



**Premier
Protein®**

**BARIATRIC
FRIENDLY!**

EASY TO MAKE LOW-CARB RECIPES



WE LOVE YOU

Premier Protein® is thrilled to partner with ObesityHelp, Inc to bring the bariatric community a FREE recipe book! Our mission is to help you stay the course by providing ideas on utilizing Premier Protein® shakes and powders on your healthy living journey. Throughout this book, you'll discover delicious ways to use our protein-rich products to help satisfy cravings while also nourishing your body. Enjoy!

DID YOU TRY A RECIPE?

We'd love to see it!

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SHAKES



Shamrock Shake

MAKES TWO SERVINGS



10 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 3 ozs. Non-Fat Greek Yogurt (Plain)
- 8 grams (1/4 package) Sugar-Free Instant Vanilla Pudding Mix
- 1/4 tsp. Mint Extract (more if you like your shake minty)
- 4 drops Green Food Coloring
- 10 Ice Cubes

Optional Ingredients

- Green Food Coloring: This is for festive appearances only.
- Sweetener: Adjust to your taste and preferences.
- Toppings: You can add toppings, such as sprinkles or Sugar-Free chocolate syrup.

Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Optional: Top with sprinkles or syrup.

Nutritional Info

Calories: 117; **Carbs:** 7 grams; **Fat:** 2 grams; **Protein:** 19 grams





Pistachio Green Giant Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 tbsp. Pistachio Sugar-Free, Fat-Free Pudding Mix
- 5 Ice Cubes

Directions

1. Add all ingredients to a blender.
2. Blend until smooth and enjoy.
3. Optional: Garnish with crushed pistachios.

Nutritional Info

Calories: 185; **Carbs:** 11 grams; **Fat:** 3 grams; **Protein:** 30 grams





Monkey Peanut Butter Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 tsp. Banana Extract
- 2 tbsp. Natural Creamy Peanut Butter
- 5 Ice Cubes

Directions

1. Combine all ingredients into a blender.
2. Blend until smooth and enjoy.

Nutritional Info

Calories: 258; **Carbs:** 24 grams; **Fat:** 5 grams; **Protein:** 36 grams

If your dietary plan allows more carbs, you can use a small frozen banana instead of the extract. This will raise the carb and sugar count.





Sugar Cookie Protein Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1/2 tbsp. Almond Flour
- 1/4 tsp. Vanilla Extract
- 1/4 tsp. Butter Extract
- 5-6 Ice Cubes

Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Pour into your favorite shake glass and enjoy.
3. Optional: Garnish with your favorite toppings.

Nutritional Info

Calories: 183; **Carbs:** 5 grams; **Fat:** 5 grams; **Protein:** 31 grams





Cherry Vanilla Protein Shake

MAKES TWO SERVINGS



5 MINS



SHAKE



BLENDER

Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1 cup Dark Tart Cherries
- 1 tbsp. Sugar-Free Cherry Flavored Syrup
- 4-6 Ice Cubes

Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Pour half of the mix into one cup, and half into another cup.
3. Optional: Garnish with Sugar-Free shaved chocolate. Enjoy!

Nutritional Info

Calories: 211; **Carbs:** 15 grams; **Fat:** 3 grams; **Protein:** 31 grams





Chocolate Covered Strawberry Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 oz. Sugar-Free Strawberry Syrup
- 1 tbsp. Cocoa Powder
- 4-6 Ice Cubes

Directions

1. Combine all ingredients in a blender, blend until smooth and enjoy.
2. Optional: Garnish with your favorite toppings.

Nutritional Info

Calories: 172; **Carbs:** 8 grams; **Fat:** 3 grams; **Protein:** 31 grams





Orange Creamsicle Protein Smoothie

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 scoop (individual serving) Sugar-Free Orange Powder
- 6 Ice Cubes

Directions

1. Add all ingredients to a blender.
2. Blend until smooth and enjoy.

Nutritional Info

Calories: 165; **Carbs:** 4 grams; **Fat:** 3 grams; **Protein:** 30 grams



COLD COLD COFFEES



Irish Cream Frozen Latte

MAKES TWO SERVINGS



30 MINS



SHAKE



BLENDER

Ingredients

- 1 Premier Protein® Café Latte Protein Shake (Chilled)
- 4 ozs. Cold Brew Coffee
- 2 tbsp. Whipping Cream (or Half & Half Cream)
- 1 tsp. Vanilla Extract
- 1 tsp. Almond Extract
- 1 cup Ice (Add more ice for a frozen beverage consistency)

Directions

1. Add the chilled Premier Protein® Café Latte Protein Shake, Ice, and Extracts into a blender, blend on high until ice is pulverized.
2. Add Whipping Cream to a small bowl and mix until the cream thickens.
3. Pour the Cold Brew Coffee equally into two cups, then pour the blended mix on top of each cup.
4. Gently spoon the Whipping Cream into each of the cups and enjoy.

Nutritional Info

With Whipping Cream

Calories: 127; **Carbs:** 4 grams; **Fat:** 6 grams; **Protein:** 15 grams

With Half & Half Cream

Calories: 102; **Carbs:** 4 grams; **Fat:** 4 grams; **Protein:** 15 grams





Caramel Cold Brew Coffee with Sea Salt Foam

MAKES TWO SERVINGS



3 MINS



SHAKE

Ingredients

- 8 ozs. Premier Protein® Caramel Protein Shake
- 10 ozs. Cold Brew Coffee
- 2 ozs. Heavy Whipping Cream
- Pinch of Sea Salt
- Ice

Directions

1. Add Ice to two glasses and pour the Cold Brew Coffee over the top of the Ice.
2. Pour the Premier Protein® Caramel Protein Shake equally into both glasses with the coffee.
3. In a separate bowl, mix the Heavy Whipping Cream with a Pinch of Sea Salt until frothy (you can use a hand frother).
4. Pour the cream over the top of the coffee drinks and serve.

Nutritional Info

Calories: 161; **Carbs:** 3 grams; **Fat:** 12 grams; **Protein:** 12 grams





Iced Hazelnut Coffee

MAKES ONE SERVING



3 MINS



SHAKE

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 cup Ice
- 4 shots Espresso
- 2 pumps Sugar-Free Hazelnut Syrup

Directions

1. Pour Espresso shots over Ice and add 2 pumps of Sugar-Free Hazelnut Syrup. Add the Premier Protein® Vanilla Protein Shake and enjoy.

Nutritional Info

Calories: 180; **Carbs:** 8 grams; **Fat:** 3 grams; **Protein:** 30 grams





Chocolate Hazelnut Frappe

MAKES ONE SERVING



3 - 5 MINS



SHAKE

Ingredients

- 8 ozs. chilled Premier Protein® Chocolate Hazelnut Protein Shake With Oats
- 8 ozs. Cold Brew Coffee
- 1 tsp. Instant Espresso
- 2-3 pumps Sugar-Free Hazelnut Syrup
- 1/2 to 1 cup Ice (depending on desired consistency)
- Sugar-Free Whipped Topping (optional)

Directions

1. Combine the Premier Protein® Chocolate Hazelnut Protein Shake with Oats, Cold Brew Coffee, Instant Espresso, Sugar-Free Hazelnut Syrup, and Ice into a high-powered blender and blend on high until you have a thick frosty consistency.
2. Pour into a 16-ounce glass, add the Sugar-Free topping and enjoy your Premier Protein® Chocolate Hazelnut Frappe!

Nutritional Info

Nutritional info, **without** the Sugar-Free Whipped Topping

Calories 114; **Fat** 2 grams; **Carbs** 12 grams; **Protein** 14 grams

Nutritional info, **with** the Sugar-Free Whipped Topping

Calories 134; **Fat** 4 grams; **Carbs** 12 grams; **Protein** 14 grams

HOT DRINKS



Vanilla Protein Coffee

MAKES ONE SERVING



5 SECONDS



SHAKE

Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 cup Coffee (8 ozs.)

Directions

1. Pour Premier Protein® Vanilla Protein Shake into a large mug with your morning coffee.
2. Stir to combine the Protein+Coffee, enjoy your cup of Profee!

Nutritional Info

Calories: 161; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams





Peanut Butter Hot Chocolate

MAKES TWO SERVINGS



3 MINS



SHAKE

Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1/4 cup Half & Half
- 1 tsp. Cocoa Powder
- 1 tsp. Natural Peanut Butter

Directions

1. Add all of the ingredients into a saucepan and stir until blended.
2. Over medium heat, heat the mixture until it reaches 140 degrees.
Note: Do not bring to a boil.
3. Pour half of the mixture into one cup, and the other half into another cup. Serve and enjoy!

Nutritional Info

Calories: 138; **Carbs:** 5 grams; **Fat:** 6 grams; **Protein:** 17 grams





High Protein Egg Nog

MAKES THREE (10OZ.) SERVINGS



3 HR & 30 MINS



SHAKE

Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/2 cup Egg Substitute
- 2 tbsp. Sugar Substitute, more or less to your taste preference
- 2 tsp. Rum Extract
- 1 tsp. Vanilla Extract
- 1/2 tsp. + pinch Nutmeg, ground
- 2 pinches Cinnamon, ground

Directions

1. Add the Premier Protein® Vanilla Protein Shake, Egg Substitute, and Sugar Substitute to a saucepan and heat on medium heat. Stir continuously until the mixture thickens slightly, usually a few minutes. Note, do not bring to a boil. Stir in the Rum Extract, Vanilla Extract and 1/2 tsp. Nutmeg and a pinch of Cinnamon.
2. Remove from heat and pour into a heat resistant container, cover and refrigerate until the eggnog has cooled (at least 3 hours).
3. Just prior to serving, ladle your High Protein Eggnog into glasses, and garnish each with a little sprinkle of ground Nutmeg & ground Cinnamon.

Nutritional Info

Calories: 164; **Carbs:** 6 grams; **Fat:** 2 grams; **Protein:** 28 grams





Mocha Protein Coffee

MAKES ONE SERVING



5 SECONDS



SHAKE

Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 cup Coffee (8oz)

Directions

1. Pour Premier Protein® Chocolate Protein Shake into a large mug with your morning coffee.
2. Stir to combine the Protein+Coffee, enjoy your cup of Profee!

Nutritional Info

Calories: 161; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams





Peppermint Mocha Protein Shake

MAKES ONE SERVING



2 MINS



SHAKE

Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 tbsp. Sugar-Free Chocolate Syrup
- 1 tsp. Instant Coffee
- 1/2 tsp. Peppermint Extract

Directions

1. Pour the Premier Protein® Chocolate Protein Shake into a large microwave safe mug and stir in the Sugar-Free Chocolate Syrup.
2. Microwave on high for approximately 45 seconds. Note: Do not bring to a boil.
3. Remove from the microwave and add the Instant Coffee and Peppermint Extract, stir to combine.
4. Optional: Garnish with your favorite toppings.

Nutritional Info

Calories: 165; **Carbs:** 6 grams; **Fat:** 3 grams; **Protein:** 30 grams





Cinnamon Latte

MAKES ONE SERVING



3 MINS



SHAKE

Ingredients

- 1 Premier Protein® Cinnamon Roll Protein Shake
- 2 shots Espresso

Directions

1. Brew 2 shots of Espresso.
2. Froth the Premier Protein® Cinnamon Roll Protein Shake and pour over the Espresso.
3. Optional: Top with Cinnamon if desired.

Nutritional Info

Calories: 170; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams





Dalgona Protein Coffee

MAKES ONE SERVING



4-5 MINS



SHAKE

Ingredients

- 1 Premier Protein® Shake (Vanilla, Chocolate, or Caramel Flavor)
- 1 tbsp. Instant Coffee
- 2 tsp. Sugar Substitute
- 1 tbsp. Hot Water
- Ice

Directions

1. Add the Instant Coffee, Sugar Substitute, and Hot Water into a bowl and mix with an electric mixer until you reach a thick consistency. Once peaks form, set the bowl aside.
2. Fill a glass with Ice and pour your Premier Protein® Protein Shake over the Ice and top with the whipped coffee mixture and stir to combine.

Nutritional Info

Calories: 160; **Carbs:** 4 grams; **Fat:** 3 grams; **Protein:** 30 grams



MEMEALS



Pumpkin Spice

FLAVORED & ARTIFICIALLY
SWEETENED

LIMITED EDITION

Premier
Protein

30g
PROTEIN

160
CALORIES

1g
SUGAR

24
VITAMINS &
MINERALS

with nutrients for
IMMUNE HEALTH
SUPPORT™

HIGH PROTEIN SHAKE

11 FL OZ
(325mL)

Pumpkin Spice Porridge

MAKES 2 SERVINGS



8-9 MINS



SHAKE

Ingredients

- 3/4 cup Premier Protein® Pumpkin Spice Protein Shake
- 1/8 cup Hemp Hearts
- 2 tablespoons of Pumpkin Puree
- 1 tablespoon of Flaxseed Meal
- 1 tablespoon of Chia Seeds
- 3 teaspoons of Golden Sugar Substitute
- 1 teaspoon Pumpkin Pie Spice
- Pinch of Salt
- 1/2 teaspoon Vanilla
- 1 tablespoon Chopped Pecans (optional)
- Heavy Cream, for drizzling (optional)

Directions

1. Add the Premier Protein® Pumpkin Spice Protein Shake, Hemp Hearts, Pumpkin, Flax Meal, Chia Seeds, Brown Sugar Substitute, Pumpkin Spice, and Salt to a small saucepan over medium heat.
2. Bring to a low simmer, stirring constantly, until thickened, about 3-4 minutes.
3. Remove from the heat and stir in the vanilla.
4. Pour 1/2 mixture into a bowl.
5. Serve hot.
6. Optional: Sprinkle with the Chopped Pecans and drizzle with a bit of Heavy Cream.

Nutritional Info

Calories: 199; **Carbs:** 11.1 grams; **Fat:** 11.1 grams; **Protein:** 14 grams





Strawberry Waffles

MAKES FOUR SERVINGS



10 MINS



SHAKE



POWDER

Ingredients

- 2 1/2 tbsp. Premier Protein® Vanilla Milkshake Protein Powder
- 3 tbsp. Premier Protein® Strawberry Protein Shake
- 3 tbsp. Almond Flour
- 1/4 tsp. Baking Powder
- 1 large Egg (Beaten)
- 2 ozs. Cream Cheese (Softened)

Directions

1. Pre-heat your mini waffle maker while preparing your batter.
2. Combine the dry ingredients of Premier Protein® Vanilla Milkshake Protein Powder, Almond Flour, and Baking Powder into a measuring cup that has a spout for pouring. Use a fork to break up any clumps.
3. In a small bowl, whisk the egg until beaten.
4. Add the Egg, Premier Protein® Strawberry Protein Shake, and Cream Cheese into the dry ingredients and mix well until fully combined into a batter.
5. Spray the waffle maker with cooking spray and pour 1/4 of the batter into the well, close the lid and cook until done, approximately 4 minutes. The cooking time will vary depending on your waffle maker.
6. Repeat step 5 until all of your batter is used.
7. Plate your Strawberry Waffles and serve.

Nutritional Info

Calories: 118; **Carbs:** 2 grams; **Fat:** 9 grams; **Protein:** 7 grams



Protein Mole

MAKES 6 SERVINGS, 4 OZ. EACH



25 MINS



POWDER



BLENDER

Ingredients

- 1/2 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 2 cups Vegetable Stock
- 6 ozs. Tomato Paste
- 2 Chipotle Peppers in Adobo Sauce + 1 tbsp. Sauce
- 1 tbsp. Coconut Oil
- 1 cup Chopped Onion
- 3 Garlic Cloves
- 1 tsp. Dried Oregano
- 1 tsp. Ground Cumin
- 1/4 tsp. Ground Cinnamon

Directions

1. Heat the Coconut Oil in a large heavy saucepan over medium heat. Add the Onions and saute until translucent, add the Garlic, Tomato Paste and saute for an additional 2-3 minutes.
2. Over high heat, stir in the Vegetable Stock, the 2 Chipotle Peppers and one tablespoon of the Adobo Sauce. Stir until incorporated. Then mix in Oregano, Cumin, Cinnamon and the half a scoop of the Premier Protein® Chocolate Milkshake Protein Powder.
3. Reduce the heat to medium and simmer until it thickens. Remove from heat and add to a blender then blend until smooth. Serve over your favorite protein and/or grilled vegetables.

Nutritional Info

Calories: 65; **Carbs:** 8 grams; **Fat:** 2 grams; **Protein:** 3 grams

POPULARISICLES



Peanut Butter Fudge Popsicles

MAKES 3 POPSICLES



FREEZE OVERNIGHT



POWDER

Ingredients

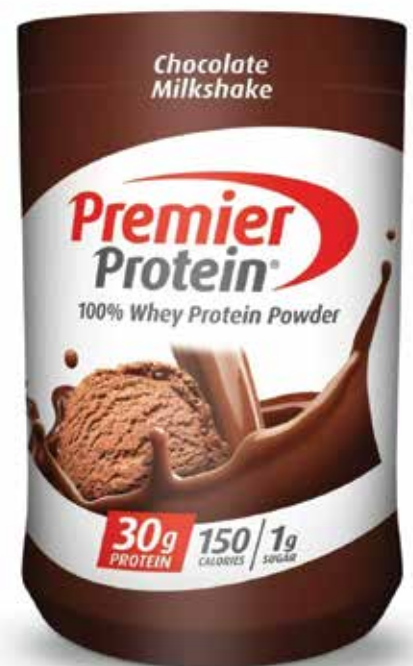
- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 3 tbsp. Peanut Butter Powder
- 3 tbsp. Nonfat Greek Yogurt
- 1 cup Water

Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Pour mixture into the popsicle mold.
3. Place the cap and popsicle sticks into the mold and freeze overnight.

Nutritional Info

Calories: 91; **Carbs:** 6 grams; **Fat:** 2 grams; **Protein:** 14 grams





Red, White and Blue Popsicles

MAKES EIGHT SERVINGS



FREEZE OVERNIGHT



SHAKE

Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/4 cup Strawberries (sliced)
- 1/4 cup Blueberries

Directions

1. Add berries into each of the popsicle molds, distributing the mixture evenly amongst all of the molds.
2. Fill the popsicle molds with Premier Protein® Vanilla Protein Shakes.
3. Freeze overnight and enjoy.

Nutritional Info

Calories: 62; **Carbs:** 3 grams; **Fat:** 1 gram; **Protein:** 10 grams





Raspberry & Vanilla Cream Popsicles

MAKES 3 POPSICLES



FREEZE OVERNIGHT



SHAKE



CLEAR

Ingredients

- 3/4 cup Premier Protein® Clear Raspberry Protein Drink
- 1/4 cup Premier Protein® Vanilla Protein Shake
- 9 Raspberries
- 2 tbsp. Nonfat Greek Yogurt

Directions

1. Place 3 Raspberries in each popsicle mold.
2. Pour the Premier Protein® Clear Raspberry Protein Drink evenly into each mold.
3. Place the cap and popsicle sticks into the mold and freeze overnight.
4. Mix the Premier Protein® Vanilla Shake and Nonfat Greek yogurt.
5. Remove the popsicle mold from freezer.
6. Pour the vanilla mixture into the popsicle mold.
7. Return the popsicle mold to the freezer.

Nutritional Info

Calories: 29; **Carbs:** 2 grams; **Fat:** 0 grams; **Protein:** 5 grams





Orange Cream Popsicles

MAKES EIGHT SERVINGS



FREEZE OVERNIGHT



SHAKE

Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/2 can Orange Juice Concentrate

Directions

1. Blend ingredients together.
2. Pour into popsicle molds.
3. Freeze overnight and enjoy.

Nutritional Info

Calories: 47; **Carbs:** 3 grams; **Fat:** 1 gram; **Protein:** 8 grams

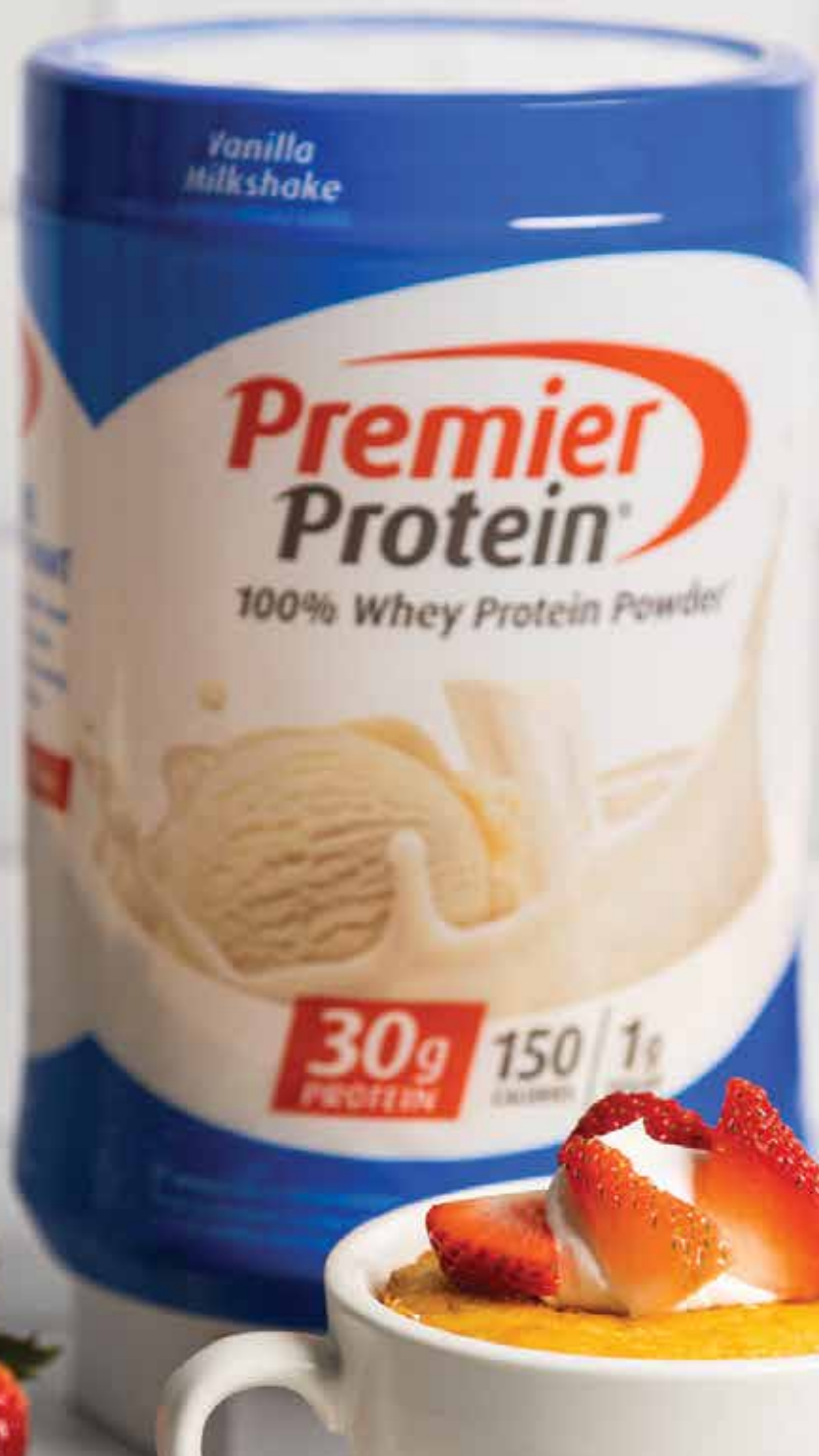
if you can not use the concentrate, you can sub with Sugar-Free Orange Drink Powder Mix.

IF YOU HAVE AN ICE CREAM MAKER, PLEASE FOLLOW THE MANUFACTURER'S INSTRUCTIONS.



DESERTS

ASE
FAC-
ONS.



Single Serving Strawberry Shortcake

MAKES 1 SERVING



8 MINS



POWDER

Ingredients

- 1 scoop of Vanilla Premier Protein® Powder
- 1 tsp sugar substitute
- 1/4 tsp baking powder
- Pinch of salt
- 1 egg, room temperature
- 2 tbsp of unsweetened almond milk

Directions

1. In a medium-sized mixing bowl, combine your dry ingredients: the Vanilla Premier Protein® powder, sugar substitute, baking powder, and a pinch of salt. Whisk until well combined.
2. Add in the egg and almond milk to the dry ingredients. Stir until the mixture is smooth and fully incorporated.
3. Grease a microwave-safe mug and pour the mixture into it.
4. Microwave on high for 30-40 seconds. Check the cake by inserting a toothpick or cake tester into it. If the toothpick comes out clean, the cake is done. Be careful not to microwave the cake for over 45 seconds as it could result in a rubbery texture.
5. Let the cake cool before serving then add your preferred strawberry topping.

Ideas for Toppings

- Fresh strawberries sliced and topped with sugar-free whipped cream.
- Macerated strawberries with a sugar substitute.

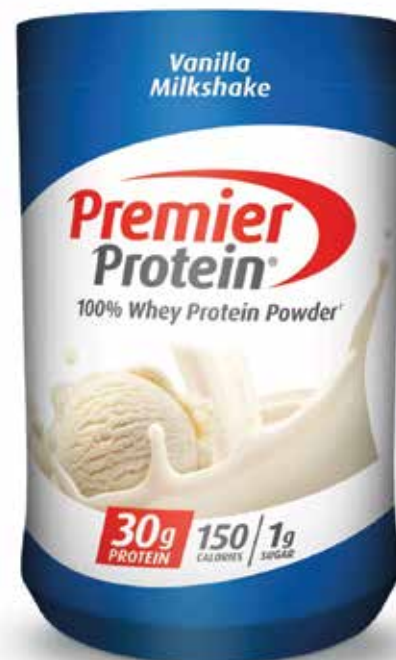
Nutritional Info (Cake)

Calories: 151; **Carbs:** 6 grams; **Fat:** 6 grams; **Protein:** 21 grams

Nutritional Info (Cake with Toppings)

Calories: 157; **Carbs:** 7 grams; **Fat:** 6 grams; **Protein:** 21 grams

*The macronutrients listed for the cake with topping are calculated based on the inclusion of 1 large strawberry and 2 tsp of zero-sugar whipped topping. Macronutrients will vary depending on the specific ingredients and measurements you use.





Bananas & Cream Cottage Cheese Ice Cream

MAKES 4 SERVINGS



4 HRS & 15 MINS



SHAKE

Ingredients

- 1 Premier Protein® Bananas & Cream Flavored Protein Shake
- 1 cup 4% Milk Fat Small Curd Cottage Cheese
- 2 tbsp Sugar-Free Instant Banana Flavored Pudding (dry mix)

Directions

1. Add the protein shake, cottage cheese, and pudding mix into a blender or food processor. Blend until the mixture is smooth and creamy.
2. Pour the mixture into a loaf pan and place in the freezer for at least 4 hours. Depending on your freezer, you may need to let it freeze for less or more time.
3. Remove the cottage cheese ice cream from the freezer and let it thaw on the counter for approximately 10 minutes. You may need to adjust the thaw time depending on how frozen your ice cream is. You want the ice cream to scoop with ease.
4. When it is at the state where it scoops with ease, add to your serving dish and enjoy.
5. Cover the leftover ice cream in your loaf pan or transfer the contents into an airtight container, then store it in the freezer.

If you have an ice cream maker, please follow the manufacturer's instructions.

Nutritional Info

Calories: 108; **Carbs:** 6 grams; **Fat:** 3 grams; **Protein:** 14 grams

Macronutrients will vary depending on the specific ingredients and measurements you use.



Cinnamon Vanilla Granola Clusters

MAKES 16 SERVING



30 MINS



POWDER

Ingredients

- 2 cups old fashioned rolled oats
- 1/2 cup chopped nuts of choice
- 1/2 cup (two scoops) Premier Protein® Vanilla Protein Powder
- 3/4 teaspoon ground cinnamon
- 4 tablespoons pure honey
- 1/4 cup olive oil
- 1 egg white

Directions

1. Preheat the oven to 325 degrees F
2. Place all dry ingredients into a mixing bowl. Mix until well combined.
3. Add honey, olive oil and egg white to the mixture and mix until well combined.
4. Spread granola onto a baking sheet with parchment paper in an even layer to allow it to cook evenly.
5. Bake at 325 degrees F for 9-10 minutes then flip granola (be careful not to break up the clumps of granola) and place back in over for another 9-10 minutes. When you remove the granola from the oven it should be a deep golden brown color from the caramelized honey.
6. Allow the granola to fully cool before enjoying. It will crisp up as it cools.
7. Store in an airtight container for up to 2 weeks.

Nutritional Info

Calories: 97; **Carbs:** 9 grams; **Fat:** 8 grams; **Protein:** 4 grams



Premier Protein®

30g PROTEIN
160 CALORIES
1g SUGAR
24g CARBS
LOW FAT

Chocolate Peanut Butter

Premier Protein®

30g PROTEIN

160 CALORIES
1g SUGAR
24g CARBS
LOW FAT

Chocolate Peanut Butter

Chocolate Peanut Butter Truffles

MAKES 15 TRUFFLES



1 HR & 50 MINS



SHAKE



POWDER

Ingredients

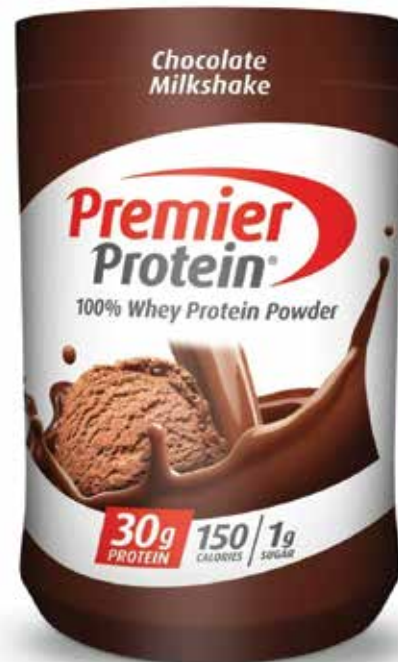
- 1/2 cup Premier Protein® Chocolate Peanut Butter Shake
- 1/2 cup Premier Protein® Chocolate Milkshake Protein Powder
- 1/2 cup Powdered Peanut Butter
- 2 tsp. of Sugar Substitute

For the Chocolate Coating

- 1/3 cup Sugar-Free Chocolate Chips
- 1-1/2 tsp. Coconut Oil

Directions

1. Add the Premier Protein® Chocolate Peanut Butter Shake, Premier Protein® Chocolate Milkshake Protein Powder, Powdered Peanut Butter, Sugar Substitute into a food processor (or blender), and pulse until the mixture is well combined. Scrape the sides of the bowl as needed. The consistency will be similar to thick peanut butter.
2. Empty the mixture into a bowl and place it into the freezer to chill for 30 minutes.
3. Line a cookie sheet with parchment paper and then remove the bowl from the freezer. To help with the stickiness of rolling the truffles, coat your fingers with a bit of ghee or cooking spray. Once coated, scoop out 1 tbsp. of the mixture, roll into a ball, and place on the lined cookie sheet. Repeat until all truffles are formed, then set the tray in the freezer for about 1 hour.
4. Before removing the tray from the freezer, prep the Chocolate Coating by combining the Chocolate Chips and Coconut Oil into a small microwave-safe bowl, microwave for 30-40 seconds until the chocolate is melted, and then stir to incorporate the oil and chocolate.
5. Remove the truffles from the freezer and drop them one by one into the melted chocolate. Let the excess chocolate drip off, then place them back onto the parchment paper. Continue this process until all of the truffles are coated. At this point, you can opt to sprinkle the truffles with a topping before placing them back into the freezer for 15 minutes to harden the chocolate coating.
6. Remove from the freezer and enjoy! For storing, place your Chocolate Peanut Butter Truffles in the fridge in an air-tight container.



Nutritional Info

Calories: 41; **Carbs:** 3 grams; **Fat:** 2 grams; **Protein:** 4 grams



Vanilla Berry Frozen Yogurt Bark

MAKES TWELVE SERVINGS



1 HR & 10 MINS



POWDER

Ingredients

- 2 scoops Premier Protein® Vanilla Milkshake Protein Powder
- 2 cups Vanilla Greek Yogurt
- 1 tsp. Vanilla Extract
- 1/4 cup Blueberries
- 1/4 cup Strawberries (sliced)

Directions

1. Add the 2 scoops of Premier Protein® Vanilla Milkshake Protein Powder, Greek Yogurt, and Vanilla Extract in a large mixing bowl. Stir well to ensure the protein powder is fully incorporated.
2. Line a 9x13 cookie sheet with parchment paper and spread the mixture evenly across it.
3. Top with mixed berries (or your desired topping), place in the freezer until set, about an hour.
4. After it is set into a solid-state, cut (or break) into 12 pieces. Store the Frozen Yogurt Bark in a covered container in the freezer.

Nutritional Info

Calories 58; **Fat** 1 gram; **Carbs** 5 grams; **Protein** 8 grams



Red Velvet Mug Cake for Two

MAKES TWO SERVINGS



3 MINS



SHAKE



POWDER

Ingredients

- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 1.5 oz. Premier Protein® Vanilla Protein Shake
- 1/2 tsp. Baking Powder
- 2 tbsp. Unsweetened Cocoa Powder
- 2 tsp. Sugar Substitute
- 1 tbsp. Unsweetened Applesauce
- Dash of Salt
- 1 large Egg
- 20 drops Red Food Coloring

Directions

1. Add the Premier Protein® Chocolate Milkshake Protein Powder, Baking Powder, Unsweetened Cocoa, Sugar Substitute, and a Dash of Salt into a bowl and mix.
2. Add in the Unsweetened Applesauce, Egg, Premier Protein® Vanilla Protein Shake and mix until well incorporated. The consistency should be similar to a thick cake batter.
3. Once that is done, add in the Red Food Coloring and mix to incorporate the color.
4. Spray two small mugs with Non-Stick Cooking, pour half of your mixture into each mug, and then microwave for 60 seconds.

Nutritional Info

Calories: 159; **Carbs:** 9 grams; **Fat:** 5 grams; **Protein:** 21 grams



Caramel Pumpkin Spice Muffins

MAKES SIX MUFFINS



40 MINS



SHAKE

Ingredients

- 5.5 oz. Premier Protein® Caramel Protein Shake
- 3/4 cup Blanched Almond Flour
- 1/2 cup Sugar Substitute
- 1/2 tbsp. Baking Powder
- 1/2 tsp. Sea Salt
- 1/2 tsp. Pumpkin Pie Spice
- 1 large Egg
- 1/4 cup Pumpkin Puree
- 2 tbsp. Unsalted Butter (measure solid, then melt for the mixture)
- 1 tsp. Vanilla Extract

Nutritional Info (one muffin)

Calories: 111; **Carbs:** 6 grams;
Fat: 8 grams; **Protein:** 5 grams

Directions

1. Preheat oven to 350 degrees.
2. Line the muffin cups with cupcake liners.
3. In a large bowl, combine the Almond Flour, Sugar Substitute, Baking Powder, Pumpkin Pie Spice, and Sea Salt. Mix with a whisk to get all the lumps out.
4. Melt the Butter and set aside to cool.
5. Add in the Egg, Pumpkin Puree, Vanilla, Melted Butter, and mix until combined.
6. Add in the Premier Protein® Caramel Protein Shake and stir.
7. Spoon the batter into the muffin cups about 3/4 from the top of the liner.
8. Bake at 350 degrees for approximately 25 minutes or until the muffins are golden around the edges. Insert a toothpick in the center of the muffins until it comes out clean.



Pineapple Whip

MAKES FIVE SERVINGS



1 HR



POWDER

Ingredients

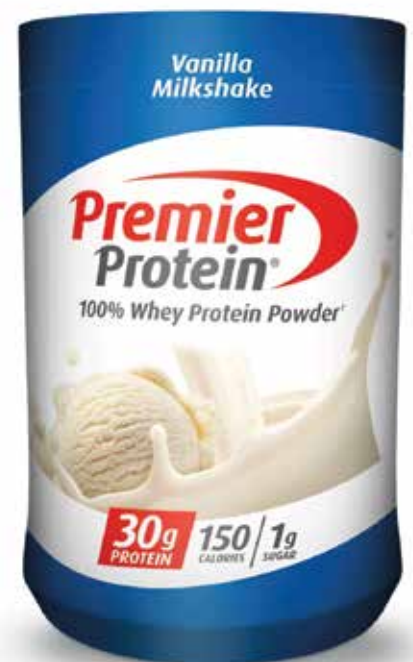
- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1/2 cup Half & Half
- 1/2 cup Unsweetened Almond Milk
- 1 packet Sugar-Free Pineapple Drink Mix

Directions

1. In the drum of the ice cream maker, mix 1 scoop of Premier Protein® Vanilla Milkshake Protein Powder into the Almond Milk, mix thoroughly.
2. Pour the pineapple drink powder and the Half & Half into the drum. Stir until the pineapple drink powder is dissolved fully.
3. Turn on the ice cream maker and pour the mixture into the drum.
4. Allow the ice cream maker to circulate the mixture to the texture of a soft serve whip. You can serve the soft serve whip immediately. However, if you prefer a firmer consistency similar to regular ice cream, you can put in the freezer for the same delectable flavor.

Nutritional Info

Calories: 90; **Carbs:** 3 grams; **Fat:** 5 grams; **Protein:** 7 grams





Cookies & Cream Cheesecake Bites

MAKES THIRTY SIX SERVINGS



1 HR & 15 MINS



SHAKE

Ingredients for the Crust

- 1-1/2 cup Almond Flour
- 2 tbsp. Unsweetened Cocoa Powder
- 4 tbsp. Unsalted Melted Butter
- 1 tbsp. Sugar Substitute

Ingredients for Cheesecake Bites

- 1-1/3 bottles of Premier Protein® Cookies & Cream Protein Shake
- 8 oz. Cream Cheese
- .50 oz. Unflavored Gelatin
- 1/2 cup Water
- 3 tsp. Sugar Substitute

Directions for the Crust

1. Combine the Almond Flour with the Unsweetened Cocoa Powder and Sugar Substitute, and mix well.
2. Add the Melted Butter to the mixture and mix.
3. Place two teaspoons of the crust mixture into each of the wells of the mini muffin pan and form the crust.
4. Once all of the wells are filled, place the pan in the fridge to chill for 30 minutes.

Directions for the Cheesecake Bites

1. Place the Softened Cream Cheese and Sugar Substitute into a bowl.
2. Using a hand mixer on low speed, start creaming them together.
3. As the mixture becomes softer, you can increase the speed to medium to high using a spatula to push any mixture on the sides down into the bowl.
4. Add the 1-1/3 bottles of Premier Protein® Cookies & Cream Protein Shake into the mixture with a handheld mixer on low and blend until smooth.
5. Place a medium saucepan on the stove and bring the 1/2 cup of Water to boil.
6. When the Water has reached a boiling point, remove from the heat and pour in the two packets of Unflavored Gelatin into the water and stir until the contents are thoroughly dissolved.
7. Allow the mixture to cool for about two minutes, then pour the Unflavored Gelatin into the Cream Cheese and the Premier Protein® Cookies & Cream mixture and mix with a spatula.
8. Pour the mixture into the prepped mini muffin wells.
9. Place the mini muffin pan into the refrigerator to chill for about 1-3 hours, then serve.

Nutritional Info (one bite)

Calories: 69; **Carbs:** 2 grams; **Fat:** 6 grams; **Protein:** 3 grams





Chocolate Peanut Butter Protein Fudge

MAKES 25 SERVINGS



55 MINS



SHAKE



POWDER

Ingredients

- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 1/4 cup Premier Protein® Chocolate Protein Shake (room temperature, not chilled)
- 1/2 cup Natural Peanut Butter
- 1/4 cup Coconut Oil
- 2 tsp. Unsweetened Cocoa Powder
- 1 tsp. Sugar Substitute
- Dash of Salt

Important Note

Due to the Coconut Oil, the Fudge needs to be kept cold, so make sure to store it in your freezer or refrigerator!

Directions

1. In a mixing bowl combine the Premier Protein® Chocolate Milkshake Protein Powder, Cocoa Powder, Sugar Substitute, Salt, and Peanut Butter.
2. Once combined, add in the Coconut Oil and stir until it is well incorporated and smooth.
3. Mix in the Premier Protein® Chocolate Protein Shake until well combined.
4. Line an 8x8 pan with parchment paper and place the mixture onto the paper, spread the mixture out evenly using a spatula.
5. Place the pan in the freezer for approximately 40 minutes so that your fudge will harden and set.
6. Take out and cut into squares, keep remaining fudge in an airtight container in the refrigerator.

Nutritional Info

Calories: 57; **Carbs:** 2 grams; **Fat:** 5 grams; **Protein:** 2 grams



Key Lime No-Bake Cheesecake

MAKES SIX SERVINGS



3 HRS & 15 MINS



POWDER

Ingredients

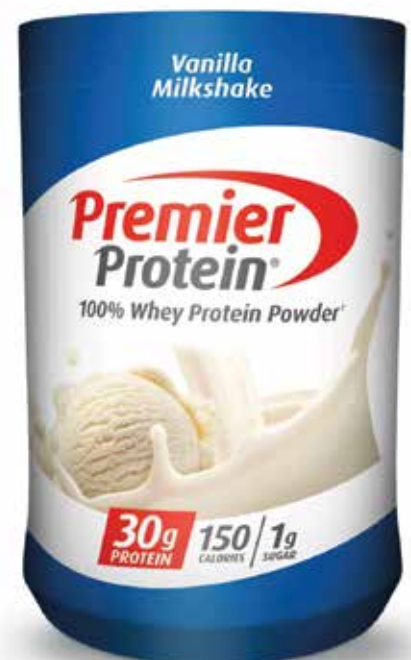
- 1/2 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1 cup Boiling Water
- .3 oz. Sugar-Free Lime Jello (dry mix, 1 box)
- 4 oz. Nonfat Plain Greek Yogurt
- 4 oz. 1/3 Less Fat Neufchatel Cream Cheese, softened

Directions

1. Mix dry Sugar-Free Jello in one cup of boiling water.
2. Mix with a whisk until the dry mix is dissolved.
3. In a separate bowl, mix the Nonfat Plain Greek yogurt and the one-half scoop of Premier Protein® Vanilla Milkshake Protein Powder together until blended.
4. Place the softened Neufchatel Cream Cheese into the Jello mixture and whisk until mixed.
5. Add the Yogurt and Premier Protein® Vanilla 100% Whey Powder mixture into the Neufchatel Cream Cheese Jello mixture.
6. Whisk until all is incorporated and blended well.
7. Pour mixture into the individual serving dishes and place in the refrigerator 2-3 hours to set up.

Nutritional Info

Calories: 78; **Carbs:** 3 grams; **Fat:** 4 grams; **Protein:** 6 grams





Pumpkin Cheesecake Mousse

MAKES SIX SERVINGS



1 HR & 25 MINS



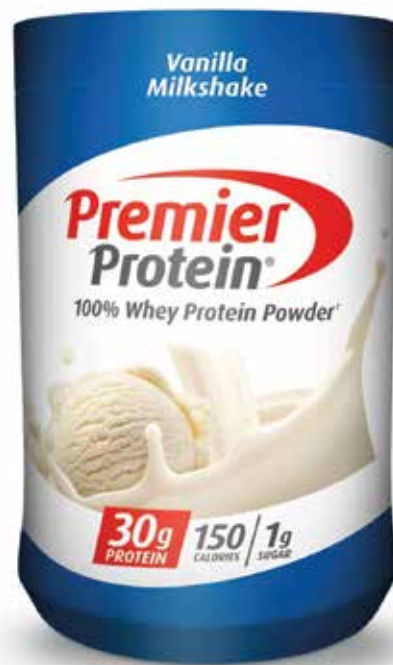
POWDER

Ingredients

- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1/2 cup Pumpkin Puree
- 1 tsp. Vanilla Extract
- 1/2 tsp. Pumpkin Pie Spice
- 8 oz. Fat-Free Cream Cheese (softened)
- 2 tsp. Stevia (or your choice of sugar substitute)
- 1/4 cup Heavy Whipping Cream

Directions

1. Place the Pumpkin Puree in a bowl and pour half of the Premier Protein® Vanilla Milkshake Protein Powder into the Pumpkin and stir.
2. Once combined, pour the remaining half of the of the Premier Protein® Vanilla 100% Whey Powder into the pumpkin mixture and stir well.
3. Add the Vanilla Extract and Pumpkin Pie Spice into the mixture and stir until it is mixed well.
4. In another bowl, place the softened Cream Cheese and beat with a mixer until creamy. Gradually incorporate the pumpkin mixture into the Cream Cheese and mix on medium until well combined.
5. Add the Stevia (or the sugar substitute you're using) into the mixture and mix on low.
6. Clean the beaters so you can use them for the Heavy Whipping Cream.
7. Pour the Heavy Whipping Cream into a separate bowl. Beat on medium and gradually move to a high setting moving the mixer back and forth. Continue beating the Heavy Whipping Cream on high until you have peaks that separate in the bowl.
8. Fold the Heavy Whipping Cream mixture into the pumpkin mixture, then place into serving cups and chill until served.



Nutritional Info

Calories: 115; **Carbs:** 7 grams; **Fat:** 5 grams; **Protein:** 11 grams



Banana Cheesecake Parfait

MAKES FOUR SERVINGS



15 MINS



SHAKE

Ingredients

- 1 Premier Protein® Bananas & Cream Protein Shake
- 1 box Sugar-Free, Fat-Free Cheesecake Instant Pudding Mix, 10 ozs.
- 1/4 cup Sliced Fresh Strawberries
- 1/4 cup Slivered Blanched Almonds

Directions

1. In a mixing bowl, combine the Sugar-Free, Fat-Free Cheesecake Instant Pudding Mix with the Premier Protein® Bananas & Cream Protein Shake. Whisk for two minutes until the mixture has thickened.
2. Place four tbsp. of the pudding into a serving glass, layer a few strawberry slices on top of the pudding. Next, add the remaining four tbsp. of the pudding mix and top with slivered almonds.

Nutritional Info

Calories: 92; **Carbs:** 6 grams; **Fat:** 5 grams; **Protein:** 9 grams





Layered Caramel Chocolate Chia Pudding

MAKES FIVE SERVINGS



OVERNIGHT



SHAKE

Ingredients

- 1 Premier Protein® Caramel Protein Shake
- 1 Premier Protein® Chocolate Protein Shake
- 6 tbsp. Chia Seeds
- 1 tsp. Unsweetened Cocoa Powder (Optional)

Directions

1. For the Caramel Pudding base, pour one Premier Protein® Caramel Protein Shake into a small bowl (bowls with lids work great), add 3 tablespoons of Chia Seeds and whisk together (or top with your lid and shake until thoroughly mixed).
2. For the Chocolate Pudding base, pour one Premier Protein® Chocolate Protein Shake into a small bowl, add 3 tablespoons of Chia Seeds. Optional, for a more intense chocolate taste, add 1 teaspoon of Unsweetened Cocoa Powder then whisk together (or top with your lid and shake until thoroughly mixed).
3. Cover both pudding mixes and refrigerate 18 to 20 hours, stir occasionally (if you are making it thicker by adding more chia, you can lessen the refrigerator time).
4. Serving size may vary depending on the dessert glasses you use. For a 4 ounce serving, add 2 tablespoons of the Chocolate Pudding to your dessert glass and then add a layer of 2 tablespoons of Caramel Pudding.
5. Optional: Garnish with your favorite toppings.

Nutritional Info

Calories: 137; **Carbs:** 8 grams; **Fat:** 5 grams; **Protein:** 16 grams



Cinnamon Roll Flavor Mini Protein Donuts

MAKES 24-36 MINI DONUTS



20 MINS



SHAKE

Ingredients

- 1/2 cup Premier Protein® Cinnamon Roll Protein Shake
- 1 cup Almond Flour
- 1 tsp. Baking Powder
- 2 tsp. Cinnamon
- 1/4 tsp. Salt
- 2 large Eggs
- 1 tsp. Vanilla
- 1/3 cup Brown Sugar Substitute

Directions

1. Mix Almond Flour, Baking Powder, Cinnamon, Salt, and Brown Sugar Substitute, and whisk together. Add the wet ingredients into the dry mixture and stir until combined.
2. Spray a mini donut pan with a Non-Stick Cooking Spray generously.
3. Using a large gallon size zip lock baggy. Change the bag's opening by rolling the top down around the edges. Place it into a bowl so that the opening of the bag is wide enough to pour batter into the bag.
4. Close the baggy and cut a hole at the end to pipe the protein donut batter into the pan.
5. Fill the wells about 1/3 full because they will rise during baking.
6. Bake at 350 degrees for 7-10 mins (depending on your oven) or until a toothpick comes out clean.

Cinnamon Roll Cream Cheese Drizzle

MAKES 24-36 MINI DONUTS



10 MINS



SHAKE

Ingredients

- 2 1/2 tbsp. Premier Protein® Cinnamon Roll Protein Shake
- 2 oz. Softened Cream Cheese
- 1 1/2 tbsp. Sugar Substitute

Directions

1. Mix all ingredients together.
2. You can dip the donuts to frost them or drizzle it over the top.
3. If you want to use the drizzle, place the mixture into a small zip lock sandwich baggy and cut a hole in the tip to drizzle over top.
4. Allow donuts to cool and add the frosting to your preference.
5. Suggestion: As an alternative way to enjoy the donuts, they can be tossed in a Cinnamon and Sugar Substitute mixture

Nutritional Info

Nutritional info for one protein donut, **without** the drizzle

Calories 25; **Fat** 2 grams; **Carbs** 2 grams; **Protein** 1 gram

Nutritional info for one protein donut, **with** the drizzle

Calories 29; **Fat** 2 grams; **Carbs** 3 grams; **Protein** 1 gram





One Minute Mug Brownie

MAKES ONE SERVING



2 MINS



POWDER

Ingredients

- 1/2 cup Premier Protein® Chocolate Milkshake Protein Powder
- 1 tbsp. Coconut Flour
- 1 tsp. Sugar Substitute of choice (to taste)
- 1/2 tsp. Baking Powder
- 1 tbsp. Cocoa Powder
- 1/4 cup Egg Whites
- 1/4 cup Almond Milk

Optional Toppings

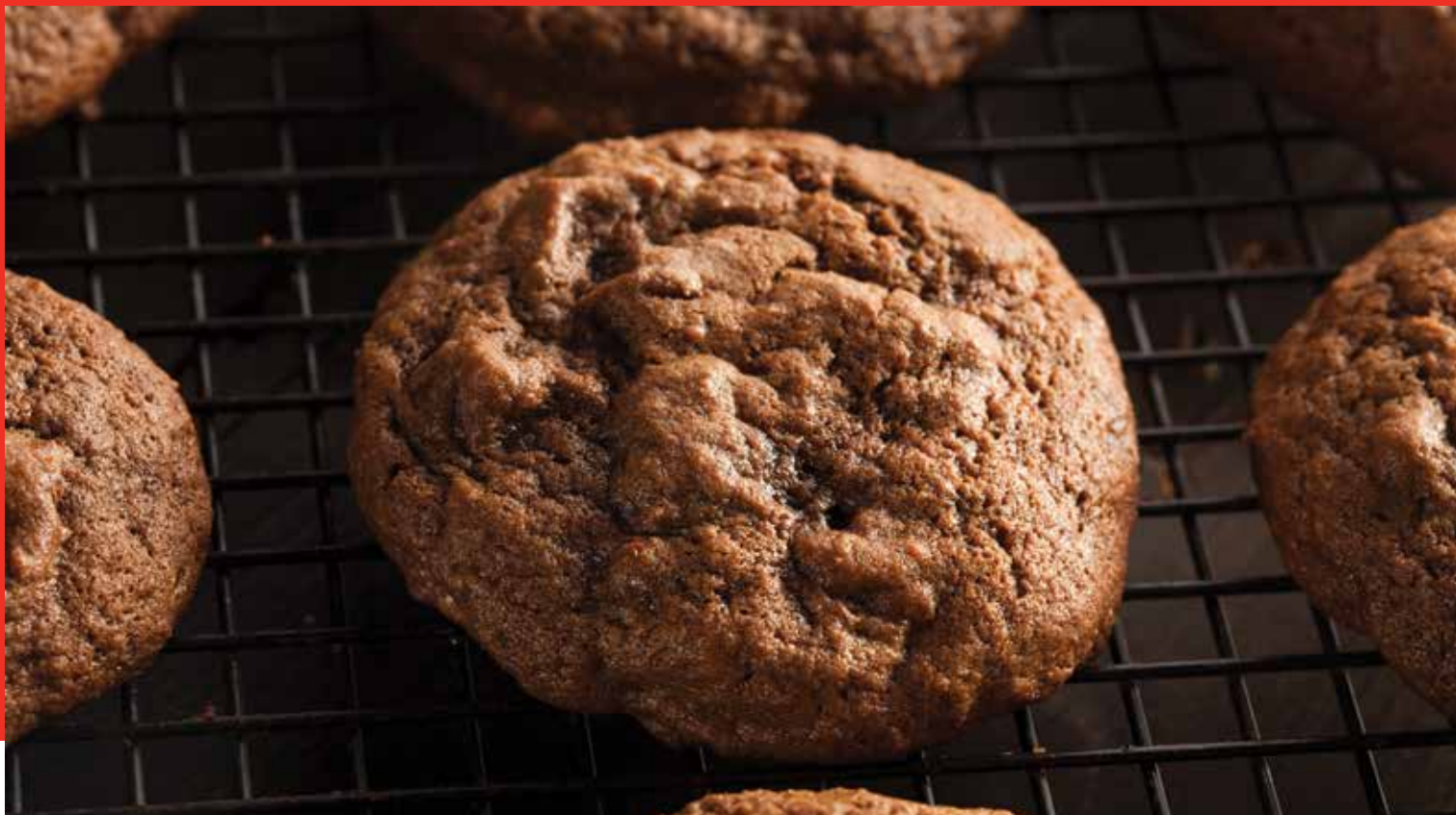
Sugar-Free Whipped Topping With Nuts
Sugar-Free Chocolate or Caramel Syrup
Sugar-Free Chocolate chips

Directions

1. Spray a small cereal bowl or deep mug with coconut spray.
2. In a mixing bowl, combine the Premier Protein® Chocolate Milkshake Protein Powder, Coconut Flour, Baking Powder, Sugar Substitute and mix well.
3. In a separate bowl, whisk the Egg Whites with the Almond Milk and pour into the dry mixture and mix until fully incorporated.
4. Microwave for 60 seconds and remove from microwave. Enjoy.

Nutritional Info

Calories: 189; **Carbs:** 15 grams; **Fat:** 4 grams; **Protein:** 29 grams



Chocolate Peanut Butter Cookies

MAKES 15 COOKIES



28 MINS



POWDER

Ingredients

- 1/2 cup Premier Protein® Chocolate Milkshake Protein Powder
- 1/2 cup Natural Peanut Butter
- 3 tsp. Sugar Substitute
- 1 large Egg
- 1/4 tsp. Baking Soda
- Dash of Salt

Nutritional Info

Calories: 44; **Carbs:** 2 grams;

Fat: 3 grams; **Protein:** 3 grams

Directions

1. Preheat your oven to 325 degrees and line a cookie sheet with parchment paper or a silpat.
2. In a large, microwave-safe bowl, melt the Natural Peanut Butter until creamy and smooth, about 1 minutes.
3. Add the Sugar Substitute into the Peanut Butter and beat, using an electric hand mixer, until well combined.
4. Add in the Egg and beat until well combined.
5. Add the Premier Protein® Chocolate Milkshake Protein Powder, Baking Soda and Salt into the bowl and stir until well mixed and a sticky, wet dough forms.
6. Roll the dough into 1 tbsp. sized balls and place on baking sheet. The dough will be a bit messy at first to roll, just keep rolling. Repeat until all the dough is used.
7. Press the cookies down flat, about 1/3 of an inch thick, and bake until the top feels just set and the cookies rise, about 12-13 minutes. Let cool completely on the pan.



Crustless Pumpkin Pie

MAKES 3 INDIVIDUAL (4 OZ) RAMEKIN



55 MINS



SHAKE

Ingredients

- 1 cup pumpkin puree (100% pumpkin)
- 1/2 cup Premier Protein® Pumpkin Spice Shake
- 1 large egg
- 1/8 teaspoons pumpkin pie spice
- 1/4 teaspoon vanilla

Directions

1. Preheat the oven to 350°F. In a medium bowl add your egg and whisk it. Once egg is whisked, add pumpkin puree, pumpkin pie spice, vanilla and Premier Protein® Pumpkin Spice shake. Whisk or beat with a mixer until the batter is smooth.
2. Spray your ramekins with nonstick cooking spray and pour the pumpkin pie mixture into them. Place the ramekins on a baking tray and then bake in a 350°F oven for 50 minutes or until a knife comes out clean.
3. Take pies out of the oven and let them cool for an hour then place in fridge to chill until ready to eat.

Nutritional Info

Calories: 110; **Carbs:** 14 grams; **Fat:** 2 grams; **Protein:** 7 grams



Red, White and Blue Cheesecake Salad

MAKES 8 SERVINGS



OVERNIGHT



SHAKE

Ingredients

- 1 (8 oz) package cream cheese, softened
- 1 (3.4 oz) package sugar-free instant cheesecake pudding, unprepared
- 1 (11.5 oz) Premier Protein® Vanilla Shake
- 12 oz raspberries
- 8 oz blueberries

Directions

1. In a medium bowl using an electric mixer, whip cream cheese until it becomes smooth. It may bind up in the beaters, but continue as is and it will loosen up. Add the dry pudding mix. Mix until well combined.
2. Slowly add the Premier Protein® Vanilla Shake to the cream cheese mixture and mix well on low. (There should be very few clumps of cream cheese in the mixture.) Refrigerate while you prepare the fruit.
3. Wash and prepare fruit.
4. Once fruit is washed/prepared, pour the refrigerated mixture over the fruit and stir to combine.
5. Chill until ready to serve or serve immediately.

Nutritional Info

Calories: 168; **Carbs:** 14 grams; **Fat:** 10 grams; **Protein:** 6 grams



Chocolate Peanut Butter No-Bake Cookies

MAKES 15 SERVINGS



OVERNIGHT



SHAKE

Ingredients

- 1 cup Premier Protein® Chocolate Peanut Butter Shake
- 1 1/2 cup Rolled Quick Oats
- 1/4 cup No Sugar Added Peanut Butter
- 1/4 cup Coconut Oil (solid)
- 1/4 cup Sugar Substitute
- 1/4 cup Powdered Peanut Butter
- 2 Tbs Unsweetened Cocoa Powder
- 1 tsp Vanilla Extract
- Pinch of Salt

Nutritional Info

Calories: 102; **Carbs:** 9 grams;
Fat: 7 grams; **Protein:** 4 grams

Directions

1. In a medium saucepan on medium heat, combine the no sugar added peanut butter and coconut oil.
2. Once this is melted add in the vanilla extract, unsweetened cocoa powder, sugar substitute, and powdered peanut butter and mix together.
3. Once all combined and smooth, add in the Premier Protein® Chocolate Peanut Butter Shake until mixed thoroughly.
4. Add in the oats and continue to stir until oats are coated (about 1-2 minutes).
5. Remove from heat, line a cookie sheet with parchment paper, using a cookie scoop, and place cookies onto a parchment-lined cookie sheet.
6. Place a piece of parchment over the cookies and press down on each cookie to flatten them. When the cookies have cooled a bit, place them into the fridge to continue to solidify.
7. Store cookies in an airtight container for up to 5 days.



Vanilla Berry Chia Seed Parfait

MAKES 1 SERVING



OVERNIGHT



SHAKE

Ingredients

- 1/2 cup of Premier Protein® Vanilla Ready to Drink Shake
- 1/2 cup of Greek Non-Fat Yogurt
- 1 cup of Frozen or Fresh Strawberries and Raspberries (or 1/2 cup of each)
- 1 tsp. of Vanilla Extract
- 1 1/2 Tbs. of Chia Seeds

Optional Toppings

You could use coconut, walnuts, or any other toppings of your choice on top of the parfait. Keep in mind that the toppings are not factored into the macros below.

Directions

1. Place all ingredients, except the Chia Seeds into a blender and blend until smooth.
2. Pour mixture into an airtight container and add the Chia Seeds and stir.
3. Place the container in the refrigerator to chill overnight.

Nutritional Info

Calories: 273; **Carbs:** 27 grams; **Fat:** 8 grams; **Protein:** 29 grams



Pumpkin Cream Cheese Swirl Bars

MAKES NINE SERVINGS



1 HR & 10 MINS



SHAKE



POWDER

Ingredients for Pumpkin Protein Bars

- 1 Premier Protein® Vanilla Protein Shake
- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 15 oz. can 100% Pumpkin Puree
- 2 large Eggs
- 2 tsp. Pumpkin Pie Spice
- Sugar Substitute of choice optional (to taste)
- 1/4 tsp. Salt

Ingredients for Cream Cheese Swirl

- 1 tbsp. Premier Protein® Vanilla Protein Shake
- 4 oz. Low-Fat Cream Cheese
- 1 tsp. Sugar Substitute of choice
- 1 tsp. Vanilla Extract

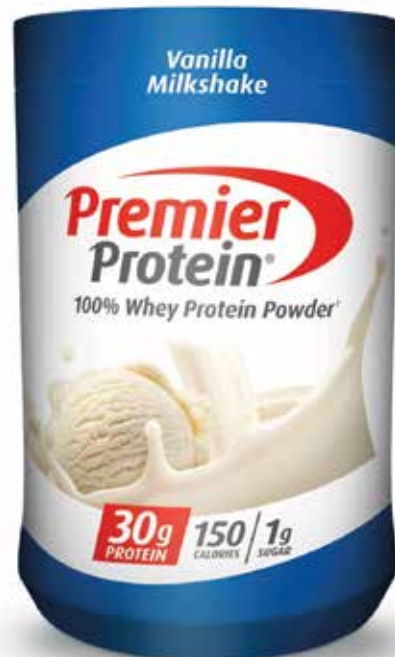


Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix Pumpkin Puree, Premier Protein® Vanilla Protein Shake, Premier Protein® Vanilla Milkshake Protein Powder, Salt, and Pumpkin Pie Spice until evenly mixed. Taste the mixture and add sweetener if desired.
3. When pumpkin mixture is at the desired taste, mix the Eggs into the pumpkin mixture.
4. Line a 9x9 square baking dish with parchment paper and pour the filling into it.
5. Beat together softened Cream Cheese, Sugar Substitute, Vanilla Extract and Vanilla Premier Protein® Protein Shake until smooth. Pour it on top of the pumpkin mixture and then drag a knife through it to get a marbled look.
6. Bake at 350 degrees F for about 50 minutes.
7. Cool for 1 hour, then refrigerate or slice into bars to serve.

Nutritional Info (one bar)

Calories: 37; **Carbs:** 11 grams; **Fat:** 3 grams; **Protein:** 2 grams





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