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Quick +
Delicious
Protein Packed
Snacks and Deserts



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“Baked Goods”

Cakes, Cookies, Brownies and Muffins

1. Flourless Black Bean Brownies



153 calories

3g protein

13g carbs

10g fat

- 4 ounces unsweetened chocolate
- 1 c. unsalted butter
- 2 c. canned black beans, drained well
- 1 tbsp. vanilla extract
- 2 scoops Chocolate protein powder
- 1 c. walnuts, chopped
- 1/4 c. instant coffee grounds
- 1/4 tsp. sea salt
- 4 eggs
- 1 c. light agave syrup

Preheat the oven to 325. Line a baking pan (11x13) with parchment paper.

Melt the chocolate and butter in a glass bowl in the microwave for 2 minutes.

Once melted completely, stir with a spoon. Place the beans, 1 scoop protein powder, the vanilla extract, and 4 or 5 spoonfuls of the melted chocolate mixture into the food processor.

Blend until the beans are very smooth.

In a large bowl, mix together the walnuts and 1 more scoop protein powder.

Add the remaining melted chocolate mixture, coffee grounds, and salt.

Mix well.

In a separate bowl, with a mixer, beat the eggs until light, about a minute.

Add the agave syrup, and beat well. Set aside.

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

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

Nuts may be substituted or omitted.

Makes 32 servings

2. Chocolate Cake



227 calories

18g protein

23.5g carbs

7.5g fat

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tbsp. unsweetened, vanilla almond milk
- Once well blended, add to that:
- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop Vanilla protein powder
- 1/2 tsp. cocoa powder

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

3. Chocolate Cookie



59 calories

3.9g protein

1g carbs

0.5g fat

Mix these ingredients together

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

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

Repeat the spray and batter process for the second cookie.

Makes 2 cookies.

4. Mini Blueberry Muffins



113 calories

3g protein

17g carbs

4g fat

Mix in a bowl:

- **1 c. shredded apple (peeled)**
- **1 c. applesauce**
- **1/2 c. agave or maple syrup**
- **2 eggs**
- **2 tsp. vanilla**
- **1 handful blueberries.**
- Blend this to form a puree.
- In a separate bowl mix:
- **1 c. almond flour**
- **1 c. gluten free pancake mix**
- **1/2 c. flax meal**
- **1 tsp. cinnamon**
- **2 tsp. baking soda**
- **3/4 scoop Vanilla protein powder**
- **1/2 c blueberries**

Add dry ingredients to wet, mix well, and put into well-sprayed (non-stick spray) Mini muffin pans. Drop blueberries into the tops of the muffins. Bake at 350 for about 15 minutes, or until a toothpick comes out clean. Makes about 2 dozen



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5. Apple Nut Mini Muffins



127 calories

3g protein

17g carbs

5g fat

Mix in a bowl:

- **1 c. shredded apple (peeled)**
- **1 c. applesauce**
- **1/2 c. agave or maple syrup**
- **2 eggs**
- **2 tsp. vanilla**
- In a separate bowl mix:
- **1 c. almond flour**
- **1 c. gluten free pancake mix**
- **1/2 c. flax meal**
- **1 tsp. cinnamon**
- **2 tsp. baking soda**
- **3/4 c. Vanilla Protein Powder**
- **1/2 c. apple chunks (peeled and chopped)**
- **1/2 c. walnuts**

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

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

Makes about 2 dozen.

6. Chocolate Cherry Quinoa Muffins



98 calories

4g protein

16g carbs

2g fat

Preheat your oven to 350, then mix:

- **2 eggs**
- **1 c. unsweetened vanilla almond milk**
- **1 c. shredded zucchini (peeled before shredding)**
- **1 tsp. vanilla**
- **3 tbsp. agave syrup**
- Whisk well then add:
- **1/2 c. Quinoa (uncooked, dry; preferably red)**
- **1 tsp. baking soda**
- **1/2 c. gluten free pancake mix**
- **1 tsp cocoa powder**
- **1 1/2 scoops chocolate protein powder**

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

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

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

Makes 12

7. WONDERFUL Breakfast muffins



164 calories

6g protein

20g carbs

7g fat

Mix in a bowl:

- **1 c. shredded zucchini/summer squash**
- **2/3 c. applesauce**
- **1/3 c. agave or maple syrup**
- **2 eggs**
- **2 tsp. vanilla**
- In a separate bowl mix:
- **1 c. almond flour**
- **1 c. gluten free pancake mix**
- **1/4 c. flax meal**
- **1/8 c. Vanilla protein Powder**
- **1 tbsp. cinnamon**
- **2 tsp. baking soda**
- **1 pinch salt**

Add dry ingredients to wet, mix well, and drop into well-sprayed (non-stick spray) mini or regular muffin pans. You can also do a couple of bread tins. Bake at 350 for about 15 ish minutes, or until a toothpick comes out clean and you're done!

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

Makes 12

Sweet Treats

8. Fruit Dip



141 calories

5g protein

2g carbs

13g fat

Beat two egg whites until foamy, then add 1/4 cup of Prograde vanilla protein powder, and beat until smooth.

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

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

Makes 12 serving.

NOTICE: This recipe contains raw egg whites

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

9. Chocolate Cherry Parfait



213 calories

31g protein

19g carbs

1g fat

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

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

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

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

Make 2 beautiful cups!

10. Ginger Chocolate Truffles



65 calories

5g protein

3g carbs

5g fat

- **2 tbsp chocolate protein powder**
- **1 c almonds**
- **1 tbsp coconut oil**
- **1 tsp fresh shredded ginger**
- **1/2 tsp cocoa powder**
- **2 tbsp agave**
- **6 tbsp water**

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

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

Makes 20.

Breakfast

11. Pancakes



107 calories

2g protein

23g carbs

1g fat

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

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

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Fry until golden. Makes 10 pancakes.

12. Apple Cinnamon Pancakes



107 calories

3g protein

26g carbs

1g fat

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop vanilla protein powder
- 1 tbsp applesauce
- 3/4 c. almond milk (or other milk of choice)
- 1/2 tsp. ground cinnamon
- 1 peeled and chopped apple

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

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

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

Makes 10 pancakes

13. French Toast



106 calories

6g protein

16g carbs

2g fat

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

Whisk ingredients

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

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

Makes 6 pieces of French Toast.



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14. Peanut Butter Chocolate Chip Pancakes



197 calories

5g protein

39g carbs

3g fat

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

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

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

Top with chunks of dark chocolate.

Flip when first side is crisp and browned.

Makes 6.

15. Blueberry Pancakes



192 calories

4g protein

41g carbs

1g fat

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

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

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

Makes 6.

16. Applesauce French Toast



95 calories

6g protein

13g carbs

2g fat

- **2/3 c. Unsweetened Vanilla almond milk**
- **1 tsp Cinnamon**
- **1 tsp vanilla protein powder**
- **1 egg**

Whisk ingredients. Dip both sides of high protein, whole grain bread of choice. Using non-stick spray or a lightly oiled griddle, fry both sides of the French toast. Makes 6

17. Apple Cinnamon Granola



208 calories

3.7g protein

47.7g carbs

1.3g fat

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

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

Store in an airtight container.

Makes three servings

Bars

18. Lemon Cranberry Bars



105 calories

5g protein

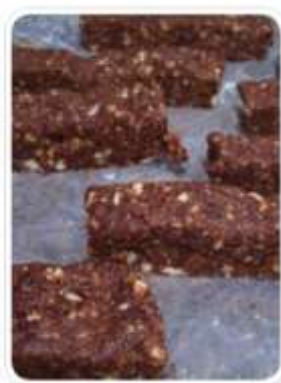
8g carbs

6g fat

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

Once you get the shape, remove from the pan, slice into bars, and enjoy.
Makes 12 bars.

19. Choco-Coco Bars



88 calories

5g protein

3g carbs

7g fat

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

Once you get the shape, remove from the pan, slice into bars, and enjoy.
Makes 12 bars

20. Citrus Bars



114 calories

5g protein

10g carbs

7g fat

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

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

Makes 12 bars

21. Peanut Butter Chocolate Bars



115 calories

7g protein

3g carbs

9g fat

Put 1 cup of peanuts, 1/3 c of chocolate protein powder, and 1/4 c. natural peanut butter, and process in the food processor until a dough forms. If you need more moisture, add 1 tsp. water at a time till desired consistency. Line a bread pan in waxed paper, and press it in.

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

Makes 12 bars.

Frozen

22. Vanilla Ice Cream



160 calories

25g protein

4g carbs

4g fat

Blend 3 cups almond milk (unsweetened, vanilla flavor) with 3 scoops Vanilla protein Powder. Sweeten additionally with stevia, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Put into ice cream maker. Enjoy when finished. Makes 3 cups ice cream.

23. Fudgesicles



53 calories

4g protein

6g carbs

1g fat

Blend 12 ounces Chocolate (or vanilla) almond milk with 2 scoops protein Powder, 1/4 tbsp of cocoa powder, and stevia to taste, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Pour into Popsicle molds. Serve when frozen. Makes 6 to 8 Popsicles (depending on the size of your molds)

24. Chocolate Ice Cream



188 calories

13g protein

23g carbs

4g fat

Blend 3 cups almond milk (regular or unsweetened vanilla, or, for an extra kick, chocolate flavor) with 3 scoops Chocolate protein Powder. If desired, add stevia to taste. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Put into ice cream maker until done. Add dark chocolate chips at the end, if desired.

Makes 3 cups ice cream

25. Peanut Butter Ice Cream



195 calories

26g protein

5g carbs

7g fat

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

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

Makes 3 cups. Serving size is 1 cup.

26. Ice Cream Whoopie Pie



197 calories

34g protein

4g carbs

3g fat

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

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

27. Coffee Ice Cream



160 calories

25g protein

4g carbs

4g fat

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

Put into ice cream maker until done.

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

Desserts

28. Grilled Stuffed Peaches



110 calories

12.5g protein

2g carbs

2g fat

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

29. Cheesecake Stuffed Strawberries



49 calories

2g protein

1g carbs

4g fat

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

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

NOTICE: This recipe contains raw egg whites

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

30. Mini Cheesecakes



167 calories

3g protein

9g carbs

10g fat

In a food processor, blend the crust:

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

When that's all uniformly small, add:

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

Process this all, press into either mini muffin pans, or regular-sized muffin pans, then, put it in the freezer while you make your cheesecake layer.

Rinse your food processor out and add:

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

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

31. Roasted Pears with Mascarpone and berry drizzle



277.5 calories

10g protein

17g carbs

20g fat

First, put the stove on the broiler setting (500 degrees), rinse 1 Bosc pear (you can use whatever variety of pear you like), slice it in half, scoop the seeds out with a melon baller, and place each half separately, into small ceramic dishes. When the oven is hot, put them in the oven hole-side-up, and make the Mascarpone Cheese filling.

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

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

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



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