

21 DELICIOUS Bite Sized Recipes



COCONUT *Energy Bites*

Ingredients

1 cup Chocolate Life Shake
1 cup oatmeal
1 cup peanut butter
1/2 cup unsweetened coconut flakes
1/2 cup honey
1/2 cup mini chocolate chips

Method

1. Mix well, use cookie scoop to form balls, refridgerate or freeze.

BIRTHDAY CAKE

Protein Bites

Ingredients

1/3 cup Vanilla Life Shake
3 T coconut flour
3 T almond butter
2 T Honey
1 T coconut oil
1 tsp butter extract
1/2 tsp sea salt

Method

1. Mix all together and top with sprinkles for fun!

PINK LEMONADE

Protein Bites

Ingredients

1/2 c Strawberry Life Shake
1/2 c coconut flour
1/3 c almond butter
1/3 c honey
1/2tsp lemon extract
1/4 c fresh squeezed lemon juice
Zest from 1 lemon
1/4 c crushed freeze dried
strawberries (I love the kind from
Trader Joe's) + more for topping
if desired

Method

1. Mix all ingredients together,
roll into balls and refrigerate. I
like to use a small melon ball
scoop to keep the protein balls
consistent in size.

SALTED CARAMEL

Protein Bites

Ingredients

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

Method

1. Mix all together and roll into balls. I sprinkled top with coarse sea salt, perfect addition!!

STRAWBERRY Protein Bites

Ingredients

3/4 c strawberry protein powder
1/4 c Vanilla Life Shake
1/4 c almond flour
1/2 cup oats processed to a flour
like consistency
1/2 c almond butter
1/2 c honey
1 tsp butter extract
1/4 c crushed freeze dried
strawberries (I love the kind from
Trader Joe's) + more for topping
if desired

Method

1. Mix all ingredients together,
roll into balls and refrigerate. I
like to use a small melon ball
scoop to keep the protein balls
consistent in size.

TROPICAL DREAM

Protein Bites

Ingredients

1/2 cup Strawberry Life Shake
1 scoop Vanilla Life Shake
1/4 cup crushed pineapple
(blended in food processor)
1/2 t orange extract
1/2 cup honey
1/2 cup nut butter
2 T gluten free flour
1/2 cup oats, blended just before
flour consistency

Method

1. Mix, form into balls (melon baller works amazing) and refrigerate

CHOCO SEA SALT

Brownie Bites

Ingredients

1/2 cup oats, blended just before
flour consistency
1/2 cup Chocolate Life Shake
1/4 cup chocolate chips (chopped
lightly in food processor)
1/4 t sea salt + some for topping
1/2 t Carmel extract
1 T melted coconut oil
1/2 cup honey
1/2 cup almond butter
2 T gluten free flour

Method

1. Mix, form into balls (melon
baller works amazing) and
refrigerate

MATCHA

Protein Bites

Ingredients

½ c unsweetened shredded coconut
½ cup Vanilla Life Shake
2 T maple syrup
2 T coconut oil, melted
⅓ cup almond butter
¼ tsp salt
1 T Green Matcha powder

Method

1. Mix together and roll into small balls. Store in freezer. These are tastiest when eaten straight out of the freezer! Enjoy!



CHOCOLATE MINT

Protein Bites

Ingredients

1/3 cup raw cacao
1/3 cup mini chocolate chips
3/4 cup oats
1/4 cup Chocolate Life Shake
2 tsp peppermint extract
1/3 cup honey
1/3 cup tahini

Method

1. Mix together and roll into small balls. Store in freezer. These are tastiest when eaten straight out of the freezer! Enjoy!

LEMON DROP

Protein Bites

Ingredients

1 cup Vanilla Life Shake
1/c cup almond flour
1/2 cup oats
3 tbsp chia seeds
1/3 cup coconut oil, melted
1/4 cup lemon juice
1/4 cup honey

Method

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

EASY PEASY

Brownies

Ingredients

3 medium, overripe bananas
1/2 cup smooth nut butter
1/4 cup cacao powder
2 scoops Vanilla Life Shake

Method

1. Preheat oven to 350 degrees, grease large loaf pan.
2. Melt nut butter on stovetop.
3. In food processor, combine all ingredients until smooth.
4. Pour mixture into pan and bake for about 20 minutes or until cooked through.
5. Remove from pan and allow to cool completely before removing from pan.
6. Store in refrigerator. Fude like consistency when cold, YUM!!!

BANANA BREAD

Protein Bites

Ingredients

2 overripe bananas, mashed
1/2 cup peanut butter
2 cups quick cooking oats
2 tbsp mini dark chocolate chips
1/4 cup coconut flakes
1 tbsp chia seeds
1 tsp cinnamon
1 tsp pure vanilla extract

Method

1. Mix all ingredients until completely combined.
2. Roll into small ping ping sized balls and place on a cookie sheet.
3. Allow to firm up in the fridge for about an hour.
4. Once firm, transfer to an airtight container for storage. Keep in fridge.

RAW BROWNIE

Protein Bites

Ingredients

- 1 1/2 cups raw walnut halves
- 1/4 cup cocoa powder
- 1 teaspoon vanilla extract (alcohol free, if you prefer)
- 1/4 teaspoon fine sea salt
- 1 cup soft dates, pitted (about 10 Medjool dates)
- 1 tablespoon water
- Additional cocoa powder, for coating (optional)

Method

1. In a large food processor fitted with an “S” blade, grind the walnuts into a fine meal.
2. Add in the rest of the ingredients, and process again until a sticky, uniform dough is formed.
3. Scoop the batter by heaping tablespoons onto a plate or baking sheet lined with parchment paper, to prevent sticking.
4. Roll the balls between your hands, and roll them in cocoa powder, if desired.

CHOCOLATE CHIP *Dough Bites*

Ingredients

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

Method

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

PUMPKIN

Energy Bites

Ingredients

1/2 cup Pumpkin Tumeric Life Shake
2 cups oats
1/2 cup canned pumpkin puree
1/4 cup almond butter
1/4 cup chia seeds
1 tsp vanilla extract
1/2 tsp cinnamon
1/2 cup maple syrup
generous pinch of salt
1/2 cup dark chocolate chips
optional - 1/4 cup pumpkin seeds

Method

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

CRAN-CHOCOLATE

Protein Bites

Ingredients

1/2 c Vanilla Life Shake
1/2 c dried cranberries
1 c oats
1/2 tsp cinnamon
1/3 c honey
1 c peanut butter
Hemp seeds (optional)
White chocolate chips, melted

Method

1. Combine all the ingredients except for the white chocolate chips.
2. Roll into balls, then dip half of the ball into the melted white chocolate and place on wax paper lined plate. I ended up drizzling mine with more white chocolate.
3. Chill in fridge and enjoy!

CHRISTMAS

Energy Bites

Ingredients

1/2 c 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 - chia seeds

Method

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



PEPPERMINT PATTY

Protein Bites

Ingredients

1/2 cup smooth natural almond butter

1/4 cup + 1 tbsp. liquid sweetener* (see Notes)

2 scoops Vanilla Life Shake

2 tbsp. dairy-free mini chocolate chips

1 bar of dairy-free peppermint dark chocolate

1 candy cane, crushed ** (see Notes)

Method

1. 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, and repeat. Place plate into freezer.
2. In the meantime melt the peppermint dark chocolate bar in a double boiler until completely melted. Take protein bites out of freezer, and drop in one bite at a time, making sure to coat it completely with chocolate (I did this with a spoon). Spoon the chocolate-covered protein bite and put it on a plate covered with parchment paper. Repeat process until all protein bites are on plate. Sprinkle protein bites with crushed candy cane pieces. Return to the freezer until chocolate has set. Enjoy!

HOMEMADE

Granola Bars

Ingredients

- 2 cups (160 g) quick oats
- 1/2 cup (40 g) vanilla protein powder
- 2 Tbsp (14 g) ground flax
- 1 tsp ground cinnamon
- 1/4 tsp salt

1/4 cup almond butter (or any nut butter)
1/4 cup honey
1/2 cup unsweetened vanilla almond milk
1 tsp vanilla extract
1/3 cup mini chocolate chips (dairy-free if
vegan)

Method

1. Preheat oven to 350F (175C) and prepare an 8x8 (20x20cm) baking pan by spraying it with cooking spray. Set aside.
2. In a large mixing bowl, combine oats, protein powder, flax, cinnamon, and salt. Set aside.
3. In a medium-sized mixing bowl, combine almond butter, honey, almond milk, and vanilla. Mix until fully combined. Pour wet mix into dry mix and stir until fully incorporated. Fold in chocolate chips.
4. Pour into prepared baking pan. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.
5. Bake for 18-20 minutes, until edges begin to turn golden brown.
6. Remove from oven and let cool in pan for 20 minutes before cutting into bars.

MOCHA MORNING

Energy Bites

Ingredients

16 pitted dates
1/2 cup rolled oats
2 tsp chia seeds
3 scoops Chocolate Life Shake
protein
2 Tbs sun butter
3 Tbs Maple Syrup
1/4 cup brewed coffee

Method

1. Blend all ingredients in a food processor until well combined. The mixture should be sticky enough to roll it into balls that easily hold their shape. If not, add a splash of coffee at a time until you get the right consistency.
2. I then added mixed in some dairy free chocolate chips
3. Roll into balls and refrigerate

PEANUT BUTTER

Protein Cups

Ingredients

$\frac{1}{3}$ c coconut oil, melted
 $\frac{1}{3}$ c raw cacao powder
 $\frac{1}{4}$ c maple syrup
1 scoop Chocolate Life Shake
Nut butter

Method

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