and roll into small balls. Store in freezer.



Peppermint Patty Protein Bites

1/2 cup smooth natural almond butter
1/4 cup + 1 tbsp. liquid sweetener* (see notes)
2 scoops of Vanilla Life Shake
2 tbsp. dairy-free mini chocolate chips
1 bar of dairy-free peppermint dark chocolate
1 candy cane, crushed* (see notes)

Directions:

First off, mix almond butter, sweetener, life shake until smooth. Add in the mini dark chocolate chips and mix again, until well incorporated. Using a teaspoon, scoop out the dough and roll into bite-sized balls. Put onto plate, repeat. Place plate in freezer. In the meantime, melt peppermint dark chocolate bar in double boiler until melted. Take bites from freezer and drop in one bite at a time making sure to coat it completely. Spoon the chocolate covered bites and put on parchment lined plate. Repeat process. Sprinkle protein bites with crushed candy cane pieces. Return to freezer until chocolate has set.



Peanut Butter Protein Cups

1 3 cup coconut oil, melted
1 3 cup cacao powder
1 4 cup maple syrup
1 scoop Chocolate Life Shake
Nut Butter

Directions:

Whisk first 4 ingredients. Pour and cover bottom of silicone mold.
Add dollop of nut butter to each. Cover top of nut butter with
remaining chocolate mixture. Place molds in freezer until solid.
Pop out of mold and enjoy!



Salted Caramel Protein Bites

3/4 cut oats, blended just before a flour consistency

1/2 cup Chocolate Life Shake

1/4 cup cacao nibs

1/4 cup mini choc chips

1 T cinnamon

1/4 t sea salt + some for topping

1/2 t butter extract

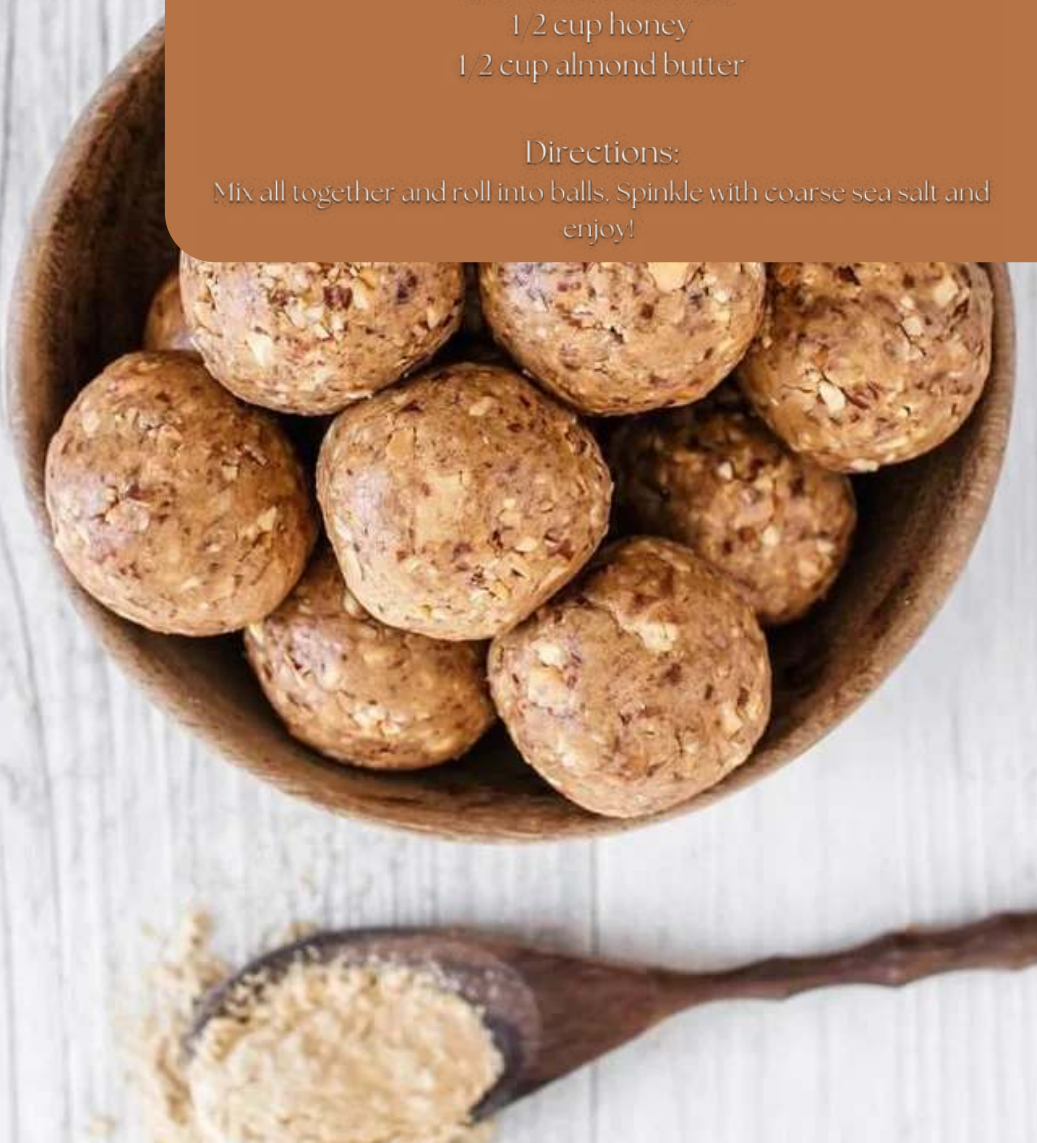
1/2 t caramel extract

1/2 cup honey

1/2 cup almond butter

Directions:

Mix all together and roll into balls. Sprinkle with coarse sea salt and enjoy!



Peppermint Bark Smoothie

10 ounces of milk of choice and ice

2 scoops Chocolate Like Shake

1-2 drops peppermint

2 scoops collagen 9

Optional:

Frozen banana or frozen cherries



Peanut Butter Cup Shake

10 ounces of milk of choice and ice

2 scoops Chocolate Like Shake

1 tsp peanut butter

2 scoops collagen 9

1/2 banana



Elf Shake

10 ounces of milk of choice and ice

2 scoops Vanilla Like Shake

1 scoop Organic Greens Booster

2 scoops collagen 9

Spinach

Frozen acovados

1/2 banana



Snickerdoodle Shake

10 ounces of milk of choice and ice

2 scoops Vanilla Like Shake

1 scoop vanilla chai

2 scoops collagen-9

1tsp peanut butter

1 banana





One Minute Protein Brownie

- 1 scoop chocolate protein powder 32-34 grams
- 1 tablespoon coconut flour
- 2 tablespoon granulated sweetener of choice optional*
- 1-2 teaspoon baking powder
- 1-2 tablespoon cocoa powder adjust to desired chocolate content
- 1 large egg Can sub for 1-4 cup egg whites OR 1 flax egg
- 1-4 cup milk of choice
- 1 tablespoon chocolate chips of choice optional

Instructions

Microwave version

Grease a small cereal bowl or deep mug and set aside. In a mixing bowl, combine the protein powder, coconut flour, baking powder, granulated sweetener and cocoa powder and mix well. In a separate bowl, whisk the egg with the milk and pour into the dry mixture and mix until fully incorporated. Top with chocolate chips if desired. Microwave for 60 seconds and remove from microwave and enjoy immediately.

Oven version

Pour batter in an oven safe dish and bake for 10-12 minutes on 180 degrees celsius for 10-12 minutes, until desired consistency.

The background is a dark, textured surface, possibly a slate or stone countertop. It is decorated with various holiday-themed items: a white egg in the top left, a whisk, a small pine cone, a star-shaped cookie cutter, two wooden rolling pins, a bowl of walnuts, a small wooden spoon with spices, cinnamon sticks tied with twine, star-shaped cookie cutters, a sprig of evergreen, a star-shaped cookie cutter, a small sieve, a green cloth with almonds, star-shaped cookie cutters, and a carton of brown eggs in the bottom right.

Happy
Holidays!