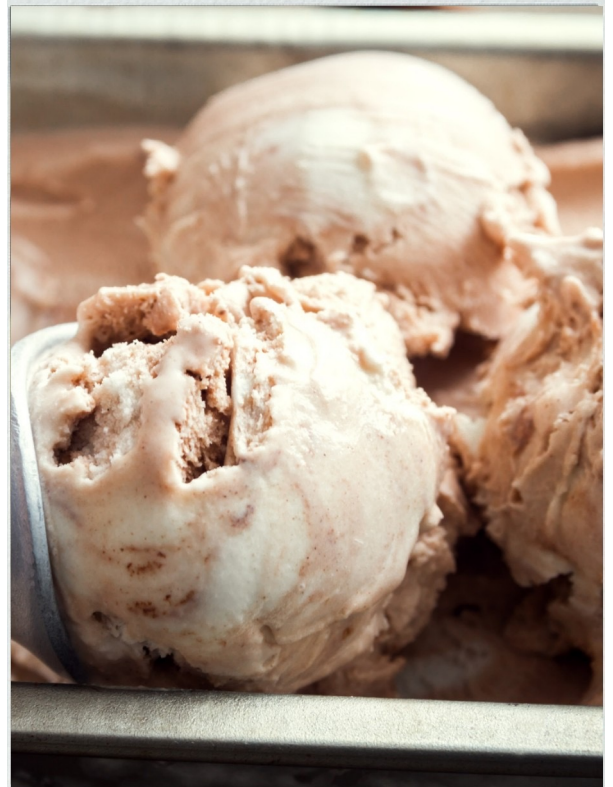


Sweet
Summer
Delights

PROTEIN ICE CREAM

Ingredients:

- 1 scoop of Chocolate Ice Cream Protein
- 1 tsp of xanthan gum
- ½ a frozen banana
- 1 tbsp of peanut butter
- 1 tbsp of any sugar substitute
- ¼ cup of unsweetened almond milk



Instructions:

- 1) Fill a blender cup with ¼ ice then add Protein Powder, xanthan gum, banana, peanut butter, sugar substitute, and almond milk.
- 2) Blend, then slowly add in a little splash of almond milk if needed. Make sure not to add in too much almond milk or it will come out watery.
- 3) Throw it in the freezer for an hour if you want it extra cold (optional).

CHOCOLATE PUDDING

Ingredients:

- 1 scoop Chocolate Ice Cream Protein Powder
- 1 packet of chocolate pudding
- 2 teaspoons sweetener of choice
- 1/8 tsp of salt
- 1/8 cup maple syrup
- 1/4 cup almond milk



Instructions:

- 1) In a medium bowl combine the dry ingredients and whisk together.
- 2) Slowly add in the maple syrup.
- 3) Add in the almond milk until you get a pudding-like consistency.
- 4) Once desired consistency is met, stick in the freezer for 20 minutes to set.

CHOCOLATE CHEESECAKE

Ingredients:

- 1 scoop Chocolate Ice Cream Protein Powder
- 1 1/2 servings of cottage cheese
- 4 teaspoons sweetener of choice
- 1/8 tsp salt
- 1 packet cheesecake flavored pudding mix
- 1/8 cup almond milk



Instructions:

- 1) Put all ingredients into blender or food processor and blend until all clumps are gone.
- 2) Pour mixture into bowl and freeze for 20 minutes until set.
- 3) Top with maple syrup or fruit.

PROTEIN COOKIE DOUGH

Ingredients:

- $\frac{1}{4}$ cup of unsweetened almond milk
- 1 scoop of Vanilla Ice Cream Protein
- $\frac{1}{4}$ cup of maple syrup
- $\frac{1}{4}$ cup of peanut butter, unsalted creamy
- 1 cup of almond flour
- $\frac{2}{3}$ cup of sugar free chocolate chips
- 1 tsp of vanilla



Instructions:

- 1) Combine and whisk dry ingredients together first.
- 2) Add in wet ingredients.
- 3) Mix together with a rubber spatula until combined.
- 4) Fold in chocolate chips. Leave as is or roll into balls and store in fridge.

PEANUT BUTTER OATMEAL PROTEIN COOKIES

Ingredients:

- 1 scoop Vanilla Ice Cream Protein
- 1/2 cup rolled oats
- 1 tbsp splenda, brown sugar blend
- 1 tbsp organic stevia blend
- 1 /8 tsp baking soda
- 2 tbsp natural peanut butter
- 2 tbsp liquid egg whi 2 tbsp liquid egg whites
- 2 tbsp sugar-free maple syrup
- 1/4 tsp vanilla extract
- 1 /4 tsp butter extract
- 2 tbsp semisweet chocolate chips
- 1/4 tsp table salt

Instructions:

- 1) Preheat oven to 350 degrees F. Lightly coat a baking sheet with cooking spray.
- 2) Combine dry ingredients in a medium bowl.
- 3) Add peanut butter and remaining wet ingredients, mix until combined.
- 4) Fold in chocolate chips.
- 5) Scoop cookie dough onto prepared sheet by rounded tablespoonfuls.
- 6) Bake for 8-10 minutes, or until edges are firm and golden brown.
- 7) Let cool 5-10 minutes before eating. Leftovers last up to one week.



PROTEIN CINNAMON ROLLS

Ingredients:

- 1/2 cup liquid egg whites
- 1/2 cup Vanilla Ice Cream Protein
- 2 packets splenda
- 2 tbsp cinnamon
- 1 /8 cup oat flour
- 1 tsp baking soda
- 1 whole egg

For the frosting:

- 1/2 cup Vanilla Ice Cream Protein
- 1/2 cup nonfat plain Greek yogurt
- 1 tsp sugar-free maple syrup

Instructions:

- 1) Preheat oven to 325 degrees F.
- 2) Blend all ingredients for cake together.
- 3) Pour batter into a large brownie pan.
- 4) Bake for 10-15 minutes. Cake is done when it's flat, kind of like a pancake. Allow cake to cool.
- 5) While cake is cooling, mix all ingredients for frosting in a bowl.
- 6) After cake is cooled, slice it into three or four strips and then coat each strip with frosting. Sprinkle with cinnamon.
- 7) Be sure to leave some frosting for topping.
- 8) Roll each cake strip to create the cinnamon roll. Top each roll with the rest of the frosting and any other toppings you desire.



COOKIES & CREAM PROTEIN BALLS

Ingredients:

- 1/2 a cup of dry oats
- 1 scoop of Cookies and Cream Protein
- 1 tbsp of chia seeds
- 2 tbsp of ground flaxseeds
- 2 tbsp of peanut butter
- 1/4 cup of honey
- 2 tbsp of sugar free dark chocolate chips (optional)

Instructions:

- 1) Combine all dry ingredients together until well mixed.
- 2) Add peanut butter and honey stir until dough is well combined.
- 3) Add sugar free chocolate chips last.
- 4) Roll into 1 inch protein balls.
- 5) Place in fridge for 30-60 min then enjoy!



NOBAKE COOKIES & CREAM PROTEIN BARS

Ingredients:

- 1 scoop of Cookies and Cream Protein
- 1/3 cup of Rice Krispies
- 2 tablespoons of peanut butter
- 1 table spoon of almond milk
- 1 Oreo (optional)



Instructions:

- 1) Mix protein powder, Rice Krispies, peanut butter, and almond milk in a bowl. Make sure to mash it really good together.
- 2) Crush one oreo and mix into your dough.
- 3) Form dough into bars and enjoy!

COOKIES & CREAM COOKIE DOUGH

Ingredients:

- 3/4 cup of almond flour
- 1 cup of almond butter
- 2 scoops of Cookies and Cream Protein
- 3-4 tbsp of maple syrup
- 1 tsp of vanilla extract
- 1/4 tsp of sea salt
- 1/2 cup of mini chocolate chips



Instructions:

- 1) **Mix** together all ingredients in a bowl.
- 2) Once fully combined, add to an airtight container and store in the fridge for you to a week.