

Fudgey Protein Brownies

9 SERVINGS 30 MINUTES



INGREDIENTS

1 cup All Natural Peanut Butter
4 Banana
1/2 cup Cocoa Powder
1/2 cup Chocolate Protein Powder
1/2 cup Organic Dark Chocolate Chips
1/2 cup Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	371	Carbs	29g
Fat	24g	Fiber	5g
Saturated	8g	Sugar	16g
Polyunsat...	7g	Protein	14g
Monounsa...	8g		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 02 In a small saucepan over low-medium heat, melt the peanut butter.
- 03 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 04 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Protein Berry Oatmeal Cups

12 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbs Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

DIRECTIONS

- 01 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 02 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 03 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 04 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	139	Carbs	22g
Fat	3g	Fiber	3g
Saturated	1g	Sugar	7g
Polyunsat...	1g	Protein	6g
Monounsa...	1g		

Cinnamon Protein Energy Bites

14 SERVINGS 35 MINUTES



INGREDIENTS

1/3 cup Oats (quick)
1/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 tsps Cinnamon
1/2 cup Almond Butter
1/4 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional; if needed)

DIRECTIONS

- 01 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 02 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	111	Carbs	10g
Fat	7g	Fiber	2g
Saturated	0g	Sugar	4g
Polyunsat...	2g	Protein	5g
Monounsa...	3g		

No-Bake Pumpkin Protein Bars

8 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Coconut Flour
1/4 cup Vanilla Protein Powder
3/4 tsp Pumpkin Pie Spice
1/2 cup Almond Butter
1/3 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Pureed Pumpkin
1 tbsp Unsweetened Almond Milk
1/2 cup Organic Dark Chocolate Chips
1 tbsp Coconut Butter (melted)

NUTRITION

AMOUNT PER SERVING

Calories	280	Carbs	25g
Fat	16g	Fiber	5g
Saturated	8g	Sugar	16g
Polyunsat...	2g	Protein	8g
Monounsa...	5g		

DIRECTIONS

- 01 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 02 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 03 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 04 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 05 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 06 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Cinnamon Raisin Protein Cookies

8 SERVINGS 30 MINUTES



INGREDIENTS

3 Banana (ripe)
3/4 cup Egg Whites
1/4 cup Tahini
1 cup Vanilla Protein Powder (plant-based)
1 cup Oats (rolled or quick)
1 tsp Cinnamon
1/2 cup Organic Raisins
1/2 cup Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	243	Carbs	30g
Fat	7g	Fiber	5g
Saturated	1g	Sugar	12g
Polyunsat...	4g	Protein	17g
Monounsat...	2g		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

Cranberry Protein Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

1 Banana (mashed)
1/4 cup Vanilla Protein Powder
1 cup Oats
1 cup Almond Butter
1/2 tsp Cinnamon
1/4 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	266	Carbs	19g
Fat	18g	Fiber	5g
Saturated	1g	Sugar	6g
Polyunsat...	5g	Protein	10g
Monounsa...	10g		

Chocolate Cherry Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
1 cup Plain Coconut Milk (unsweetened, from the carton)
1/4 cup Chocolate Protein Powder
3/4 cup Cherries (pitted)
1 tbsp Unsweetened Shredded Coconut

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	252	Carbs	23g
Fat	12g	Fiber	8g
Saturated	4g	Sugar	10g
Polyunsat...	0g	Protein	14g
Monounsa...	0g		

Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Organic Dark Chocolate Chips
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	464	Carbs	41g
Fat	20g	Fiber	9g
Saturated	13g	Sugar	17g
Polyunsat...	2g	Protein	29g
Monounsa...	2g		

Mocha Overnight Protein Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Oats (rolled)
1/4 cup Chia Seeds
1/4 cup Cocoa Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 cup Organic Coffee (brewed and chilled)
1/4 cup Cacao Nibs

DIRECTIONS

- 01 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 02 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	329	Carbs	40g
Fat	12g	Fiber	12g
Saturated	3g	Sugar	0g
Polyunsat...	1g	Protein	19g
Monounsa...	2g		

Brownie Batter Protein Balls

6 SERVINGS 40 MINUTES



INGREDIENTS

1/3 cup Pitted Dates (packed)
2 cups Black Beans (cooked)
1/2 cup Chocolate Protein Powder
1/3 cup Pumpkin Seed Butter
1/2 tsp Sea Salt
1 tbsp Cacao Powder
1/2 cup Organic Dark Chocolate Chips (optional)

NUTRITION

AMOUNT PER SERVING

Calories	342	Carbs	33g
Fat	15g	Fiber	7g
Saturated	8g	Sugar	15g
Polyunsat...	5g	Protein	16g
Monounsa...	2g		

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 03 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 04 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 05 Refrigerate at least 1 hour to set. Enjoy!

Chocolate Zucchini Bread Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
1/4 cup Chocolate Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tbsp Cacao Powder
1 tsp Cacao Nibs (optional)

DIRECTIONS

- 01 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 02 Pour into a glass and top with cacao nibs (optional). Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	390	Carbs	30g
Fat	19g	Fiber	12g
Saturated	2g	Sugar	10g
Polyunsat...	3g	Protein	28g
Monounsa...	7g		

Chocolate Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Banana (ripe)
4 Egg
1/2 cup Protein Powder (chocolate)
1 tbsp Coconut Oil

DIRECTIONS

- 01 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 02 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	395	Carbs	29g
Fat	17g	Fiber	4g
Saturated	9g	Sugar	15g
Polyunsat...	2g	Protein	33g
Monounsa...	4g		

Mini Dark Chocolate Tahini Cups

24 SERVINGS 30 MINUTES



INGREDIENTS

300 grams Dark Organic Chocolate (at least 70% cacao, chopped)
1 1/4 tbsps Coconut Oil
2 tbsps Tahini
2 tbsps Maple Syrup
1/4 cup Protein Powder (unflavoured)

NUTRITION

AMOUNT PER SERVING

Calories	93	Carbs	7g
Fat	6g	Fiber	1g
Saturated	4g	Sugar	4g
Polyunsat...	0g	Protein	2g
Monounsa...	0g		

DIRECTIONS

- 01 Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
- 02 Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
- 03 Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
- 04 Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
- 05 Refrigerate until set, about 10-15 minutes. Enjoy!

Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Protein Powder (vanilla)
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	183	Carbs	20g
Fat	8g	Fiber	6g
Saturated	1g	Sugar	8g
Polyunsat...	1g	Protein	12g
Monounsat...	5g		

Gingerbread Protein Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Almond Flour
1/2 cup Vanilla Protein Powder
3 tbsps Coconut Sugar
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Nutmeg
2 tbsps Fancy Molasses
1 tbsps Maple Syrup
1 Egg
1/4 cup Tapioca Flour (or any type of flour, for dusting)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 03 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 04 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 05 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	118	Carbs	11g
Fat	6g	Fiber	2g
Saturated	1g	Sugar	6g
Polyunsat...	0g	Protein	6g
Monounsa...	0g		

Banana Coconut Protein Bars

12 SERVINGS 20 MINUTES



INGREDIENTS

1 Banana (mashed)
1 1/4 cups Oats
2/3 cup Unsweetened Coconut Flakes
1/3 cup Raw Honey
1/3 cup Almond Butter
1 tsp Cinnamon
1/3 cup Protein Powder

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place all ingredients together in a bowl and mix well with a spatula.
- 03 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 04 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 05 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

NUTRITION

AMOUNT PER SERVING

Calories	148	Carbs	18g
Fat	7g	Fiber	3g
Saturated	3g	Sugar	9g
Polyunsat...	1g	Protein	5g
Monounsa...	2g		

Blueberry Banana Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Egg
1/4 cup Protein Powder
1 tbsp Ground Flax Seed
1 Banana
1 tbsp Unsweetened Almond Milk
1/4 cup Oats
1 tsp Cinnamon
1/4 cup Blueberries
1 1/2 tsps Coconut Oil
2 tsps Maple Syrup

DIRECTIONS

- 01 In a mixing bowl or magic bullet, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

NUTRITION

AMOUNT PER SERVING

Calories	284	Carbs	39g
Fat	8g	Fiber	5g
Saturated	4g	Sugar	21g
Polyunsat...	2g	Protein	16g
Monounsa...	2g		

Banana & Chocolate Chip Oatmeal Cups

12 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (melted, divided)
2 1/2 cups Oats (rolled)
1/4 cup Vanilla Protein Powder
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Sea Salt
2 Banana
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Plain Coconut Milk (refrigerated, from the box)
2 Egg
1/3 cup Organic Dark Chocolate Chips

DIRECTIONS

- 01 Preheat the oven to 350F (177°C) and grease a muffin tin with half the coconut oil.
- 02 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 03 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 04 Spoon the mixture into the greased muffin tins and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	183	Carbs	25g
Fat	7g	Fiber	2g
Saturated	5g	Sugar	10g
Polyunsat...	1g	Protein	6g
Monounsa...	1g		