

**51**

**Quick and  
Delicious  
Recipes Using  
Protein Powder**



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# **"Baked Goods"**

**Cakes, Cookies, Brownies and Muffins**

# 1. Chocolate Peanut Butter No Bake Oatmeal Cookies



92

Calories 

4g

Protein 

3g

Carbs 

7g

Fat 

Above Values are Per Serving

In a food processor, blend:

- **1 scoop Jaylab Pro chocolate protein powder**
- **1 cup almonds (raw, unsalted, natural)**
- **1/2 tbsp. cocoa powder**
- **2 tbsp. peanut butter-natural (with oil, not dry)**
- **2 tbsp. water**

Chop until all is small and uniform, and it develops into a dough vs. a powdery meal. If it's dry, add more peanut butter (the oil particularly), or water 1/2 a tbsp. at a time till desired consistency.

Dump cookie "dough" onto a piece of wax paper, make a tight log, and wrap tightly, both sides first, then roll tightly and put in the freezer. When very well chilled (about 1 hour), take out and slice into 1/2 inch cookies. Store these in the refrigerator in a single layer in a well-sealed ziplock baggie. Or, keep these in the freezer, and take them out one at a time. They won't be hard and frozen, they stay soft because of the oil in the peanut butter, and the oils in the nuts.

Makes 12.

## 2. Zucchini Muffins



91

Calories 

7g

Protein 

11g

Carbs 

2g

Fat 

Above Values are Per Serving

Preheat your oven to 350, then drop into a blender

- **2 eggs**
- **1 tbsp. applesauce**
- **1 1/2 c. of shredded zucchini (peeled before shredding)**
- **1/2 tsp. vanilla**
- **2 tbsp. agave syrup**

Once well blended, add:

- **2/3 c. Quinoa (uncooked, dry)**
- **1 tsp. baking powder**
- **1/4 tsp. salt**
- **1 tsp. cinnamon**
- **1 scoop Jaylab Pro Vanilla Protein powder**

Blend more until smooth. Spray non-stick cooking spray into a muffin pan, pour the batter into the tins, and, if desired, drop blueberries, peeled and cubed apples, etc., into batter.

\*Tip: You can mix and match batches, by adding nuts or fruit as pictured.

Put into the oven for about 20 minutes, until muffins are pulling slightly from the side of the pan, and tops are browned.

Makes 8 muffins.

### 3. Flourless Black Bean Brownies



153 **Calories** 

3g **Protein** 

13g **Carbs** 

10g **Fat** 

Above Values are Per Serving

- 4 ounces unsweetened chocolate
- 1 c. unsalted butter
- 2 c. canned black beans, drained well
- 1 tbsp. vanilla extract
- 2 scoops Chocolate [Jaylab Pro](#)
- [Protein](#) 1 c. walnuts, chopped
- 1/4 c. instant coffee grounds
- 1/4 tsp. sea salt
- 4 eggs
- 1 c. light agave syrup

Preheat the oven to 325. Line a baking pan (11x13) with parchment paper. Melt the chocolate and butter in a glass bowl in the microwave for 2 minutes. Once melted completely, stir with a spoon. Place the beans, 1 scoop [protein powder](#), the vanilla extract, and 4 or 5 spoonfuls of the melted chocolate mixture into the food processor. Blend until the beans are very smooth.

In a large bowl, mix together the walnuts and 1 more scoop [Jaylab Pro Protein](#) powder. Add the remaining melted chocolate mixture, coffee grounds, and salt. Mix well.

In a separate bowl, with a mixer, beat the eggs until light, about a minute. Add the agave syrup, and beat well. Set aside.

Add the 3 separate bowls (bean and chocolate mixture, coffee and chocolate mixture, and egg mixture) together. Blend well. Pour into your prepared pan.

Bake for 30 to 40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. Better yet, let these cool, and then refrigerate, and they cut even easier.

Nuts may be substituted or omitted.

Makes 32 servings

## 4. Vanilla Cake



224 **Calories** 

17.5g **Protein** 

22.5g **Carbs** 

7g **Fat** 

Above Values are Per Serving

In a blender, add

- **1 egg**
- **3 tbsp. applesauce (unsweetened, natural)**
- **2 tbsp. agave syrup**
- **3 tablespoons unsweetened, vanilla almond milk**

Once well blended, add to that:

- **2 tbsp. almond flour**
- **3 tbsp. gluten-free pancake mix**
- **1 scoop Jaylab Pro Vanilla Protein powder**

Once mixed, add to a microwave safe dish (glass or ceramic) and microwave for 2 minutes and 15 seconds. It should be done after that, but depending on your microwave, if it's still slightly "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Makes 2 servings.

## 5. Vanilla Blender Cake with Berries



224

Calories



17.5g

Protein



22.5g

Carbs



7g

Fat



Above Values are Per Serving

In a blender, add

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tbsp. unsweetened, vanilla almond milk
- 1/2 tsp. vanilla extract

Once well blended, add to that:

- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop Jaylab Pro Vanilla Protein powder

Once mixed, add to a microwave safe dish (glass or ceramic works well), and cook until done (start at 2 minutes and 15 seconds). If it's still "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Put onto a plate, pick a handful of berries, microwave the berries for 45 seconds until soft and mushy, pour over the top of the cake, and enjoy.

Makes 2 servings.

## 6. Chocolate Cake



227

Calories 

18g

Protein 

23.5g

Carbs 

7.5g

Fat 

Above Values are Per Serving

In a blender, add

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tbsp. unsweetened, vanilla almond milk

Once well blended, add to that:

- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop [Vanilla Protein powder](#) 1/2 tsp.
- cocoa powder

Once mixed, add to a microwave safe dish (glass or ceramic works well), and cook until done (start at 2 minutes and 15 seconds). If it's still "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Makes 2 servings.

## 7. Citrus Refrigerator Cookies



110

Calories 

5g

Protein 

4g

Carbs 

9g

Fat 

Above Values are Per Serving

In a food processor, add:

- **3/4 scoop Jaylab Pro Vanilla Protein powder 1 1/2 c.**
- **almonds**
- **Zest and juice from one whole orange**
- **Zest and juice from 1/2 a lemon or lime**
- **1 egg**

Process until a doughy meal forms. If it seems dry, add water a little at a time until you get the consistency that will form a tight ball if you were to roll it-sticky but not wet (think playdough).

Next, drop it onto a sheet of wax paper. Keeping hands wet to avoid sticking, form into a log, wrap both ends of the log first, then roll tightly to make a packed, compact roll. Put in freezer for an hour, then pull out and with a sharp knife, cut into slices.

Store in refrigerator in single layers, or keep in the freezer to enjoy when your sweet tooth hits!

Makes 12-1/2 inch cookies.

## 8. Chocolate Cookie



59 Calories 

3.9g Protein 

1g Carbs 

0.5g Fat 

Above Values are Per Serving

Mix these ingredients together

- 1 -1/2 scoops chocolate protein powder,
- 1 egg white
- water till it forms a wet "dough" (will look more like brownie batter).

Spray a microwavable bowl with non-stick spray. Then, take 1/2 the batter, pour into bowl, and microwave for 15-20 seconds.

Repeat the spray and batter process for the second cookie.

Makes 2 cookies.

## 9. Mini Muffins



110 **Calories** 

3g **Protein** 

17g **Carbs** 

4g **Fat** 

Above Values are Per Serving

Mix in a bowl:

- 1 c. shredded apple (peeled)
- 1 c. applesauce
- 1/2 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/2 c. flax meal
- 2 tsp. baking soda
- 1 scoop Vanilla [Protein Powder](#)

Add dry ingredients to wet, mix well, and drop into well-sprayed (non-stick spray) mini muffin pans.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes 24

## 10. Mini Blueberry Muffins



113

Calories



3g

Protein



17g

Carbs



4g

Fat



Above Values are Per Serving

Mix in a bowl:

- **1 c. shredded apple (peeled)**
- **1 c. applesauce**
- **1/2 c. agave or maple syrup**
- **2 eggs**
- **2 tsp. vanilla**
- **1 handful blueberries.**

Blend this to form a puree.

In a separate bowl mix:

- **1 c. almond flour**
- **1 c. gluten free pancake mix**
- **1/2 c. flax meal**
- **1 tsp. cinnamon**
- **2 tsp. baking soda**
- **3/4 scoop Vanilla protein powder 1/2 c**
- **blueberries**

Add dry ingredients to wet, mix well, and put into well-sprayed (non-stick spray) Mini muffin pans. Drop blueberries into the tops of the muffins.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes about 2 dozen

# 11. Apple Nut Mini Muffins



127 **Calories** 

3g **Protein** 

17g **Carbs** 

5g **Fat** 

Above Values are Per Serving

Mix in a bowl:

- 1 c. shredded apple (peeled)
- 1 c. applesauce
- 1/2 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/2 c. flax meal
- 1 tsp. cinnamon
- 2 tsp. baking soda
- 3/4 c. Vanilla Protein Powder 1/2 c. apple chunks (peeled and chopped) 1/2 c. walnuts

Add dry ingredients to wet, mix well, and pour batter into well-sprayed (non-stick spray) Mini muffin pans. Drop walnuts and apple chunks into each muffin reservoir.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes about 2 dozen.

## 12. Chocolate Cherry Quinoa Muffins



Above Values are Per Serving

Preheat your oven to 350, then mix:

- **2 eggs**
- **1 c. unsweetened vanilla almond milk**
- **1 c. shredded zucchini (peeled before shredding)**
- **1 tsp. vanilla**
- **3 tbsp. agave syrup**

Whisk well then add:

- **1/2 c. Quinoa (uncooked, dry; preferably red)**
- **1 tsp. baking soda**
- **1/2 c. gluten free pancake mix**
- **1 tsp cocoa powder**
- **1 1/2 scoops [Chocolate Protein powder](#)**

Blend more till smooth. If desired, add 1/2-3/4 c. fresh chopped or halved dark cherries.

Note: Your batter will be very wet. Pour the batter into muffin tins, bake until they spring when you touch them, about 15-20 minutes.

Let them rest on a counter for 10-15 minutes to cool. The quinoa becomes nutty and delicious within the muffins. These are best served cooled.

Makes 12

## 13. WONDERFUL Breakfast muffins



164 **Calories** 

6g **Protein** 

20g **Carbs** 

7g **Fat** 

Above Values are Per Serving

Mix in a bowl:

- **1 c. shredded zucchini/summer squash**
- **2/3 c. applesauce**
- **1/3 c. agave or maple syrup**
- **2 eggs**
- **2 tsp. vanilla**

In a separate bowl mix:

- **1 c. almond flour**
- **1 c. gluten free pancake mix**
- **1/4 c. flax meal**
- **1/8 c. Vanilla [Protein](#) Powder 1 tbsp.**
- **cinnamon**
- **2 tsp. baking soda**
- **1 pinch salt**

Add dry ingredients to wet, mix well, and drop into well-sprayed (non-stick spray) mini or regular muffin pans. You can also do a couple of bread tins.

Bake at 350 for about 15 ish minutes, or until a toothpick comes out clean and you're done!

If you want to add nuts or fruit of choice, fold 1/2 cup in at the end before baking and enjoy.

Makes 12



# Sweet Treats

# 14. Orange Pumpkin Mousse



- 1 scoop Orange Protein Powder 1 6-oz.
- Plain or Vanilla Greek yogurt
- 1 tsp Cinnamon
- 1 tablespoon 100% Pumpkin (not pie filling)

Blend in food processor, put in a fancy dessert cup, and enjoy!

Makes one serving.

235

Calories 

46g

Protein 

10g

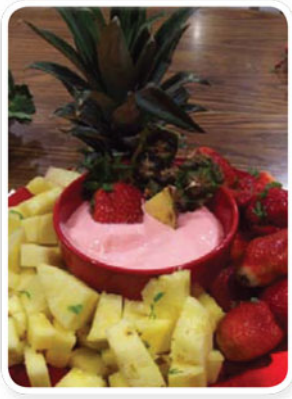
Carbs 

1g

Fat 

Above Values are Per Serving

# 15. Fruit Dip



141 **Calories** 

5g **Protein** 

2g **Carbs** 

13g **Fat** 

Above Values are Per Serving

Beat two egg whites until foamy, then add 1/4 cup of [Vanilla Protein Powder](#), and beat until smooth.

Add two bricks of softened cream cheese, mix until smooth and blended, and slowly stir in a capful of vanilla extract, and the zest and juice of one lemon, if desired.

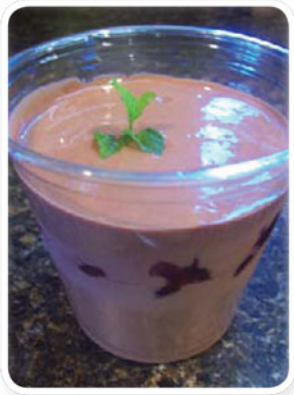
Add stevia to taste, and food coloring, if desired.

Makes 12 serving.

**NOTICE: This recipe contains raw egg whites**

(pregnant women should avoid raw eggs unless specifically advised by your doctor)

## 16. Chocolate Cherry Parfait



213 **Calories** 

31g **Protein** 

19g **Carbs** 

1g **Fat** 

Above Values are Per Serving

Blend well 2-6 ounce plain Greek yogurts with 2 scoops Chocolate Protein Powder, and 1/4 cup water. Spoon 1/2 the mixture into 2 separate clear glasses, reserving the other 1/2 to top parfaits.

Put 2 clear glasses, plus reserved 1/2 into the refrigerator while you prepare the berry layer.

Next, in a magic bullet or food processor, add 1 cup frozen dark cherries (or berries or other fruit of choice). Blend till pureed.

Spoon atop the 2 clear glasses with chocolate inside already to form the berry layer. Carefully top with the remaining chocolate layer. Keep in refrigerator until ready to serve.

Make 2 beautiful cups!

## 17. Chocolate-Covered Coconut Truffles



- 2 tbsp Chocolate Protein Powder 1 c
- almonds
- 1 tbsp coconut oil
- 2 tbsp unsweetened coconut, shredded
- 2 tbsp agave nectar
- 6 tbsp water

Blend in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cocoa you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge until ready to serve.

Makes 20.

65

Calories



2g

Protein



3g

Carbs



5g

Fat



Above Values are Per Serving

## 18. Ginger Chocolate Truffles



65

Calories 

2g

Protein 

3g

Carbs 

5g

Fat 

Above Values are Per Serving

- 2 tbsp [Chocolate Protein Powder](#) 1 c
- almonds
- 1 tbsp coconut oil
- 1 tsp fresh shredded ginger
- 1/2 tsp cocoa powder
- 2 tbsp agave
- 6 tbsp water

Blend in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge until ready to serve. Set in mini muffin liners, and leave in refrigerator until ready to serve.

Makes 20.

# 19. Citrus Truffles



53

Calories 

2g

Protein 

3g

Carbs 

4g

Fat 

Above Values are Per Serving

- 2 tbsp Orange Protein Powder 1 c
- cashews
- 1 tbsp coconut oil
- Juice and zest of 1/4 lemon, 1/4 lime
- 2 tbsp agave
- 6 tbsp water

Soak cashews in water for one hour. Drain and mix remaining ingredients in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge in mini muffin tins until ready to serve.

Note: If you need more liquid (depending on how much lemon and lime juice you use), add moisture by adding water, 1 tablespoon at a time.

Makes 20.



**Breakfast**

## 20. Pancakes



107 **Calories** 

2g **Protein** 

23g **Carbs** 

1g **Fat** 

Above Values are Per Serving

- 1-1/2 c. **gluten-free pancake mix**
- 1 **egg**
- 1/4 **scoop Vanilla Protein Powder 1 tbsp**
- **applesauce**
- 3/4 c. **almond milk (or other milk of choice)**

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more milk 1 tbsp. at a time until desired pancake batter consistency.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Fry until golden.

Makes 10 pancakes.

# 21. Apple Cinnamon Pancakes



107 **Calories** 

3g **Protein** 

26g **Carbs** 

1g **Fat** 

Above Values are Per Serving

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop [Vanilla Protein Powder](#) 1 tbsp
- applesauce
- 3/4 c. almond milk (or other milk of choice)
- 1/2 tsp. ground cinnamon
- 1 peeled and chopped apple

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp at a time till desired texture, like this :

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Fry until golden.

While they're cooking, drop a few apple chunks on top on the pancake before you flip.

Makes 10 pancakes.

## 22. Orange Almond Crepes



92

Calories 

5g

Protein 

6g

Carbs 

6g

Fat 

Above Values are Per Serving

Pre-heat oven to 400 degrees and mix:

- **4 eggs**
- **1/8 c. agave nectar**
- **1/4 c. applesauce (unsweetened)**
- **Zest from one orange**

Set aside when blended well.

Next, take a 1/3-cup measuring cup, pour into it one 1/2 scoop Vanilla Protein Powder, then top off the protein powder in the measuring cup with almond flour.

Dump this first 1/3 c. measuring cup (filled partially with protein powder and partially with almond flour) into a separate bowl. To that, add:

- **1 2/3 cup almond flour**
- **1/4 tsp baking powder**
- **1/3 tsp salt**

Mix dry ingredients into the wet, whisk till you get a thick batter, drop onto an ungreased cookie sheet (1-2 tbsp per crepe) with a tablespoon, and bake.

No need to flip, they will bake perfectly! Take them out when fully cooked, about 7-8 minutes. Put on a plate, add Greek yogurt (in the flavor of your choice-vanilla works great) in a line down the middle. Roll snugly, with the seam facing down onto a plate.

Separately, microwave a handful of berries of your choice with 1 tbsp. agave, or just leave unsweetened. Microwave for 35 seconds till soft, and spoon your berry mixture over the rolled and filled crepe.

Makes 10 pancakes.

## 23. French Toast



106

Calories



6g

Protein



16g

Carbs



2g

Fat



Above Values are Per Serving

- **1/2 c. vanilla almond milk**
- **1 tsp Cinnamon**
- **1 tsp Vanilla Protein Powder 1 egg**
- 

Whisk ingredients

Dip both sides of high protein, whole grain bread of choice.

Using non-stick spray or a lightly oiled griddle, fry both sides of the french toast.

Makes 6 pieces of French Toast.

## 24. Peanut Butter Pancakes



188 **Calories** 

4g **Protein** 

39g **Carbs** 

2g **Fat** 

Above Values are Per Serving

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop [Protein Powder](#) (chocolate or Vanilla) 1 tbsp
- applesauce
- 3/4 c. almond milk (or milk of choice)
- 1/2 tbsp. peanut butter

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp. at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Makes 6.

# 25. Peanut Butter Chocolate Chip Pancakes



197 **Calories** 

5g **Protein** 

39g **Carbs** 

3g **Fat** 

Above Values are Per Serving

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Chocolate or Vanilla Protein Powder 1 tbsp
- applesauce
- 3/4 c. almond milk (or milk of choice)
- 1 tbsp. peanut butter

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp. at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Top with chunks of dark chocolate.

Flip when first side is crisp and browned.

Makes 6.

## 26. Blueberry Pancakes



192

Calories 

4g

Protein 

41g

Carbs 

1g

Fat 

Above Values are Per Serving

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Vanilla Protein Powder
- 1 tbsp applesauce
- 1c. almond milk (or your milk of choice)
- 2/3 c blueberries

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Makes 6.

## 27. Applesauce French Toast



- **2/3 c. Unsweetened Vanilla almond milk**
- **1 tsp Cinnamon**
- **1 tsp [Vanilla Protein Powder](#) 1 egg**
- 

Whisk ingredients. Dip both sides of high protein, whole grain bread of choice. Using non-stick spray or a lightly oiled griddle, fry both sides of the French toast.

Makes 6.



Above Values are Per Serving

## 28. Pumpkin Pie French Toast



96 **Calories** 

6g **Protein** 

13g **Carbs** 

2g **Fat** 

Above Values are Per Serving

- **2/3 c. Almond or skim milk**
- **1 tsp Cinnamon**
- **1 tsp Vanilla or Orange Protein Powder**
- **1 heaping tablespoon pumpkin (100%- not pie filling!)**
- **1 egg**

Whisk ingredients.

Dip both sides of sprouted wheat or other high protein, whole grain bread of choice.

Using non-stick spray or a lightly oiled griddle, fry both sides of the French toast.

Makes 6.

## 29. Apple Cinnamon Granola



208

Calories 

3.7g

Protein 

47.7g

Carbs 

1.3g

Fat 

Above Values are Per Serving

- 1 -1/2 c. Old-Fashioned Oats
- 1/4 c. Applesauce
- 1 1/2 tsp. Cinnamon
- 1tbsp. Vanilla Protein powder
- 1/4 c. agave nectar (or maple syrup, or honey)
- raisins, unsweetened cranberries, nuts, whatever you want, up to 1/4 c. per ingredient

Toss everything together very well in a bowl. Spread on a cookie sheet, and bake at 325 for about 15 minutes. Toss once, and when dried out (careful not to burn), it's ready to serve.

Store in an airtight container.

Makes three servings



**Bars**

## 30. Lemon Cranberry Bars



Put 1 cup of almonds, 3/4 of a cup of dried, unsweetened cranberries, juice of 1/2 a lemon or orange, 1/3 c of [Orange Protein Powder](#), and a tablespoon of orange zest (you can omit the orange zest if you'd like- it makes it quite orangey) in your food processor, and blend them until processed. Line a bread pan with waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.

105

Calories 

5g

Protein 

8g

Carbs 

6g

Fat 

Above Values are Per Serving

## 31. Choco-Coco Bars



Put 1 cup of almonds (or cashews), 1/4 of a cup of dried, unsweetened coconut flakes, and 1/3 c of Chocolate Protein Powder in your food processor, and whisk them around in the food processor till processed. If you need more moisture, add water 1 tsp. at a time. Line a bread pan in waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.

88

Calories 

5g

Protein 

3g

Carbs 

7g

Fat 

Above Values are Per Serving

## 32. Citrus Bars



Put 1 cup of almonds, 3/4 of a cup of dried, unsweetened cherries, juice of 1/2 a lemon, 1/3 c of Vanilla Protein Powder, 1/4 cup of coconut flakes (unsweetened), and a tablespoon of orange zest (you can omit the orange zest if you'd like- it makes it quite orangey) and whisk them around in the food processor till processed. Line a bread pan in waxed paper, and press the mixture in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.

114 **Calories** 

5g **Protein** 

10g **Carbs** 

7g **Fat** 

Above Values are Per Serving

## 33. Peanut Butter Chocolate Bars



115 Calories 

7g Protein 

3g Carbs 

9g Fat 

Above Values are Per Serving

Put 1 cup of peanuts, 1/3 c of [Chocolate Protein Powder](#), and 1/4 c. natural peanut butter, and process in the food processor until a dough forms. If you need more moisture, add 1 tsp. water at a time till desired consistency.

Line a bread pan in waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.



**Frozen**

## 34. Vanilla Ice Cream



Blend 3 cups almond milk (unsweetened, vanilla flavor) with 3 scoops Vanilla [Protein](#) Powder. Sweeten additionally with stevia, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Put into ice cream maker. Enjoy when finished.

Makes 3 cups ice cream.

160

Calories 

25g

Protein 

4g

Carbs 

4g

Fat 

Above Values are Per Serving

## 35. Ice Cream Cake



232.5 Calories 

22.8g Protein 

9.5g Carbs 

11.8g Fat 

Above Values are Per Serving

First, line a "deep dish" style, freezer safe ceramic bowl with plastic wrap. Make it about 4 inches too long on either side.

Next, with your protein ice cream of choice in the ice cream maker (Vanilla: Blend 3 cups almond milk, unsweetened, vanilla flavor, with 3 scoops [Vanilla Protein](#) Powder, then put in ice cream maker), take 1/2-3/4 of a cup of frozen berries of your choice (raspberries, strawberries, blueberries), food process them until broken down and small, and press to the bottom of the dish.

Put it in the freezer while you're waiting for the ice cream to finish.

Take 1/2 cup of nuts of your choice (walnuts, pecans, almonds) and food process until pieces are small and uniform. When the vanilla ice cream is ready, spoon carefully atop the chilled berry topping, then finish with the layer of nuts. This will be the "crust, when the cake is flipped upside down. Freeze till solid.

Cut ice cream into four equal servings.

## 36. Fudgesicles



Blend 12 ounces Chocolate (or vanilla) almond milk with 2 scoops [Protein Powder](#), 1/4 tbsp of cocoa powder, and stevia to taste, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the [protein powder](#) has totally broken down- no clumps!

Pour into Popsicle molds. Serve when frozen.

Makes 6 to 8 Popsicles (depending on the size of your molds)

53

Calories 

4g

Protein 

6g

Carbs 

1g

Fat 

Above Values are Per Serving  
Based on making 6 Popsicles)

## 37. Chocolate Ice Cream



188

Calories 

13g

Protein 

23g

Carbs 

4g

Fat 

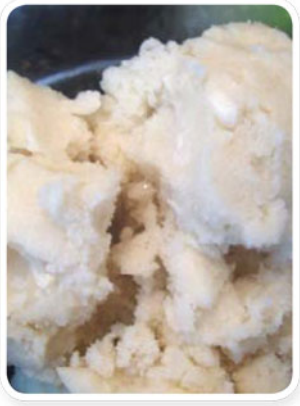
Above Values are Per Serving  
and Include Regular Chocolate  
Almond Milk

Blend 3 cups almond milk (regular or unsweetened vanilla, or, for an extra kick, chocolate flavor) with 3 scoops Chocolate [Protein](#) Powder. If desired, add stevia to taste. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Put into ice cream maker until done. Add dark chocolate chips at the end, if desired.

Makes 3 cups ice cream

## 38. Coconut Ice Cream



Blend 3 cups coconut milk (the type you buy in a gallon carton at the grocery store, not the can you make frozen drinks with) with 3 scoops Vanilla [Protein Powder](#) and 1 tbsp dried unsweetened coconut flakes. If desired, add stevia to taste.

Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Put into ice cream maker until done. Enjoy!

Makes 3 cups ice cream

208

Calories



25g

Protein



9g

Carbs



7g

Fat



Above Values are Per Serving

## 39. Peanut Butter Ice Cream



In a blender, mix 3 cups almond milk (unsweetened vanilla) with 3 scoops Vanilla [Protein](#) Powder and 1 tbsp. natural peanut butter. If desired, add stevia to taste.

Blend till smooth. Be sure to use a blender or immersion blender to aerate, as well as to assure the [protein powder](#) has totally broken down- no clumps! Put into ice cream maker until done.

Makes 3 cups. Serving size is 1 cup.

195

Calories 

26g

Protein 

5g

Carbs 

7g

Fat 

Above Values are Per Serving

# 40. Ice Cream Whoopie Pie



Mix 1 -1/2 scoops Chocolate Protein Powder, 1 egg white, and water till it forms a wet "dough" (will look more like brownie batter). Spray a microwavable bowl with non-stick spray. Then, take 1/2 the batter, pour into bowl, and microwave for between 15-20 seconds. Repeat the spray and batter process for the second cookie. Makes 2 cookies.

Assemble with a scoop of protein ice cream, sandwiched between two cookies.

197 **Calories** 

34g **Protein** 

4g **Carbs** 

3g **Fat** 

Above Values are Per Serving  
and Include 1/2 Cup Vanilla ice  
Cream

# 41. Peach-Cherry Mint Popsicle



122.5 Calories 

15g Protein 

15g Carbs 

0.5g Fat 

Above Values are Per Popsicle

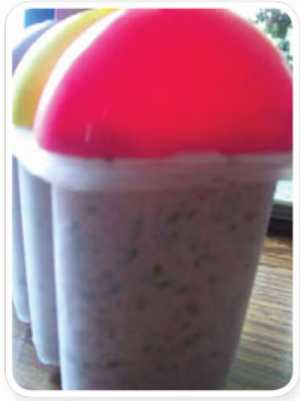
First, take a handful of frozen or fresh cherries (or whatever berry you happen to have on hand), 1-6oz. container of Greek Yogurt (vanilla or peach), 1/2 scoop of Vanilla [Protein](#) powder, some fresh mint, and another handful of chopped peach.

Reserve a few chunks of the fruit on the side, and blend the yogurt with the fruit with an immersion blender.

Next, drop some of the reserved fruit into whatever popsicle containers you have. Pour the yogurt mixture in over the fruit, and freeze till solid.

Makes two popsicles.

## 42. Spinach Berry Pops



First, blend (1) 6 oz. container of any plain, berry, pineapple, or vanilla Greek yogurt with 1/4 cup frozen spinach, 1/4 cup frozen blueberries, 1/2 scoop vanilla, orange, or [chocolate protein powder](#), and some water to thin. Freeze till solid.

Makes two popsicles

104 **Calories** 

14.5g **Protein** 

9.5g **Carbs** 

0.5g **Fat** 

Above Values are Per Popsicle

## 43. Coffee Ice Cream



In a blender, mix 3 cups almond milk (unsweetened vanilla) with 3 scoops Vanilla [Protein](#) Powder (or chocolate for a mocha flavor), and 1 tbsp. instant coffee grounds. If desired, add stevia to taste. Blend till smooth. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Put into ice cream maker until done.

Makes 3 cups ice cream. Serving size is one cup.

160 **Calories** 

25g **Protein** 

4g **Carbs** 

4g **Fat** 

Above Values are Per Serving



# Desserts

## 44. Grilled Stuffed Peaches



First, get your grill (or grill pan) nice and hot. Take a peach that's cut in half and pitted, grill until there are grill marks, and remove from the pan. Spoon some plain or vanilla yogurt mixed with 1/2 scoop [Protein](#) flavor of your choice, top with a few berries and mint, and enjoy!

Makes two servings.

110

Calories 

12.5g

Protein 

2g

Carbs 

2g

Fat 

Above Values are Per Serving

## 45. Roasted Pears with Mascarpone and berry drizzle



277.5 Calories 

10g Protein 

17g Carbs 

20g Fat 

Above Values are Per Serving

First, put the stove on the broiler setting (500 degrees), rinse 1 Bosc pear (you can use whatever variety of pear you like), slice it in half, scoop the seeds out with a melon baller, and place each half separately, into small ceramic dishes.

When the oven is hot, put them in the oven hole-side-up, and make the Mascarpone Cheese filling.

In a bowl, put a couple of scoops of Mascarpone (3 tablespoons), zest a lemon over the top, and add 1/2 scoop [vanilla protein powder](#).

Next, take a bowl, cover the bottom of it with frozen raspberries, and microwave for 45 seconds. 6-7 minutes later, the pears will be ready to come out. The point is soften them just a little, brown the tops, and warm them up; NOT turn them into a heap of warm pear mash. ***Don't forget, 500 degrees is HOT, and if you don't watch the pears, they will become too soft.***

Once you've taken them out of the oven, simply plate them (careful, they're warm!), put the mascarpone filling inside, drizzle with the Raspberry, top with a couple pieces of chopped mint if you've got it, and enjoy.

Makes two servings.

## 46. Jaylab Pro Parfait



Take 1-6 ounce container Greek yogurt. Mix well with 1/2 scoop Jaylab Pro Chocolate protein powder, and put that half in bottom of small glass. Layer berries, peaches, or other desired fruit, then second half of the yogurt (you can also mix the top half with Orange or Vanilla [Protein](#) Powder, if desired). Top with more fruit. Enjoy!

167

Calories 

25g

Protein 

16g

Carbs 

1g

Fat 

Above Values are Per Serving

## 47. Cheesecake Stuffed Strawberries



49

Calories 

2g

Protein 

1g

Carbs 

4g

Fat 

Above Values are Per Serving

Beat two egg whites until foamy, then add 1/4 cup of Vanilla Protein Powder, and beat till smooth. Add two bricks of softened cream cheese, mix until smooth and blended, and slowly stir in a capful of vanilla and the zest of one lemon. Cut both the top and bottom of each strawberry off, and stand them up top side down (where the stem used to be). Take a paring knife and twist the middle to enlarge the hole, and pipe the filling inside

Top with shaved dark chocolate, or zest of lemon if desired.

Makes 40 stuffed strawberries (depending on size of strawberry).

**NOTICE: This recipe contains raw egg whites**

(pregnant women should avoid raw eggs unless specifically advised by your doctor)

## 48. Mini Cheesecakes



167

Calories



3g

Protein



9g

Carbs



10g

Fat



Above Values are Per Serving

In a food processor, blend the crust:

- 1c. pecans
- 1/2 c. cashews
- 1/2 c. dried unsweetened coconut

When that's all uniformly small, add:

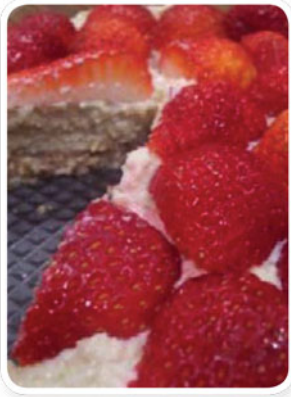
- 2 tbsp. coconut oil or cream of coconut (you can find at a health food store or at the top of a can of cream of coconut-its the waxy stuff), or butter
- 1/2 juice and zest of a lemon
- 1 tsp. vanilla
- 1 tbsp. Agave nectar (or omit if you like a saltier crust, and add a sprinkle of salt instead)

Process this all, press into either mini muffin pans, or regular-sized muffin pans, then, put it in the freezer while you make your cheesecake layer. Rinse your food processor out and add:

- 1 1/2 c. cashews (that have been soaked in water and drained for 1 hour)
- 1/2 scoop [Vanilla protein powder](#)
- 1 c shredded coconut
- 1/2 stick cream cheese
- Juice and zest of one lemon
- 1/4 c agave
- 1/2 cup water (plus more in small increments if it doesn't take on the consistency of cheesecake and needs a little moisture- depends on the brand of protein powder)

Blend this in food processor or blender till smooth and creamy like cheesecake filling, adding TINY amounts of water if need be to add moisture. Once smooth, take your crust out, pour on top, smooth the surface, top with twists of lime, or berries, and refrigerate. Store in the refrigerator. Makes 24 servings.

# 49. Cheesecake



466

Calories 

9g

Protein 

27g

Carbs 

27g

Fat 

Above Values are Per Serving

In a food processor, blend the crust:

- **1c. pecans**
- **1/2 c. cashews**
- **1/2 c. dried unsweetened coconut**

When that's all uniformly small, add:

- **2 tbsp. coconut oil or cream of coconut (you can find at a health food store or at the top of a can of cream of coconut-its the waxy stuff), or butter**
- **1/2 juice and zest of a lime**
- **1 tsp. vanilla**
- **1 tbsp. Agave nectar (or omit if you like a saltier crust, and add a sprinkle of salt instead)**

Process this all, press into a spring form pan (9 inch).

Then, put it in the freezer while you make your "cheesecake" layer. Rinse your food processor out and add:

- **1 1/2 c. cashews**
- **1/2 scoop Vanilla protein powder**
- **1 c shredded coconut**
- **1/2 stick cream cheese**
- **Juice and zest of one lemon**
- **1/4 c agave**
- **1/2 cup water (plus more in small increments if it doesn't take on the consistency of cheesecake and needs a little moisture)**

Blend this in food processor or blender till smooth and creamy like cheesecake filling, adding TINY amounts of water if need be to add moisture. Once smooth, take your crust out, pour on top, smooth the surface, top with berries, and refrigerate.

Tip: The flavors are better the second day, as they have a chance to sit and meld. Makes 8 servings.



# Toppings

For Ice Cream, Pancakes, or French Toast

# 50. Berry Sauce

80 Calories 

8g Protein 

10g Carbs 

0g Fat 

Above Values are for the  
Entire Recipe

Take a handful of berries, sprinkle with Vanilla Protein Powder, microwave the berries for 45 seconds till soft and mushy, and pour over the top of the cake, pancakes, or muffins like a sauce. ENJOY!!!

# 51. "Hot Fudge" Topping for Protein Ice Cream

240 **Calories** 

28g **Protein** 

6g **Carbs** 

9g **Fat** 

Above Values are for the  
Entire Recipe

- 2 scoops [Chocolate Protein Powder](#)
- 1 tablespoon peanut butter, almond butter, or any nut butter you enjoy
- Hot water

Mix till consistency of hot fudge, and enjoy atop your protein Ice cream, or your favorite dessert!

