



# NASM'S ESSENTIALS COOKBOOK



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# blueberry muffin



SERVINGS

**10**

PREP

**15  
min**

COOK TIME

**25  
min**

## INGREDIENTS:

- 1 Blueberry Muffin Quest Bar®
- 1 scoop Quest® Vanilla Milkshake Protein Powder
- 2 eggs
- ¾ cup unsweetened almond milk
- ½ cup zero-calorie sweetener
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- ¼ cup coconut flour
- ¼ cup almond flour
- 1 tablespoon coconut oil, melted
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup fresh blueberries
- Standard muffin pan

Preheat the oven to 350°F.

Line a muffin pan with paper-lined standard-sized muffin cups.

Cut Quest Bars® into tiny pieces and set aside.

In a mixing bowl, combine eggs, almond milk, applesauce, sweetener, vanilla extract, and almond extract. Mix well.

In another small bowl, combine Quest® Protein Powder, coconut flour, and almond flour. Mix well.

Add dry mixture to wet. Then add coconut oil, baking powder, baking soda, and salt.

Fill muffin cups ¾ full. Add Quest Bar® pieces evenly among each muffin and add blueberries to the top of each muffin.

Bake for 18 to 20 minutes, or until an inserted toothpick comes out clean.

## SERVING SIZE: 1 MUFFIN

Calories: 130

Protein: 8g

Fat: 8g

Net Carbs: 2g

Fiber: 2.5g

# blueberry pancakes



SERVINGS

12



PREP

5  
min

COOK TIME

5  
min

## INGREDIENTS:

- 1 scoop Quest® Vanilla Milkshake Protein Powder
- 2 eggs
- 3 tablespoons almond meal
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- ¼ cup zero-calorie sweetener
- ¼ teaspoon kosher salt
- ¼ cup fresh blueberries
- Nonstick cooking spray

In a medium bowl, whisk together the eggs, Quest® Vanilla Milkshake Protein Powder, almond milk, baking powder, and vanilla extract.

Mix in the almond meal, sweetener, and salt.

Fold in the blueberries.

Coat a griddle with cooking spray and heat to 300°F, or coat a large, nonstick sauté pan with cooking spray and heat over low-medium heat.

Scoop 2 tablespoons of batter onto the griddle per pancake.

Cook the pancakes on each side for 2 to 3 minutes, or until lightly golden brown, and serve.

## SERVING SIZE: 1 PANCAKE

Calories: 50

Protein: 3g

Fat: 4g

Net Carbs: 2g

Fiber: 1g

# raspberry scones



SERVINGS

8



PREP

10  
min

COOK TIME

18  
min

## INGREDIENTS:

- ½ White Chocolate Raspberry Quest Bar®
- 1 scoop Quest® Strawberries & Cream Protein Powder
- ¾ cup almond flour
- ½ cup coconut flour
- ¼ cup plus 1 tablespoon zero-calorie sweetener
- 1 ½ teaspoons baking powder
- ⅔ cup unsweetened vanilla almond milk
- ¼ cup liquid egg whites
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- ¾ cup raspberries

## TOPPING:

- ¼ cup Quest® Strawberries & Cream Protein Powder
- ¼ cup cream cheese
- 3 tablespoons unsweetened vanilla almond milk
- 1 tablespoon zero-calorie sweetener
- 4 raspberries



Preheat the oven to 350°F.

Break the Quest Bar® into small pieces and set aside.

In a large mixing bowl, mix the Quest® Protein Powder, almond flour, coconut flour, ¼ cup of the sweetener, and baking powder on low speed.

Add in the almond milk, egg whites, coconut oil, and vanilla extract and mix well.

Fold in the Quest Bar® pieces and raspberries.

Place parchment paper on a baking sheet.

Form the dough into the length of the side of the triangle scone shape and place them on the parchment paper. Sprinkle the top of each scone with the remaining sweetener.

Bake for 16 to 18 minutes or until an inserted toothpick comes out clean.

## TOPPING:

In a mini-blender, combine the Quest® Protein Powder, cream cheese, almond milk, sweetener, and raspberries. Blend until smooth.

Drizzle the topping on each scone and serve immediately.

---

## SERVING SIZE: 1 SCONE

Calories: 200 Net Carbs: 4g

Protein: 12g Fiber: 3g

Fat: 14g

# broccoli cheddar soup



SERVINGS

10



PREP

15  
min

COOK TIME

30  
min

## INGREDIENTS:

- 2 Teaspoons coconut oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 5 cups chicken broth
- 2 cups water
- 6 1/4 cups broccoli florets, chopped into 1/2-inch pieces
- Large bowl of ice water
- 1 scoop plus 3 scoops Quest® Multi-Purpose Mix Protein Power
- 1 cup plus 1/2 cup fat-free cheddar cheese, grated
- 1 cup light sour cream
- 4 strips bacon, cut into 1/2-inch pieces

## SERVING SIZE: 1 CUP OF SOUP

Calories: 200

Net Carbs: 6g

Protein: 14g

Fiber: 2g

Fat: 12g

In a small pot, heat the coconut oil over medium heat.

Add the onion and garlic. Sauté for 3 minutes or until slightly caramelized.

Add the chicken broth and increase the heat to high. Bring to a boil.

Reduce the heat to simmer and cover for 15 minutes, or until the broth has evaporated to half, stirring occasionally. Remove from the heat.

In a medium saucepan, bring 2 cups of water to a boil. Add the broccoli and cook for 2 to 3 minutes.

Drain the broccoli and place in an ice bath for 2 minutes.

Add 1/4 of the broccoli to a blender and reserve the rest.

Add the chicken broth mixture to the blender and process for 10 seconds or until completely combined.

To the blender's broth mixture, add 1 scoop of the Quest Protein Powder®, 1 cup of cheese, and sour cream.

Blend until smooth and then add the remaining 3 scoops of Quest Protein Powder®, one at a time, making sure each is fully incorporated before adding the next one.

Once fully blended, pour the soup into serving bowls. Top with the remaining broccoli and cheese.

In a separate pan, cook the bacon to desired crispness.

Mince the bacon and sprinkle on top of the soup. Serve immediately.

# chicken and waffle bites



SERVINGS

20



PREP

10  
min

COOK TIME

15  
min

## INGREDIENTS:

### CHICKEN:

- 2 tablespoons coconut oil
- 1 bag Quest® Sour Cream & Onion Protein Chips
- 1/4 cup finely chopped pecans
- 1 teaspoon zero-calorie sweetener
- 1/4 teaspoon cayenne pepper
- Pinch of salt
- 2 eggs, scrambled
- 12 ounces chicken breast, cubed into 20 1-inch pieces

### WAFFLE:

- 1/2 scoop Quest® Multi-Purpose Mix Protein Powder
- 1/2 scoop Quest® Vanilla Milkshake Protein Powder
- 1 tablespoon brown rice powder/flour
- 1 egg
- 1/3 cup 1% milk
- 1 tablespoon softened, unsalted butter
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon zero-calorie sweetener
- 1/2 teaspoon baking powder
- Nonstick cooking spray



### Chicken:

Crush the Quest® Protein Chips and then pour them into a mini-food processor with the pecans, sweetener, cayenne pepper, and salt. Pulse the mixture to coarse crumbs and set aside.

Pour the syrup and scrambled eggs into a small bowl. Dip 3 to 4 chicken cubes into the syrup at a time. Coat each piece lightly with crumbs.

In a medium sauté pan, heat the coconut oil.

When the oil is hot, drop in the chicken pieces and then reduce to medium-low heat.

Cook for 3 to 4 minutes.

Flip the chicken pieces over and cook for another 2 to 3 minutes or until cooked through.

Remove and set aside

# chicken and waffle bites

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## **Waffle:**

Heat a mini-waffle iron to medium-low heat.

In a medium bowl, combine the egg, milk, butter, vanilla extract, sweetener, and baking powder.

Whisk together until completely combined.

Add both Quest Protein Powders® and the brown rice powder/flour. Whisk until smooth and thick.

Spray the waffle iron with cooking spray.

Add the waffle batter and cook for 1 minute.

Repeat with the remaining batter.

## **Assemble:**

Add one chicken bite to each mini-waffle.

Repeat with the remaining waffles and bites. Top with sugar-free syrup, if desired, and serve.

---

## **SERVING SIZE: 1 CHICKEN AND WAFFLE BITE**

Calories: 70

Protein: 6g

Fat: 7g

Net Carbs: 1g

Fiber: 0g

# raspberry pecan chicken salad bites



SERVINGS



PREP



COOK TIME

8

20  
min10  
min

## INGREDIENTS:

### DRESSING:

- 2 tablespoons Quest® Strawberries & Cream Protein Powder
- ¼ cup raspberries
- 2 tablespoons olive oil
- 1½ tablespoons aged balsamic vinegar
- 1½ tablespoons water
- ¼ teaspoon zero-calorie sweetener

### SWEET & SPICY PECANS:

- 1 Cinnamon Roll Quest Bar®
- ¼ cup unsweetened almond milk
- 1 teaspoon zero-calorie sweetener
- ¼ teaspoon cayenne pepper
- Pinch of sea salt
- ½ cup pecans

### SALAD:

- 12 ounces grilled chicken breast
- 24 fresh spinach leaves
- 24 raspberries
- 1½ ounces goat cheese, crumbled
- 24 toothpicks

### Dressing:

In a mini-blender, blend the dressing ingredients until smooth. Refrigerate until ready to serve.

### Sweet & Spicy Pecans:

Preheat the oven to 400°F.

Break the Quest Bar® into small pieces.

In a small saucepan, heat the Quest Bar® pieces and almond milk over medium-low heat. Stir until melted.

Stir in the sweetener, cayenne pepper, and salt.

Stir in the nuts and coat evenly.

Spread onto a baking sheet lined with parchment paper and separate the nuts.

Bake for 5 minutes.

Stir and flip the nuts, then bake an additional 2 minutes. Let cool.

# raspberry pecan chicken salad bites

**Continued from page 9**

## **Assembly:**

Chop the chicken into 48 small cubes.

Create a stack using one chicken cube, one spinach leaf, another chicken cube, one pecan, one raspberry, and one goat cheese crumble.

Spear each stack with a toothpick.

Set out eight plates.

Spoon 2 teaspoons of dressing at one end of the plate and use the back of a spoon to spread a line of dressing across the plate.

Lay three salad bites along the dressing.

Repeat for each plate and serve.

---

## **SERVING SIZE: 3 Skewers**

Calories: 200

Protein: 17g

Fat: 14g

Net Carbs: 2g

Fiber: 3g

# frozen peanut butter cups



SERVINGS



PREP



COOK TIME

**4****20**  
min**1**  
min

## INGREDIENTS:

- 3 tablespoon sugar-free dark chocolate chips
- 1 scoop Quest® Peanut Butter Protein Powder
- $\frac{2}{3}$  cup 1% low-fat milk
- 2 teaspoon sugar-free sweetener
- 1 teaspoon peanut butter
- Nonstick cooking spray
- 4 tart molds (2-inch)

## SERVING SIZE: 1 PB Cup

Calories: 80

Net Carbs: 4g

Protein: 6g

Fiber: 3g

Fat: 6g



## Chocolate Cups:

Coat the tart molds with nonstick cooking spray.

In a small, microwave-safe bowl, heat the chocolate chips in 20-second intervals, stirring in between, until the chocolate is smooth and melted.

Spread 1/2 tablespoon of the melted chocolate onto bottom and slightly up the sides of each mold.

Place the molds in the refrigerator for 10 minutes or until the chocolate sets.

## Ice Cream:

In a blender, add the milk, Quest® Protein Powder, sweetener, and peanut butter. Blend for 15 seconds.

Pour into an ice cream maker and follow the manufacturer's instructions. The ice cream should be ready in 15 minutes.

## Assembly:

Divide the ice cream into each mold. Spread evenly with the back of a spoon. Place in the freezer for 2 hours.

Reheat the remaining chocolate until melted.

Spoon 1 teaspoon of chocolate on top of each mold and spread evenly. Place in the freezer for 5 to 10 minutes.

Gently squeeze the molds to loosen the peanut butter cups and serve.

# horchata shake



SERVINGS

**2**

PREP

**5  
min**

COOK TIME

**10  
min**

## INGREDIENTS:

- 1 1/2 scoops Quest® Cinnamon Crunch Protein Powder
- 1 cup unsweetened almond milk
- 3 cups ice
- 1 ounce espresso
- 4 tablespoons zero-calorie sweetener
- 1 1/2 tablespoons sugar-free caramel syrup
- 1/4 teaspoon cinnamon
- 1/2 cup heavy whipping cream
- 3 tablespoons zero-calorie sweetener



In a blender, combine the Quest Protein Powder™, almond milk, ice, sweetener, espresso, syrup, and cinnamon. Blend the mixture until thick and smooth.

Pour the mixture into two glasses.

In a small mixing bowl, add the heavy cream and sweetener. Using a hand mixer, mix until stiff peaks form.

Top evenly between both shakes and serve.

## SERVING SIZE: $\frac{1}{2}$ recipe

Calories: 140

Protein: 15g

Fat: 19g

Net Carbs: 3g

Fiber: 1g

# lemon white chocolate madeleine



SERVINGS

**16**

PREP

**10  
min**

COOK TIME

**20  
min**

## INGREDIENTS:

- 2 scoops Quest® Multi-Purpose Mix Protein Powder
- ½ cup almond flour
- ⅓ cup zero-calorie sweetener
- ¼ cup plus 2 tablespoons unsweetened applesauce
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon lemon zest
- Silicone madeleine tray
- ¼ cup sugar-free white chocolate chips
- ½ teaspoon lemon zest



Preheat the oven to 300°F.

In a medium bowl, combine the Quest Protein Powder®, almond flour, sweetener, applesauce, eggs, baking powder, and lemon zest. Using a rubber spatula, mix together until fully combined.

Lightly coat a madeleine tray with cooking spray.

Pour the batter into 16 molds ¼ full.

Bake for 19 to 21 minutes, or until an inserted toothpick comes out clean.

Let the madeleines cool for 5 to 10 minutes.

In a medium, microwave-safe bowl, add the white chocolate chips. Microwave for 20 seconds and stir. Repeat until the chocolate is melted.

Stir in the lemon zest.

Dip the scalloped ends of the madeleines in the white chocolate until lightly coated. Place on parchment paper.

Let the chocolate set (approximately 1 hour) and serve.

---

## SERVING SIZE: 1 MADELEINE

Calories: 70

Net Carbs: 1g

Protein: 5g

Fiber: 1g

Fat: 5g

# cauliflower mac & cheese



SERVINGS

3



PREP

10  
min

COOK TIME

20  
min

## INGREDIENTS:

- 1 head of cauliflower
- 1 tablespoon olive oil
- 1 bag Quest Nacho Cheese Tortilla-Style Protein Chips
- ½ cup shredded cheddar cheese
- ½ cup heavy cream
- ¼ cup shredded parmesan cheese
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- Salt and pepper (to taste)
- Dried parsley for garnish

Preheat the oven to 400°F and prepare a baking sheet with foil.

Cut the cauliflower into small pieces, about ½ to 1 inch. Toss the chopped florets in the olive oil and place them on the baking sheet. Bake for 15 to 20 minutes or until tender.

Place the cheddar cheese, heavy cream, parmesan cheese, mustard, garlic powder, salt, and pepper into a small pot over medium heat. Cook until melted and smooth.

Remove the florets from the oven and place in a bowl.

Mix in the melted cheese sauce and crushed Quest® Nacho Cheese Tortilla Style Protein Chips.

Place the mixture in a serving bowl and garnish with parsley.

## SERVING SIZE: 1 SERVING

Calories: 300

Protein: 13g

Fat: 24g

Net Carbs: 8g

Fiber: 2g

# chicken mole with riced cauliflower



SERVINGS



PREP



COOK TIME

**5****20**  
min**25**  
min

## INGREDIENTS:

- 1 Chocolate Brownie Quest Bar®
- 1 tablespoon plus  $\frac{1}{2}$  tablespoon coconut oil
- 2 chicken breasts, cut into bite-sized cubes
- $\frac{1}{2}$  cup yellow onion, chopped
- 2 garlic cloves, minced
- 1 bay leaf
- $\frac{3}{4}$  teaspoon cayenne pepper
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{2}$  teaspoon ground cloves
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{2}$  cup canned diced tomatoes, undrained
- 1 cup chicken broth
- 2 tablespoon natural peanut butter
- 1 teaspoon zero-calorie sweetener
- 1 teaspoon sea salt
- 1 tablespoon sesame seeds
- 2 packages riced cauliflower

## SERVING SIZE: 1 MUFFIN

Calories: 220

Net Carbs: 4g

Protein: 14g

Fiber: 4g

Fat: 17g



Heat 1 tablespoon of coconut oil in a large pot over medium-high heat.

Cook the chicken pieces until just cooked on the outside and the insides are still pink, about 2 minutes. Remove and set aside.

Reduce pot to a medium heat and add the remaining  $\frac{1}{2}$  tablespoon of coconut oil.

Add the onion and garlic. Cook, stirring until the onions are soft and translucent.

Stir in the bay leaf, cayenne pepper, paprika, cloves, cinnamon, chili powder, and black pepper. Continue stirring until fragrant, about 30 seconds.

Add the tomatoes, chicken broth, peanut butter, and sweetener. Bring to a simmer over medium heat.

In a medium, microwave-safe bowl, microwave the unwrapped Quest Bar® for 25 seconds. Break apart and stir into the simmering mixture until melted.

Remove the bay leaf. Return the chicken pieces to the pot.

Reduce the heat to low, cover, and simmer until the chicken is tender and no longer pink, about 6 to 7 minutes. Stir in the salt.

In a medium sized bowl, microwave riced cauliflower for 2 minutes. Separate into 5 servings and top with 1/5 of Chicken Mole and a sprinkle of sesame seeds.

# turkey casserole



SERVINGS

8



PREP

12  
min

COOK TIME

22  
min

## INGREDIENTS:

- 2 bags Quest Nacho Cheese Tortilla Style Protein Chips
- 1 cup shredded turkey breast
- ½ cup canned black beans, rinsed
- ½ cup canned corn, rinsed
- ¼ cup canned green chilies
- ½ cup shredded mozzarella cheese
- ¼ cup sour cream
- 1 roma tomato, diced
- 1 teaspoon garlic powder
- 1 teaspoon chili pepper
- ½ teaspoon salt



Preheat the oven to 350°F and prepare two 5x5 baking dishes or one 9x9 baking dish with nonstick spray.

Crush the chips in the bags and distribute one of the bags between the two baking dishes. Set aside the rest of the chips for later.

In a mixing bowl, stir together the shredded turkey, beans, corn, diced tomatoes, green chilies, ¼ cup shredded mozzarella cheese, sour cream, garlic powder, chili powder, and salt until combined.

Distribute the mixture over the crushed chips.

Bake for 16 minutes.

Remove and top with the remaining chips and mozzarella cheese and continue baking for 5 to 6 minutes or until the cheese is melted.

Serve immediately and enjoy!

## SERVING SIZE: $\frac{1}{8}$ RECIPE

Calories: 120

Protein: 9g

Fat: 6g

Net Carbs: 4g

Fiber: 2g

# chocolate fudge coconut fudge pops



SERVINGS

**10**

PREP

**10  
min**

COOK TIME

**2  
min**

## INGREDIENTS:

- 1 Double Chocolate Chunk Quest Bar®
- 1 Coconut Cashew Quest Bar®
- 2 scoops Quest® Chocolate Milkshake Protein Powder
- 1 scoop Quest® Coconut Oil Powder
- ½ cup plus 1 ¾ cups unsweetened almond coconut milk
- ½ cup zero-calorie sweetener
- 1 tablespoon cocoa powder
- 1 teaspoon coconut extract
- 4 tablespoons unsweetened flaked coconut
- 3 tablespoons sugar-free chocolate chips
- Popsicle mold(s) and sticks

Break both Quest Bars® into small pieces.

In a microwave-safe bowl, add the Quest Bar® pieces to ½ cup of the almond coconut milk and microwave for 1 minute 20 seconds or until very soft.

Stir until smooth. Set aside to cool.

In a large blender, add the Quest Protein Powder®, Quest® Coconut Oil Powder, the remaining almond coconut milk, sweetener, cocoa powder, and the coconut extract. Blend well.

Add the melted bar mixture and blend again until smooth.

Stir in the coconut flakes and chocolate chips and pour the mixture into 10 fudge pop molds.

Freeze for several hours or overnight.

Insert popsicle sticks into mold.

## SERVING SIZE: 1 FUDGE POP

Calories: 120

Protein: 8g

Fat: 7g

Net Carbs: 2g

Fiber: 3g

# chocolate hazelnut truffles



SERVINGS

8



PREP

10  
min

COOK TIME

5  
min

## INGREDIENTS:

- 1 Double Chocolate Chunk Quest Bar®
- 1 scoop Quest® Chocolate Milkshake Protein Powder
- 3 tablespoons unsweetened almond milk
- $\frac{1}{2}$  tablespoon zero-calorie sweetener
- $\frac{1}{2}$  tablespoon unsweetened cocoa powder
- 16 hazelnuts
- 3 tablespoons sugar-free chocolate chips
- $1\frac{1}{2}$  tablespoons water
- $\frac{1}{2}$  teaspoon coconut oil

## SERVING SIZE: 2 TRUFFLES

Calories: 70

Net Carbs: 2g

Protein: 6g

Fiber: 4g

Fat: 4g

Preheat the oven to 400°F

Break the Quest Bar® into small pieces onto a nonstick baking sheet and bake for 4 to 5 minutes. Remove and let cool.

Place the baked Quest Bar® pieces into a mini-blender. Process into crumbs and set aside.

In a mixing bowl, add  $\frac{1}{4}$  of the Quest Bar® crumbs (Set aside the remaining crumbs.), Quest Protein Powder®, almond milk, sweetener, and cocoa powder. Stir until smooth.

Place in the freezer for 5 minutes.

Form the dough into sixteen balls. Press a hazelnut into the center of each ball and re-roll.

Place the balls onto wax paper and freeze for 15 minutes.

In a small microwave-safe bowl, add the chocolate chips, water, and coconut oil.

Microwave for 20 seconds. Stir, then microwave an additional 15 to 20 seconds. Stir until smooth.

Coat each ball in chocolate and immediately sprinkle with the remaining Quest Bar® crumbs.

Place the bars back onto the wax paper to cool and harden.

# red velvet cake pops



SERVINGS

18



PREP

30  
min

COOK TIME

30  
min

## INGREDIENTS:

- 1 Double Chocolate Chunk Quest Bar®
- ½ cup Quest® Vanilla Milkshake Protein Powder
- ½ cup almond flour
- 3 tablespoons zero-calorie sweetener
- 1½ tablespoons unsweetened cocoa powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup unsweetened vanilla almond milk
- 2 teaspoons vanilla extract
- ½ tablespoon red food coloring
- Nonstick cooking spray

## FROSTING:

- 1 scoop Quest® Vanilla Milkshake Protein Powder
- 3 ½ ounces reduced-fat cream cheese, softened
- ¼ cup zero-calorie sweetener
- 2 tablespoons reduced-fat sour cream
- ½ teaspoon vanilla extract
- Counting 6 ounces sugar-free milk or dark chocolate
- 18 lollipop sticks

Preheat the oven to 350°F.

Break the Quest Bar® into small pieces and place onto a nonstick baking sheet.

Bake for 6 to 7 minutes. Remove and cool for 5 minutes.

Place the pieces into a mini-blender and process into a powder.

In a medium mixing bowl, add the powdered Quest Bar®, Quest Protein Powder®, almond flour, sweetener, cocoa powder, baking soda, and salt. Mix well.

Add the almond milk, vanilla extract, and red food coloring. Whisk until completely combined and dark red in color.

Coat a 9-by-13-inch glass baking dish with cooking spray. Pour in the batter.

Bake 18 to 20 minutes or until an inserted toothpick comes out clean. Let cool.

Break the cake into small pieces and place into a medium mixing bowl.

## Frosting:

In a large bowl, mix all ingredients until smooth.

# red velvet cake pops

Continuation of Page 19

## Assembly:

Add the crumbled cake to the frosting and mix well.

Cover the bowl with plastic wrap and place in the freezer for 20 minutes.

Remove from the freezer. Using your hands, roll into 18 walnut-sized balls.

Return to the freezer for 10 minutes.

Break the chocolate into small pieces.

Fill the bottom of a double boiler with water and place it on low heat.

Place the chocolate in the top of the double boiler over hot (not boiling) water and melt while stirring.

Do not cover. When the chocolate is shiny, remove the top of the boiler from the heat.

Remove the balls from the freezer. Using your hands, re-roll to smooth any rough edges.

Insert the tip of each lollipop stick into the melted chocolate and then insert into each ball.

Carefully submerge each ball into the melted chocolate. Tap the stick on the edge of the bowl several times to allow excess chocolate to drip off. Place each cake pop on wax paper.

Chill for about 10 minutes in the freezer or until the chocolate hardens.

---

## SERVING SIZE: 1 Cake Pop

Calories: 120	Net Carbs: 2g
Protein: 7g	Fiber: 1g
Fat: 9g	

# mocha oatmeal



SERVINGS

4



PREP

15  
min

COOK TIME

10  
min

## INGREDIENTS:

- 1 cup steel-cut oats
- 1 cup brewed coffee
- $\frac{1}{2}$  cup milk or unsweetened non-dairy milk
- 2 scoops protein powder of choice
- Pinch of salt
- 2 tablespoons cocoa powder
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract (can omit if using vanilla protein powder)
- $1\frac{1}{2}$  cups raspberries
- $\frac{1}{2}$  chopped almonds
- $\frac{1}{4}$  cup coconut flakes (optional)



Place the steel-cut oats, a pinch of salt, coffee, and  $1\frac{1}{2}$  cups water in a medium saucepan.

Bring to a slight simmer. Immediately turn off the heat and let the oats soak covered overnight.

In the morning, stir the milk, protein powder, cocoa powder, brown sugar, cinnamon, and vanilla into the pot with the oats.

Heat over medium-low until the oats are warmed through, stirring occasionally.

Place the oats in serving bowls and top with the raspberries, almonds, and coconut flakes, if using.

Reheat the leftovers in a saucepan with additional milk.

## SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 373

Protein: 20g

Fat: 13g

Net Carbs: 47g

Fiber: 11g

# sweet potato breakfast bowl



SERVINGS

4



PREP

20  
min

COOK TIME

7  
min

## INGREDIENTS:

- 2 medium sweet potatoes, peeled and cut into 1-inch chunks
- 3 tablespoons almond butter or peanut butter
- 1 tablespoon maple syrup
- 2 tablespoons milk or unsweetened dairy-free milk
- 2 teaspoons orange zest
- ½ teaspoon cinnamon
- ½ teaspoon ginger powder
- Pinch of salt
- 2 cups plain Greek yogurt or dairy-free yogurt
- 1 ½ cups low-sugar granola
- 1 cup blueberries

Place the sweet potato cubes and 1 tablespoon of water in a large microwave-safe bowl.

Cover with plastic wrap and poke a few holes into the plastic to vent.

Microwave on high for 7 minutes, or until the potato is very tender. Alternatively, you can boil or steam the potatoes on the stovetop.

Drain any liquid from the sweet potato bowl and add the nut butter, maple syrup, milk, orange zest, cinnamon, ginger powder, and a pinch of salt to the bowl with the sweet potato and mash together. Or, for a smoother mixture, place everything in a food processor or blender and blend until smooth.

To serve, place the sweet potato mixture in serving bowls and top with the yogurt, granola, and blueberries.

## SERVING SIZE: 1 BOWL (1/4 of recipe)

Calories: 373

Protein: 17g

Fat: 11g

Net Carbs: 53g

Fiber: 8g

# wild rice oat pancakes



SERVINGS

4



PREP

25  
min

COOK TIME

50  
min

## INGREDIENTS:

- $\frac{1}{3}$  cup wild rice
- $\frac{3}{4}$  cup rolled oats
- $1\frac{2}{3}$  cups buttermilk
- 1 large egg, lightly beaten
- 2 teaspoons lemon zest
- $1\frac{1}{4}$  cups oat flour or whole wheat pastry flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $1\frac{1}{4}$  teaspoons cinnamon
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon unsalted butter
- 2 red-skinned apples, cored and sliced
- $\frac{1}{4}$  cup maple syrup

## SERVING SIZE: 2 PANCAKES

Calories: 443

Protein: 15g

Fat: 8g

Net Carbs: 82g

Fiber: 9g

The night before, place the rice and 2 cups of water into a medium-sized saucepan. Bring to a boil. Reduce the heat and simmer covered for 40 minutes or until the rice is tender. Drain and place cooked rice in fridge.

Combine the oats and buttermilk in a large bowl. Let it stand for 10 minutes. Stir the egg and lemon zest into the oat mixture.

In a separate bowl, mix together the flour, sugar, baking powder, baking soda, 1 teaspoon cinnamon, and salt.

Add the wet ingredients to the dry ingredients and gently mix until combined. Fold in the wild rice. The batter will be fairly thick.

Heat a greased skillet or griddle pan over medium heat. Place  $\frac{1}{4}$  cup of the batter for each pancake onto the hot pan and spread out into a circle.

Heat for 2 minutes or until the edges of pancakes begin to look dry and brown. Flip and cook an additional 1 minute. Keep prepared pancakes warm in a 200°F oven while you prepare the remaining batter.

In a medium-sized saucepan, melt the butter over medium heat. Stir in the apples, maple syrup, and  $\frac{1}{4}$  teaspoon cinnamon. Cook for 5 minutes or until the apples are tender.

Serve the pancakes topped with maple braised apples.

# pesto egg salad sandwich



SERVINGS

4



PREP

20  
min

COOK TIME

10  
min

## INGREDIENTS:

- 6 large eggs
- ¼ cup pesto
- 3 tablespoons mayonnaise
- ¼ teaspoon black pepper
- ¾ cup canned navy beans, drained and rinsed
- ¼ cup chopped red onion
- 8 slices whole grain bread, toasted
- 2 cups baby spinach or arugula
- 1 cup roasted red pepper
- ½ cup sliced cucumber

Place the eggs in a large saucepan and add enough water to the pan so that the eggs are covered by 1-inch of water. Place the eggs in ice water and cool for 10 minutes before peeling.

In a large bowl, roughly mash the eggs with the pesto, mayonnaise, and black pepper. Stir in the beans and red onion.

To assemble each sandwich, place some greens on a slice of toast and top with a quarter of each: egg salad, roasted red pepper, and cucumber. Top with a second slice of toast.

## SERVING SIZE: 1 SANDWICH

Calories: 483

Protein: 23g

Fat: 26g

Net Carbs: 41g

Fiber: 10g

# pasta bean salad



SERVINGS

6



PREP

35  
min

COOK TIME

6  
min

## INGREDIENTS:

- $\frac{3}{4}$  pound whole grain fusilli or rotini pasta
- 1 medium zucchini
- 1 can (15 ounce) cannellini beans, drained and rinsed
- 1 pint grape or cherry tomatoes, halved
- 1 cup sliced red onion
- 8 ounces fresh mozzarella, chopped into 1/2-inch pieces
- $\frac{1}{2}$  cup pitted kalamata or black olives, sliced
- $\frac{1}{2}$  cup fresh basil, sliced
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 garlic cloves, grated or finely minced
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$  teaspoon red chili flakes
- $\frac{1}{4}$  teaspoon black pepper



Prepare the pasta according to the package directions in a large pot of boiling, salted water. Drain and return the pasta to the pot. Let it cool to room temperature.

Shave the zucchini into thin strips with a vegetable peeler or mandoline. Halve the strips crosswise and add to the pasta.

Place the beans, tomatoes, onion, mozzarella, olives, and basil in the pan with the pasta and toss to combine.

In a small bowl, whisk together the olive oil, red wine vinegar, garlic, Italian seasoning, chili flakes, and black pepper. Toss the dressing with the pasta salad.

## SERVING SIZE: 1/6 RECIPE

Calories: 476

Protein: 22g

Fat: 8g

Net Carbs: 61g

Fiber: 5g

# falafel tzatziki pitas



SERVINGS

4



PREP

35  
min

COOK TIME

12  
min

## INGREDIENTS:

- 1 cup dried chickpeas (not canned)
- 3 tablespoons plus 2 teaspoons olive oil
- ½ cup chopped red onion
- ¾ cup parsley
- 4 cloves garlic
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon cumin powder
- 1 cup grated cucumber
- ½ cup plain yogurt
- 2 teaspoons fresh lemon juice
- 2 tablespoons chopped mint or dill
- 2 cups salad greens, such as mesclun
- 2 medium tomatoes, sliced
- 4 whole-grain pita pockets, halved

## SERVING SIZE: 1 PITA

Calories: 416

Protein: 16g

Fat: 12g

Net Carbs: 54g

Fiber: 13g

To make the falafels, cover the dried chickpeas in water and let them soak for at least 4 hours or, preferably, overnight.

In a food processor, blend together the soaked and drained chickpeas, 1 tablespoon olive oil, onion, parsley, 3 chopped garlic cloves, salt, black pepper, and cumin until nearly smooth, scraping the sides of the bowl as needed.

Scoop out 2 tablespoons of the mixture at a time and shape into small patties, about 2 inches wide and ½-inch thick.

Heat 2 tablespoons of olive oil in a skillet over medium heat. Cook the falafel patties until golden-brown and crispy on both sides, about 3 minutes per side. Repeat with the remaining patties, adding more oil to the pan as needed.

To make tzatziki, place the grated cucumber in a colander and sprinkle with a generous amount of salt. Let it stand 5 minutes and then squeeze out as much liquid as possible from the cucumber.

Combine the cucumber, yogurt, lemon juice, 1 grated or finely minced garlic clove, mint or dill, 2 teaspoons olive oil, and a couple pinches of salt.

To serve, stuff each pita half with salad greens, tomatoes, and falafel patties.

Add dollops of tzatziki.

# trail mix muffins



SERVINGS

12



PREP

20  
min

COOK TIME

18  
min

## INGREDIENTS:

- 1 cup whole wheat pastry flour
- $\frac{1}{3}$  cup wheat germ
- $\frac{1}{4}$  cup brown sugar
- 2 teaspoons ginger powder
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 large eggs
- $\frac{3}{4}$  cup plain applesauce
- $\frac{1}{2}$  cup milk or plain dairy-free milk
- 3 tablespoons melted and cooled coconut oil or canola oil
- $\frac{1}{2}$  cup chopped walnuts
- $\frac{1}{3}$  cup shelled, unsalted pumpkin seeds (pepitas)
- $\frac{1}{2}$  cup raisins
- $\frac{1}{3}$  cup dried cranberries or dried cherries



Preheat the oven to 350°F. In a large bowl, combine the flour, wheat germ, sugar, ginger powder, baking powder, baking soda, and salt.

In a separate bowl, lightly beat the eggs and stir in the applesauce, milk, and oil.

Add the wet ingredients to the dry ingredients and mix gently until combined.

Fold in the walnuts, pumpkin seeds, raisins, and cranberries or cherries.

Divide among 12 greased or paper-lined standard-sized muffin cups. Bake for 18 minutes or until a toothpick inserted into a muffin comes out nearly clean. Let cool for a few minutes before unmolding.

---

## SERVING SIZE: 1 MUFFIN

Calories: 190

Protein: 5g

Fat: 10g

Net Carbs: 23g

Fiber: 3g

# mediterranean cottage cheese tartines



SERVINGS

**3**

PREP

**5**  
min

COOK TIME

**0**  
min

## INGREDIENTS:

- 1 cup cottage cheese
- 2 tablespoons prepared pesto
- 6 rye crispbreads
- ½ cup thinly sliced cucumber
- 1 cup cherry tomatoes, halved



In a bowl, stir together the cottage cheese and pesto.

To assemble, spread the cottage cheese mixture onto the crackers and top with the cucumber slices and cherry tomatoes. Season with a sprinkle of coarse salt and freshly cracked black pepper.

---

## SERVING SIZE: 2 CRACKERS

Calories: 194

Protein: 13g

Fat: 6g

Net Carbs: 23g

Fiber: 5g

# greek hummus stuffed celery



SERVINGS



PREP



COOK TIME

**6****15**  
min**0**  
min

## INGREDIENTS:

- ½ cup dry-packed, sun-dried tomatoes
- 1 cup cooked or canned (drained and rinsed) chickpeas
- ½ cup plain Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon paprika
- ½ teaspoon cumin powder
- ¼ teaspoon salt
- 6 large celery stalks, cut into 3-inch pieces



Place the tomatoes in a bowl, cover with 1 cup hot water, and let them soak for 20 minutes.

Reserve 3 tablespoons soaking liquid and drain the tomatoes.

Add the tomatoes to a food processor container along with the chickpeas, Greek yogurt, olive oil, lemon juice, garlic, paprika, cumin, and salt.

Blend until nearly smooth. If needed, blend in the reserved tomato soaking liquid, 1 teaspoon at a time, to reach a creamy texture.

Stuff the hummus into the cavities of the celery sticks.

---

## SERVING SIZE: 1 CELERY STALK

Calories: 95

Protein: 13g

Fat: 4g

Net Carbs: 12g

Fiber: 4g

# sweet potato egg cakes



SERVINGS

4



PREP

25  
min

COOK TIME

27  
min

## INGREDIENTS:

- 1 bag (8 ounces) frozen chopped spinach
- 1 tablespoon canola oil or grapeseed oil
- 1 medium yellow onion, diced
- $\frac{1}{2}$  teaspoon salt
- 1 medium sweet potato, peeled and grated
- 8 large eggs
- $\frac{1}{3}$  cup sour cream or plain yogurt
- $\frac{1}{2}$  cup crumbled soft goat cheese (optional)
- $\frac{1}{3}$  cup chopped sun-dried tomatoes
- 2 teaspoons fresh thyme
- $\frac{1}{2}$  teaspoon chili flakes
- $\frac{1}{4}$  teaspoon black pepper

Place the frozen spinach into a colander to thaw and then squeeze out as much liquid as possible.

Preheat the oven to 375°F. Heat the oil in a large skillet over medium heat. Add the onion and salt and cook for 4 minutes, stirring occasionally, or until softened.

Add the sweet potato and heat until the potato is tender, about 3 minutes.

Divide the egg mixture among 12 standard-sized, silicon or greased metal muffin cups and bake for 20 minutes or until the eggs are set. Let the egg cakes cool for a few minutes before unmolding.

## SERVING SIZE: 3 EGG CAKES

Calories: 277

Protein: 16g

Fat: 15g

Net Carbs: 15g

Fiber: 600g

# cauliflower alfredo fettuccini



SERVINGS

5



PREP

25  
min

COOK TIME

16  
min

## INGREDIENTS:

- 6 cups cauliflower florets
- 3 cloves garlic, peeled
- ½ cup grated parmesan cheese
- ¼ cup half-and-half cream
- 1 teaspoon lemon zest
- juice of ½ lemon
- 2 teaspoons fresh thyme
- 2 teaspoons Dijon mustard
- ½ teaspoon red chili flakes (optional)
- ¼ teaspoon black pepper
- ¾ pound whole grain fettuccini
- 4 cups baby spinach or baby kale
- 2 cups cooked or canned chickpeas
- ⅔ cup sliced sun-dried tomatoes

In large saucepan of boiling salted water, cook the cauliflower and garlic until the florets are tender, about 10 minutes. Scoop out ½ cup of the cooking liquid and then scoop out the cauliflower and garlic using a slotted spoon.

Place the ½ cup cooking liquid, cauliflower, garlic, parmesan cheese, half-and-half, lemon zest, lemon juice thyme, mustard, chili flakes, if using, and pepper in a blender or food processor and blend until smooth.

If needed, add additional water to the saucepan and return it to a boil. Add the pasta and cook until tender, about 6 minutes. Reserve ⅓ cup cooking water and then drain the pasta. Return the pasta to the pot and stir in the cauliflower sauce.

Add the reserved pasta cooking water, 1 tablespoon at a time, until the noodles are well-coated in the sauce. Stir in the spinach or kale until wilted and then stir in the chickpeas and sun-dried tomatoes.

Serve the pasta garnished with freshly cracked black pepper. Heat any leftovers in a skillet over medium-low heat with some additional cream.

---

## SERVING SIZE: 3 EGG CAKES

Calories: 463

Protein: 24g

Fat: 7g

Net Carbs: 82g

Fiber: 10g

# tempeh bolognese stuffed peppers



SERVINGS



PREP



COOK TIME

4

20  
min35  
min

## INGREDIENTS:

- 1 package (8 ounces) tempeh
- 1 tablespoon canola oil or grapeseed oil
- 1 medium yellow onion, chopped
- 1 large carrot, chopped into ½ inch pieces
- ¼ teaspoon salt
- 2 cups chopped cremini mushrooms
- 2 garlic cloves, minced
- 2 teaspoons dried oregano or thyme
- ½ teaspoon cumin powder
- ½ teaspoon dried chili flakes
- ½ teaspoon black pepper
- 1 cup red wine
- 1 ½ cups marinara sauce
- 2 tablespoons balsamic vinegar
- 4 large red bell peppers
- ⅓ cup grated parmesan cheese (optional)



Crumble the tempeh with the large holes of a box grater. Or, finely chop with a knife.

Heat the oil in a medium saucepan over medium heat. Add the onion, carrot, and salt. Heat for 5 minutes, stirring occasionally.

Add the tempeh to the pan and heat for 5 minutes, stirring occasionally.

Place the mushrooms and garlic in the pan. Heat for 3 minutes. Stir in the oregano or thyme, cumin, chili flakes, and black pepper. Heat for 30 seconds.

Place the wine in the pan and simmer for 3 minutes, scraping up any brown bits from the bottom of the pan. Stir in the marinara sauce and simmer for 15 minutes. Stir in the balsamic vinegar.

Halve each pepper lengthwise, from stem to base, removing white veins and seeds. Place the peppers in a microwave-safe dish, cut sides up. Cover with a paper towel and microwave on high power for 5 minutes or until tender.

To serve, stuff each pepper half with tempeh bolognese and garnish with parmesan, if using.

## SERVING SIZE: 1 PEPPER

Calories: 306

Protein: 15g

Fat: 10g

Net Carbs: 31g

Fiber: 6g

# granola blueberry cheesecake cups



SERVINGS

12



PREP

30  
min

COOK TIME

20  
min

## INGREDIENTS:

- 1 1/4 cups quick-cook oats
- 1/2 cup finely chopped walnuts
- 1/3 cup ground flaxseed
- 1/2 cup dried cranberries
- 1/2 cup dried apricots, chopped
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 large egg
- 1/3 cup honey
- 1/4 cup vegetable oil or melted and cooled coconut oil
- 1 1/2 cups light ricotta cheese
- 2 teaspoons orange zest
- 2 teaspoons vanilla extract
- 3/4 cup blueberries

Preheat the oven to 350°F.

In a large bowl, stir together the oats, walnuts, ground flaxseed, cranberries, apricots, cinnamon, and salt.

In a separate bowl, lightly beat the egg and stir in the honey, oil, cinnamon, and 1/4 teaspoon salt.

Add the wet ingredients to the dry and mix until everything is moist.

Divide the mixture among 12 standard-sized silicon or greased metal muffin cups. Using damp fingers, press the mixture down and up the sides of each muffin cup to form bowl shapes.

Bake for 20 minutes or until the edges have browned. Let it cool several minutes before unmolding. The granola cups will firm up once cool.

Stir together the ricotta cheese, orange zest, and vanilla.

To assemble, fill the granola cups with the ricotta mixture and top with blueberries.

## SERVING SIZE: 1 GRANOLA CUP

Calories: 230

Protein: 7g

Fat: 13g

Net Carbs: 25g

Fiber: 3g

# strawberry fool



SERVINGS

4



PREP

15  
min

COOK TIME

5  
min

## INGREDIENTS:

- 3 cups hulled fresh or frozen (thawed) strawberries, roughly chopped
- 2 tablespoons sugar
- 2 teaspoons fresh lemon juice
- $\frac{1}{4}$  cup heavy whipping cream
- 1  $\frac{1}{2}$  cups plain 2% Greek yogurt
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  cup chopped unsalted pistachios
- $\frac{1}{4}$  cup chopped dark chocolate



Place the strawberries and sugar in a small saucepan. Cook over medium-low heat, stirring occasionally, until the mixture has slightly thickened, about 5 minutes.

Remove from the heat, stir in lemon juice, and chill completely before using, about 1 hour.

Place the whipping cream in a cold metal bowl and whip to soft peaks with an electric mixer or handheld metal whisk. Gently fold in the yogurt, vanilla, and chilled strawberries.

Divide the mixture among serving glasses or bowls and garnish with pistachios and chocolate.

## SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 266

Protein: 11g

Fat: 11g

Net Carbs: 23g

Fiber: 4g

# chocolate chip banana protein muffins



SERVINGS

**12**

PREP

**15  
min**

COOK TIME

**20  
min**

## INGREDIENTS:

- 1 cup cottage cheese
- 2 ripe, medium bananas
- 1 large egg
- $\frac{1}{4}$  cup melted (cooled) coconut oil or canola oil
- 1 cup oat flour or whole wheat pastry flour
- $\frac{1}{2}$  cup almond flour
- $\frac{1}{4}$  cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  cup dark chocolate chips



Preheat the oven to 350°F.

Place the cottage cheese, banana, egg, and oil into a blender container and blend until smooth.

Blend in the flour, almond flour, sugar, cinnamon, baking powder, and baking soda. Stir chocolate chips into the batter.

Divide the mixture among 12 greased or paper-lined, standard-sized muffin cups and bake for 20 minutes or until a toothpick inserted into a muffin comes out nearly clean.

Let it cool for a few minutes before unmolding.

## SERVING SIZE: 1 MUFFIN

Calories: 210

Protein: 6g

Fat: 11g

Net Carbs: 25g

Fiber: 3g

# granola blueberry chia pudding



SERVINGS

2



PREP

10  
min

COOK TIME

0  
min

## INGREDIENTS:

- $\frac{1}{3}$  cup unsweetened, dairy-free milk of choice
- 1 package (12 ounces) soft tofu
- 1 cup fresh or frozen (thawed) blueberries, plus more for topping
- 2 teaspoons of maple syrup
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon cinnamon
- Pinch of salt
- 6 tablespoons chia seeds
- $\frac{2}{3}$  cup low-sugar granola
- 2 tablespoons unsalted, shelled sunflower seeds



Place the milk, tofu, blueberries, honey, vanilla, cinnamon, and a pinch of salt in a blender container and blend until smooth.

Divide the mixture among 2 wide-mouth jars and stir 3 tablespoons of chia seeds into each jar.

Seal and chill it overnight to thicken.

When ready to serve, top each jar with an equal amount of granola, sunflower seeds, and fresh blueberries.

## SERVING SIZE: 1 JAR

Calories: 492

Protein: 24g

Fat: 22g

Net Carbs: 57g

Fiber: 18g

# pb banana pancakes



SERVINGS

3



PREP

20  
min

COOK TIME

12  
min

## INGREDIENTS:

- 2 tablespoons ground flaxseed
- ¾ cup oat flour or whole wheat pastry flour
- ⅓ cup peanut butter powder
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 medium ripe banana
- ¾ cup plain, dairy-free milk of choice
- ¼ cup chopped unsalted peanuts
- 1 cup raspberries or sliced strawberries
- 4 tablespoons maple syrup

Whisk together the flaxseed meal and 4 tablespoons of water. Let it stand until the mixture forms into a gel-like consistency, about 5 minutes.

In a large bowl, mix together the flour, peanut butter powder, cinnamon, baking powder, baking soda, and salt. In a separate bowl, mash the banana and mix in the milk and flax gel.

Add the wet ingredients to the dry ingredients and mix gently until everything is moist.

Fold in the peanuts.

Heat a greased skillet over medium heat. Pour ¼ cup of the batter for each pancake onto the skillet and heat for 2 minutes, or until the edges of the pancakes begin to curl inwards. Flip and cook an additional 2 minutes.

Keep the prepared pancakes warm in a 200°F oven while you prepare the remaining batter.

Serve the pancakes topped with berries and maple syrup.

## SERVING SIZE: 3 PANCAKES

Calories: 431

Protein: 16g

Fat: 14g

Net Carbs: 65g

Fiber: 11g

# apple pie oatmeal



SERVINGS

4



PREP

15  
min

COOK TIME

10  
min

## INGREDIENTS:

- 1 cup steel-cut oats
- Pinch of salt
- $\frac{1}{3}$  cup unsweetened, dairy-free milk
- 2  $\frac{1}{2}$  cups of water
- 2 medium apples, chopped
- 1 cup grated carrot
- 1 teaspoon allspice
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup sliced pecans
- 8 teaspoons maple syrup



Place the steel-cut oats, a pinch of salt, and  $2\frac{1}{2}$  cups water in a medium saucepan. Bring to a slight simmer, immediately turn off the heat, and let the oats soak covered overnight.

In the morning, stir the milk, apple, carrot, allspice, and vanilla into the oats.

Heat over medium-low heat until the oats are warmed through, stirring occasionally.

Place the oats in serving bowls and top with the pecans and a drizzle of maple syrup.

Reheat leftovers in a saucepan with additional milk.

## SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 353

Protein: 9g

Fat: 12g

Net Carbs: 55g

Fiber: 12g

# hummus bowls



SERVINGS



PREP



COOK TIME

4

30  
min15  
min

## INGREDIENTS:

- ½ cup white vinegar to cider vinegar
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ cup golden raisins
- 2 teaspoons canola oil or grapeseed oil
- 1 cup quinoa
- 1 ¾ cup water
- 2 tablespoons extra virgin olive oil
- 3 tablespoons tahini
- Juice of ½ lemon
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- A few pinches of salt
- 4 cups baby salad greens or mesclun
- 2 cups cooked or canned chickpeas
- 1 pint cherry tomatoes, halved
- 1 cucumber, chopped
- 2 scallions (green onion), chopped
- ½ cup chopped parsley

## SERVING SIZE: 1 BOWL

Calories: 532

Protein: 18g

Fat: 20g

Net Carbs: 74g

Fiber: 13g



In a small saucepan, combine the vinegar, sugar, and salt. Bring to a simmer and heat until the sugar and salt have dissolved.

Let it cook for a few minutes before pouring the liquid over a jar filled with the raisins. Let it sit until cooled to room temperature and chill it for at least 4 hours and up to 2 weeks.

Heat oil in a medium saucepan over medium heat. Add the quinoa and heat, stirring occasionally, until the grains smell toasty.

Place 1 ¾ cups of water in the pan, bring to a boil, reduce heat to medium-low, and simmer covered until the quinoa is tender and the liquid has been absorbed, about 12 minutes.

Set the pan aside covered for 5 minutes and then fluff the quinoa with a fork.

Whisk together the olive oil, tahini, lemon juice, paprika, cumin, and a couple pinches of salt until smooth. If too thick, stir in warm water, 1 teaspoon at a time, to thin.

To assemble the bowls, divide the greens among serving bowls and top with equal amounts of the quinoa, chickpeas, tomatoes, cucumber, and scallions. Drizzle on the tahini dressing and sprinkle on the pickled raisins and parsley.

# lentil kale minestrone



SERVINGS

4



PREP

20  
min

COOK TIME

40  
min

## INGREDIENTS:

- 1 tablespoon canola oil or grapeseed oil
- 1 yellow onion, chopped
- $\frac{3}{4}$  teaspoon salt
- 2 large carrots, chopped
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 teaspoons dried thyme or Italian seasoning
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon red chili flakes
- 5 cups low sodium vegetable broth
- 1 cup green lentils
- 1 can (14.5 ounces) diced, fire-roasted tomatoes
- 4 cups chopped kale
- 2 tablespoons balsamic vinegar
- $\frac{1}{3}$  cup flat-leaf parsley

Heat the oil in a large saucepan over medium heat. Add the onion and salt to the pan and heat 5 minutes, stirring occasionally.

Add the carrots, celery, and garlic to the pan. Heat for 3 minutes. Add the tomato paste, thyme, black pepper, and chili flakes and heat for 1 minute..

Add the broth, lentils, and tomatoes to the pan. Bring to a boil, reduce heat to medium-low, and simmer covered until the lentils are tender but not mushy, about 30 minutes.

Stir in the kale and balsamic vinegar. Heat until the kale has wilted.

Divide the soup among the serving bowls and garnish with the chopped parsley.

## SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 288

Protein: 16g

Fat: 5g

Net Carbs: 51g

Fiber: 20g

# garlicky bean veggie wraps



SERVINGS

**4**

PREP

**20  
min**

COOK TIME

**35  
min**

## INGREDIENTS:

- 2 whole garlic bulbs
- 1 ½ cups cooked or canned (drained and rinsed) navy beans
- 1 teaspoon olive oil
- 2 teaspoons thyme
- 1 teaspoon lemon zest
- juice of ½ lemon
- ¼ teaspoon salt
- 4 large whole-grain sandwich wraps
- 4 cups baby greens or arugula
- 2 medium carrots, julienned
- 1 medium cucumber, cut into matchsticks
- 1 cup sliced roasted red pepper
- ½ cup hemp seeds (hemp hearts)

Heat the oven to 375°F.

Slice off about ½-inch from the top of the garlic bulbs so most of the cloves are exposed.

Drizzle the tops with olive oil and wrap the bulbs tightly in aluminum foil or parchment paper. Bake them cut side up for 35 minutes or until the cloves are very soft.

Let them cool enough to handle and then squeeze the garlic pulp into a food processor container.

Add the navy beans, olive oil, thyme, lemon zest, lemon juice, and salt. Blend until nearly smooth.

Spread the bean mixture over the surface of each wrap and top with an equal amount of the spinach, carrots, cucumber, and roasted red pepper.

Sprinkle 2 tablespoons of hemp seeds on each wrap. Roll tightly, folding in the edges as you roll, and then slice in half on a diagonal.

## SERVING SIZE: 1 WRAP

Calories: 529

Protein: 20g

Fat: 15g

Net Carbs: 60g

Fiber: 16g

# cookie dough balls



SERVINGS

**7**

PREP

**20  
min**

COOK TIME

**15  
min**

## INGREDIENTS:

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/3 cup salt-free peanut butter or almond butter
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 3/4 teaspoon cinnamon
- Pinch of salt
- 1/4 cup dairy-free mini chocolate chips



Preheat the oven to 400°F. Spread the chickpeas out on a baking sheet and roast for 15 minutes, stirring once halfway through cooking time. Let the chickpeas cool for several minutes.

Place the chickpeas, peanut butter, maple syrup, vanilla, cinnamon, and a pinch of salt in a food processor container and blend until the mixture becomes creamy and starts to clump together, wiping down the sides of container as needed. Pulse in the chocolate chips.

Using slightly damp hands, roll the mixture into 1-inch balls. You should get about 14 balls. Keep the balls chilled.

---

## SERVING SIZE: 2 BALLS

Calories: 180

Protein: 4g

Fat: 9g

Net Carbs: 22g

Fiber: 3g

# curry squash pea dip



SERVINGS

6



PREP

15  
min

COOK TIME

25  
min

## INGREDIENTS:

- $\frac{3}{4}$  cup yellow split peas
- 1 tablespoon canola oil or grapeseed oil
- 2 shallots, chopped
- 3 garlic cloves, chopped
- $\frac{2}{3}$  cup pumpkin or butternut squash puree
- juice of  $\frac{1}{2}$  lime
- 2 teaspoons yellow curry powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon turmeric
- $\frac{1}{4}$  teaspoon cayenne
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{3}$  cup unsalted, roasted pumpkin seeds (optional)

Cover the split peas with water and soak them for at least 4 hours or overnight.

Heat the oil in a heavy-bottom saucepan over medium heat. Add the shallots and heat them just until they begin to brown, about 2 minutes.

Add the garlic and heat for 30 seconds. Add the split peas and  $1\frac{3}{4}$  cups of water to the pot. Bring the water to a boil, reduce the heat to medium-low, and simmer until the peas are tender, about 25 minutes. Drain away any excess liquid and let the mixture cool.

Place the pea mixture, pumpkin or squash puree, lime juice, curry powder, salt, turmeric, cayenne, and black pepper in a food processor or blender container and blend until almost smooth.

Serve the dip topped with the pumpkin seeds, if desired. Use baby carrots, sliced vegetables, veggie chips, chunks of pita, whole grain crackers, or tortilla chips as dippers.

## SERVING SIZE: $\frac{1}{6}$ RECIPE

Calories: 119

Protein: 7g

Fat: 3g

Net Carbs: 19g

Fiber: 7g

# figgy bars



SERVINGS

9



PREP

0  
min

COOK TIME

25  
min

## INGREDIENTS:

- 1 ½ cups dried figs, stems sliced off
- 1 cup almond flour
- ¼ cup cocoa powder
- 2 tablespoons honey or maple syrup
- 2 teaspoons orange zest (optional)
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ½ cup chopped walnuts



Place the figs in a large bowl, cover with hot water, and let them soak for 30 minutes. Drain the figs and pat away any excess moisture with a paper towel.

Place the drained figs, almond flour, cocoa powder, honey or maple syrup, orange zest (if using), vanilla, cinnamon, and salt in a food processor container and blend until the mixture clumps together. Pulse in the walnuts.

Line an 8 by 8-inch square baking pan with parchment paper, leaving about 1-inch overhang. Add the fig mixture to the pan and use damp hands to press the mixture flat, about ¾-inch thick.

Place the pan in the freezer until the contents have firmed up, about 1 hour. Slice into 9 squares. Keep the bars chilled in the refrigerator or freezer.

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## SERVING SIZE: 1 BAR

Calories: 197

Protein: 5g

Fat: 11g

Net Carbs: 25g

Fiber: 5g

# roasted eggplant with cashew sauce



SERVINGS



PREP



COOK TIME

**4****30  
min****35  
min**

## INGREDIENTS:

- 1 ½ pounds eggplant, cut into 1-inch chunks
- 1 ¼ teaspoons salt
- 4 whole shallots, peeled
- 2 tablespoons canola oil or grapeseed oil
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- ⅓ cup cashew butter
- 2 tablespoons extra virgin olive oil
- Juice of ½ lemon
- 1 garlic clove, grated or finely minced
- ½ teaspoon cumin powder
- 2 cups cooked or canned (drained and rinsed) chickpeas
- 1 cup sliced roasted red pepper or peppadew peppers
- 2 tablespoons sesame seeds
- ⅓ cup chopped parsley



Place the eggplant in a colander or salad spinner and toss with 1 teaspoon of salt. Let the eggplant sit for 30 minutes or until the moisture beads on the surface. Pat the eggplant dry with paper towels.

Preheat the oven to 400°F and place a rimmed baking sheet in the oven as it heats. Just before roasting, toss together the eggplant, shallot, canola or grapeseed oil, smoked paprika, and thyme.

Transfer the eggplant and shallots to the heated baking sheet and spread out into a single layer. Roast for 15 minutes. Flip and roast until the eggplant is golden-brown, about 15 minutes more.

Remove from oven and when cool enough to handle, slice the shallots.

In a small bowl, stir together the cashew butter, olive oil, lemon juice, garlic, cumin, and ¼ teaspoon salt.

To serve, spread the cashew sauce on serving plates and scatter on the eggplant, shallots, chickpeas, roasted red pepper, sesame seeds, and parsley.

## SERVING SIZE: ¼ RECIPE

Calories: 481

Protein: 15g

Fat: 30g

Net Carbs: 44g

Fiber: 13g

# curry tofu steaks with rice pilaf



SERVINGS

**4**

PREP

**25  
min**

COOK TIME

**40  
min**

## INGREDIENTS:

- 1 cup long-grain brown rice
- 2 tablespoons canola oil or grapeseed oil
- 1 small yellow onion, diced
- $\frac{1}{2}$  teaspoon salt
- 3 cups low-sodium vegetable broth or water
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{3}$  cup finely chopped cilantro
- 2 blocks extra firm tofu
- $\frac{1}{3}$  cup almond butter
- Juice of  $\frac{1}{2}$  lime
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon red curry paste

In a large bowl, soak the rice in cold water and briskly stir until the water becomes very cloudy. Drain the rice in a colander or strainer and rinse with cold water. Shake the rice to remove excess liquid.

Heat 1 tablespoon of oil in a heavy-duty saucepan over medium heat. Add the onion and  $\frac{1}{4}$  teaspoon salt. Cook, stirring occasionally, until the onion is translucent and tender, about 4 minutes.

Add the rice and cook, stirring often, until the rice smells toasty, about 4 minutes. Add the broth or water and  $\frac{1}{4}$  teaspoon black pepper to the saucepan. Stir the rice, bring to a boil, reduce heat to medium-low, and simmer covered until the rice is plump and all the liquid has been absorbed, about 40 minutes.

Remove from the heat, uncover the saucepan, and place a clean kitchen towel over the saucepan. Place the lid on the saucepan and let the rice rest for 10 minutes. Fluff the rice with a fork and stir in the cilantro.

As the rice cooks, line a cutting board with a couple sheets of paper towel or a clean kitchen towel. Place the tofu blocks on the cutting board and top with a couple more sheets of towel or another kitchen towel. Place another cutting board on top of the tofu and press firmly to extract any excess liquid. Slice each tofu piece along its width into 2 slabs. Season each piece of tofu with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon black pepper.

# curry tofu steaks with rice pilaf

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Heat 1 tablespoon of oil in a large skillet over medium-high heat.

Add the tofu to the saucepan and heat until golden and crispy, about 3 minutes.

Flip and heat the tofu until golden and crispy on the other side.

Slice each tofu piece in half along its width.

In a small bowl, whisk together the almond butter, lime juice, soy sauce, and curry paste.

Stir in warm water, 1 teaspoon at a time, until a pourable consistency is reached.

Drizzle the almond sauce over the tofu steaks and serve with rice pilaf.

---

### SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 637

Protein: 33g

Fat: 37g

Net Carbs: 47g

Fiber: 3g

# tempeh tortilla soup



SERVINGS

4



PREP

30  
min

COOK TIME

30  
min

## INGREDIENTS:

- 1 tablespoon canola oil or grapeseed oil
- 1 medium yellow onion, chopped
- $\frac{1}{2}$  teaspoon salt
- 1 package (8 ounces) tempeh, cut into 1-inch cubes
- 1 large sweet potato, cut into 1-inch pieces
- 1 large red bell pepper, chopped
- 3 garlic cloves, minced
- 2 jalapeno peppers, seeded and finely chopped
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 can (28 ounces) diced tomatoes
- 3 cups low-sodium vegetable broth
- 1 can (15 ounces) pinto beans, drained and rinsed
- 1 cup frozen corn kernels
- Juice of  $\frac{1}{2}$  lime
- 1 avocado, cubed
- $1\frac{1}{2}$  cups crumbled baked tortilla chips
- $\frac{1}{3}$  cup cilantro



Heat the oil in a large saucepan over medium heat. Add the onion and salt. Heat, stirring occasionally, until the onion has softened and beginning to brown, about 5 minutes.

Add the tempeh pieces to the pan and heat for 3 minutes, stirring occasionally. Place the sweet potato, red pepper, garlic, and jalapeno in the pan.

Heat for 2 minutes. Add the tomato paste, oregano, and cumin to the pan. Heat for 30 seconds.

Place the tomatoes, broth, and pinto beans into the pan. Bring to a boil, reduce heat to medium-low, and simmer covered for 20 minutes, until the potato is tender. Stir in corn and lime juice. Heat for 1 minute.

Serve the soup garnished with avocado, tortilla chips, and cilantro.

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## SERVING SIZE: $\frac{1}{4}$ RECIPE

Calories: 460

Protein: 21g

Fat: 18g

Net Carbs: 57g

Fiber: 15g

# mayan chocolate pudding



SERVINGS

5



PREP

10  
min

COOK TIME

0  
min

## INGREDIENTS:

- ½ cup pitted dates
- ⅓ cup unsweetened dairy-free milk
- 2 medium ripe bananas
- 1 avocado
- ¼ cup cocoa powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon cayenne
- ⅛ teaspoon salt
- ⅓ cup chopped unsalted roasted peanuts
- 1 cup sliced strawberries

Place the dates in a bowl, cover them with warm water, and let them soak for 30 minutes. Drain the dates.

Place the milk, banana, avocado, drained dates, cocoa powder, vanilla, cinnamon, cayenne, and salt into a blender container and blend until smooth.

Chill for at least 2 hours before serving.

Place the pudding in serving bowls and garnish with peanuts and strawberries.

## SERVING SIZE: $\frac{1}{5}$ RECIPE

Calories: 227

Protein: 5g

Fat: 12g

Net Carbs: 32g

Fiber: 8g

# popcorn almond squares



SERVINGS

9



PREP

25  
min

COOK TIME

5  
min

## INGREDIENTS:

- 2 tablespoons canola oil or grapeseed oil
- $\frac{1}{3}$  cup popcorn kernels
- 1  $\frac{1}{2}$  cups rolled oats
- $\frac{1}{2}$  cup almonds, roughly chopped
- $\frac{1}{3}$  cup dried cherries, roughly chopped
- $\frac{1}{2}$  cup brown rice syrup or date syrup
- $\frac{1}{4}$  cup sugar
- $\frac{1}{3}$  cup unsalted almond butter
- 2 teaspoons orange zest
- $\frac{1}{4}$  teaspoon ground cardamom
- $\frac{1}{4}$  teaspoon salt

Place the oil and 4 popcorn kernels in a heavy bottom saucepan, cover the pan, and place it over medium heat.

Once the kernels have popped, pour in the remaining kernels, cover the pan, and immediately lift off of the heat.

Count to 30 and then return the pan to the stovetop, tipping the lid slightly to let steam escape. Heat, shaking the pan occasionally, until the popping slows to about one pop every few seconds.

Measure out 4 cups of popcorn and place in a large bowl with the oats, almonds, and cherries.

In small saucepan, heat the honey with syrup and sugar over medium-low heat until the sugar has dissolved. Stir in the almond butter, orange zest, cardamom, and salt.

Line an 8 x 8-inch square baking pan with wax or parchment paper, leaving about 1-inch overhang. Place the popcorn mixture into the pan and, using damp fingers, press down firmly. Place in the refrigerator for at least 2 hours to harden.

Using the paper overhang, lift the popcorn mixture out of the pan and slice into 9 squares.

## SERVING SIZE: 1 SQUARE

Calories: 215

Protein: 4g

Fat: 10g

Net Carbs: 30g

Fiber: 3g

# instant apple crisp



SERVINGS

1



PREP

10  
min

COOK TIME

2  
min

## INGREDIENTS:

- 2 teaspoons coconut oil
- 2 tablespoons rolled oats or quinoa flakes
- 2 tablespoons chopped pecans or walnuts
- 2 teaspoons brown or turbinado sugar
- 2 teaspoons oat flour or whole wheat pastry flour
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon ginger powder
- Pinch of salt
- 1 medium red apple, chopped
- 2 teaspoons raisins
- 1 teaspoon fresh lemon juice



Heat the coconut oil in a microwave-safe bowl or a large mug on high for 20 seconds or until melted. Stir in the oats, nuts, 1 teaspoon sugar, 1 teaspoon flour,  $\frac{1}{4}$  teaspoon cinnamon, and  $\frac{1}{4}$  teaspoon ginger powder until the mixture is moist.

In a separate bowl, stir together the apple, raisins, 1 teaspoon flour, 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon ginger powder, lemon juice, and a pinch of salt.

Add the apple mixture to the bowl or mug with the oat mixture. Cover the bowl or mug with a paper towel and microwave on High for 2 minutes or until the apples are softened and the mixture is steaming. Remove carefully from the microwave as the bowl will be hot.

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## SERVING SIZE: 1 BOWL

Calories: 379

Protein: 5g

Fat: 20g

Net Carbs: 52g

Fiber: 8g



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