



## Chocolate Peanut Butter Protein Bars

### INGREDIENTS

- 2 cups Peanutbutter
- 1 cup Honey
- 2 cups Ground Oats
- 5 Scoops Vanilla Protein Powder

### DIRECTIONS

- 1.Heat peanut butter and honey to soften/melt.
- 2.Add ground oats & protein
- 3.Place in a 13X9 glass dish and press down to flatten.

### ICING INGREDIENTS

- 1 1/2 c. dark chocolate chips
- 2 scoops of protein powder

### DIRECTIONS

- 1.Heat chocolate chips
- 2.Add protein & smooth over peanut butter mixture



## Chocolate Truffles

### INGREDIENTS

- 1/2 cup Refined Coconut Oil
- 2 Tbsp. Honey
- 1/4 cup Dark Cocoa
- 1 tsp. Vanilla

### DIRECTIONS

- 1.Melt coconut oil in a glass measuring cup (Tip: Do it in the oven on low heat)
- 2.Whisk in the honey, cocoa, and vanilla until smooth
- 3.Pour Immediately into small silicone ice cube trays (Tip: Fun shapes are cute)
- 4.Put in the freezer for 20 min.
- 5.Pop out and enjoy (Tip: Store in freeze)





## Chocolate Peanut Butter Protein Bars

### INGREDIENTS

- 1 cup toasted pecans
- 1 cup dates
- 5 Tbsp. raw cocoa powder
- 2 Tbsp. honey
- 1/2 tsp. sea salt
- 4 Tbsp. shredded unsweetened coconut

### DIRECTIONS

1. Place pecans in food processor and process until the pecans become small and crumbly
2. Add pitted dates and process again until the mixture sticks together and dates are well processed
3. Add the remaining ingredients and process again until the mixture turns dark chocolatey brown. Stop before it gets too buttery (there should be air between the small bits)
4. Put the brownie mixture into a small pan and press down firmly.
5. Refrigerate for a few hours. And store in refrigerator.

## Dark Chocolate Avocado Mousse

### INGREDIENTS

- 1/4 cup Chocolate Protein Powder
- 1/4 cup melted dark chocolate
- 2 medium avocados
- 1/2 cup full-fat coconut milk
- 1/2 cup maple syrup, agave or honey if not vegan
- 1/2 cup cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt
- grated chocolate or cocoa powder for serving



### DIRECTIONS

1. In a high-speed blender or food processor place all the ingredients and blend until smooth. If the mixture is too thick to blend, add a tablespoon or two of additional coconut milk until the desired consistency is reached. Refrigerate the mixture for 30-45 minutes until it is chilled.



## Sea Salt Dark Chocolate Almond Clusters



### INGREDIENTS

- 2 1/2 tsp. coconut oil
- 1/2 tsp. vanilla
- 3 1/2 oz. unsweetened chocolate, chopped
- 2 Cups almonds
- 3/4 tsp. Sea Salt
- 2 Tbsp. honey or maple syrup or agave

### DIRECTIONS

1. Melt chocolate and coconut oil in a double broiler, stirring constantly. Stir in honey and vanilla, then remove from heat and let cool for 10 min.
2. Line a baking sheet with parchment paper.
3. Stir the almonds into the chocolate, then spoon mounds onto the prepared baking sheet.
4. Sprinkle with sea salt.
5. Place in the fridge to set for 30 min until hardened.



## Dark Chocolate Avocado Mousse



### INGREDIENTS

- 1 cup almonds, chopped
- 1 tbsp. coconut oil
- 1 tbsp. unsweetened, shredded coconut
- 1 cup Craisins
- 1 cup walnuts, chopped
- 2-3 tbsp. coconut syrup, maple, agave or 1 tsp Stevia or Truvia

### DIRECTIONS

1. Combine all ingredients in a food processor and blend. Chill 'dough' in the refrigerator for 10-15 minutes, (this will help hold the balls together when you are making them).
2. Remove 'dough' from the refrigerator and form 16 balls (a melon baller works well to make uniformly sized balls).
3. Store in the refrigerator or freezer.







## Protein Cake in a Mug



### INGREDIENTS

- 2 tablespoon Chocolate protein Powder
- 1 teaspoon cocoa powder
- 1/2 teaspoon baking powder
- 2 tablespoon oat flour (use gluten-free if needed)
- 1/4 cup Milk
- 1/2 tablespoon maple syrup
- 1 tablespoon dark chocolate chips (optional)

### DIRECTIONS

1. In a mug or ramekin, add in protein powder, oat flour, cocoa powder and baking powder. Mix well.
2. Next, add in milk, maple syrup and chocolate chips, if using. Stir until everything is well incorporated.
3. Lastly, microwave it for 1 minute. It might take a bit longer if your microwave is lower powered. You will know that they are done when they are no longer soft in the middle.
4. Serve and enjoy immediately. Optionally, top them with peanut butter or more maple syrup before digging into them!



## Flourless Chocolate Banana Loaf



### INGREDIENTS

- 3 medium, overripe bananas
- 2 T - 1/2 cup cacao powder
- 1/2 cup smooth peanut butter
- 2 scoops Protein Powder (vanilla or chocolate)

### DIRECTIONS

1. Preheat oven to 350 degrees, grease small cake pan or loaf pan.
2. In blender combine all 4 ingredients until smooth. Pour into greased pan and bake for around 20 minutes.
3. Remove from oven and allow to cool before slicing







# Protein Cookies

## INGREDIENTS

- 3 cups gluten free oats
- 1 1/2 c unsweetened apple sauce
- 4 scoops vanilla or chocolate protein
- 1/2 can pumpkin puree
- 2 tsp Cinnamon
- 1 tsp Vanilla
- 1/2 cup enjoy life mini chips

## DIRECTIONS

1. Preheat oven to 365.
2. Combine oats, powder, cinnamon and vanilla. Then add maple syrup, Mix well. Once thoroughly mixed, add mini chips.
3. Use ice cream scooper to place on a greased cookie sheet. Bake for 7 minutes.
4. Flip over each cookie. Continue to bake for 8 more minutes. Edges should be browned.

## PBJ Protein Puppy Chow



## INGREDIENTS

- 1 scoop vanilla protein powder
- 2 T coconut oil
- 1/2 cup vanilla chips
- 3 scoops strawberry protein powder
- 1/2 cup peanut butter
- 1/2 cup powdered peanut butter
- 8 cups rice chex cereal

## DIRECTIONS

1. Melt vanilla chips in double broiler
2. In separate bowl melt coconut oil. Add 1 scoop strawberry life shake and stir. Combine with vanilla chips.
3. Add in peanut butter and stir.
4. In a large bowl put in the chex cereal and combine the peanut butter mixture and stir until coated.
5. Sprinkle the rest of the shake and powdered peanut butter cover with a lid and shake!



# Chocolate Filled Raspberries

## INGREDIENTS

- 1 pint Raspberries
- 1/2 tsp coconut oil
- 1/4 Cup choco chips (I prefer Enjoy Life---dairy free)

## DIRECTIONS

1. Place raspberries in a muffin tin for ease of filling
2. Add chocolate chips and coconut oil to microwaveable bowl and heat for 1.5-2 minutes.
3. Stir until smooth
4. Pour chocolate mixture into a zip lock bag and cut a small corner of the bag
5. Squeeze bag to fill each raspberry
6. Place in fridge for about 20-30 minutes to cool



# Raspberry Love Muffins

## INGREDIENTS

- 1 tsp baking soda
- 2 tsp baking powder
- 1/2 C avocado oil
- 3/4 C coconut sugar
- 2 1/3 C flour (I use GF flour for baking)
- 1/2 C choco chips (Enjoy Life)
- 1 egg
- 1 C plain Greek yogurt
- 1 C raspberries  
can also use blueberries



## DIRECTIONS

1. Preheat oven to 375°
2. Line muffin tin with silicone liners
3. Add all dry ingredients into a medium bowl
4. In a large bowl, crack an egg and whisk
5. Add yogurt and oil to egg mixture and stir
6. Add sugar to egg mixture until combined
7. Add dry ingredients to wet ingredients and stir until smooth
8. Gently stir chocolate chips and then raspberries into the batter • Scoop batter into muffin tins
9. Bake 20 to 25 minutes until toothpick inserted in the center comes out clean

