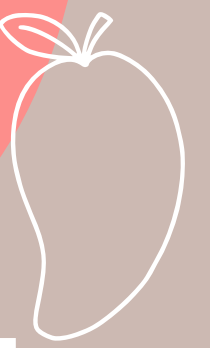




Heather's



# HIGH PROTEIN/GF DESSERTS



HIGH PROTEIN DESSERT GUIDE BY HEATHER



HI THERE,

I AM HEATHER, A FITNESS AND WEIGHTLOSS COACH AND I'VE RECENTLY EXPERIENCED A REMARKABLE TRANSFORMATION IN MY HEALTH AND WELL-BEING. THROUGH A COMBINATION OF FITNESS AND NUTRITION, I'VE SUCCESSFULLY SHED 45 POUNDS.

WHAT'S EVEN MORE EXCITING IS THAT I'VE DISCOVERED A PASSION FOR CREATING DELICIOUS, HIGH-PROTEIN, GLUTEN-FREE DESSERTS THAT NOT ONLY SATISFY MY SWEET TOOTH BUT ALSO CONTRIBUTE TO MY OVERALL WELLNESS. IN THE SPIRIT OF SHARING THE JOY OF GUILT-FREE INDULGENCE, I'VE PUT TOGETHER A FREE RECIPE GUIDE FEATURING THESE AMAZING TREATS. I CAN'T WAIT FOR YOU TO JOIN ME ON THIS FLAVORFUL AND HEALTH-CONSCIOUS JOURNEY!

NOTE: MY RECIPES WILL ALWAYS BE GLUTEN FREE AND LACTOSE FREE!



# PROTEIN CHOCOLATE CHIP COOKIES

## INGREDIENTS:

- **PARCHMENT PAPER**
- **3 SCOOPS VANILLA SHAKEOLOGY**
- **½ TSP. BAKING SODA**
- **1 PINCH SEA SALT**
- **¼ CUP UNSALTED BUTTER MELTED**
- **¼ CUP BROWN SUGAR**
- **1 TSP. PURE VANILLA EXTRACT**
- **1 LARGE EGG**
- **½ CUP SEMISWEET CHOCOLATE CHIPS**
- **1 TO 2 TBSP. UNSWEETENED ALMOND MILK (AS NEEDED)**

## INSTRUCTIONS

1. **PREHEAT OVEN TO 375° F (190 °C). LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER; SET ASIDE.**
2. **IN A SMALL MIXING BOWL COMBINE SHAKEOLOGY, BAKING SODA, AND SALT; SET ASIDE.**
3. **ADD BUTTER, BROWN SUGAR, AND EXTRACT TO A MEDIUM MIXING BOWL; BEAT UNTIL CREAMY.**
4. **ADD EGG; BEAT UNTIL COMBINED.**
5. **GRADUALLY ADD SHAKEOLOGY MIXTURE TO BUTTER MIXTURE. BEAT UNTIL UNIFORM DOUGH FORMS.**
6. **ADD CHOCOLATE CHIPS; STIR TO INCORPORATE. IF DOUGH IS VERY CRUMBLY ADD ALMOND MILK, 1 TBSP. AT A TIME, UNTIL DOUGH STICKS TOGETHER.**
7. **USING A SPOON OR SCOOP, MEASURE OUT ABOUT 12 BALLS**
8. **BAKE FOR 11 TO 13 MINUTES OR UNTIL GOLDEN BROWN AND STILL SOFT IN THE CENTER. COOL ON SHEET FOR 2 MINUTES BEFORE TRANSFERRING TO COOLING RACKS. LET COOL COMPLETELY.**
9. **STORE LEFTOVER COOKIES IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO 4 DAYS.**

# HIGH PROTEIN POWER BITES



**3/4 CUP CREAMY PEANUT BUTTER**

**1/3 CUP HONEY**

**2 TABLESPOONS COCONUT OIL**

**2 CUPS OLD FASHIONED ROLLED OATS**

**1/2 CUP SHAKEOLOGY**

**3 TABLESPOONS FLAXSEED**

**1/4 TEASPOON GROUND CINNAMON**

**1/4 TEASPOON KOSHER SALT**

**1/3 CUP MINI CHOCOLATE CHIPS**

- **LINE A 9×9-IN BAKING PAN WITH PARCHMENT PAPER, LEAVING AN OVERHANG ON TWO SIDES LIKE HANDLES.**
- **PLACE THE PEANUT BUTTER, HONEY, AND COCONUT OIL IN A MEDIUM HEATPROOF BOWL. SET THE BOWL OVER A SAUCEPAN OF WATER AND BRING THE WATER TO A SIMMER OVER MEDIUM TO MEDIUM-HIGH HEAT. (DO NOT LET THE WATER BOIL, AND MAKE SURE THE WATER DOES NOT TOUCH THE BOTTOM OF THE MIXING BOWL.) STIR AND HEAT UNTIL THE MIXTURE IS SMOOTHLY COMBINED. REMOVE THE BOWL FROM THE SAUCEPAN AND TURN OFF THE HEAT.**
- **ADD THE OATS, PROTEIN POWDER, FLAXSEED, CINNAMON, AND SALT TO THE BOWL WITH THE PEANUT BUTTER MIXTURE. STIR TO COMBINE. THE MIXTURE WILL SEEM VERY DRY AT FIRST BUT WILL COME TOGETHER AS YOU STIR. IT WON'T BE STICKY BUT SHOULD HOLD TOGETHER WHEN PRESSED FOLD IN THE CHOCOLATE CHIPS. COOLING THE MIXTURE WILL PREVENT THE CHOCOLATE FROM MELTING.PRESS EVENLY INTO THE PREPARED PAN AND REFRIGERATE FOR 1 HOUR OR UNTIL FIRM.**
- **LIFT THE BARS FROM THE PAN AND SLICE TO YOUR DESIRED SIZE.**
- **YOU CAN ADD DIFFERENT MIX-INS LIKE CRANBERRIES, DRIED BLUEBERRIES, DATES!**



# HIGH PROTEIN BLUEBERRY COBBLER

**1 CUP BLUEBERRIES**

**1/2 TSP CORNSTARCH**

**1/2 TSP LEMON JUICE STIRE AND MICROWAVE 1 MINUTE**

**THEN MAKE THE CRUMB TOPPING.**

**1/3 CUPS GF OATS**

**1 SCOOP SHAKEOLOGY**

**1/2 TSP CINNAMON**

**1/2 TSP MAPLE SYRUP**

**PINCH OF SALT**

**1 TBS WATER**

**MIX AND CRUMBLE ON BLUEBERRIES THEN MICROWAVE A MINUTE/  
ENJOY**

# PROTEIN PEANUT BUTTER CUPS



**1 TBS ALMOND MILK**

**½ CUP NATURAL PEANUT BUTTER**

**¼ CUP SHAKEOLOGY**

**½ TEASPOON VANILLA EXTRACT**

**½ CUP MINI CHOCOLATE CHIPS DAIRY-FREE AS NEEDED**

**2 TEASPOON COCONUT OIL**

**INSTRUCTIONS**

**IN A MICROWAVE, MELT TOGETHER THE COCONUT OIL AND CHOCOLATE CHIPS.  
REMOVE FROM HEAT BEFORE THE CHIPS ARE FULLY MELTED.**

**IN THE MEANTIME, MIX TOGETHER THE PEANUT BUTTER, PROTEIN POWDER,  
VANILLA, AND ALMOND MILK.**

**ADD A THIN LAYER OF CHOCOLATE TO THE BOTTOM AND SIDES OF SILICONE  
MOLD. FREEZE**

**ADD A SMALL FLATTENED DISC OF THE PEANUT BUTTER MIXTURE**

**ADD ADDITIONAL MELTED CHOCOLATE ON TOP AND FREEZE AGAIN!**

**ENJOY!**



# CHEERIOS PROTEIN BARS

**2 CUPS CHEERIOS (I LIKE THE VEGGIE MEDLEY ONES)**

**2 SCOOPS VANILLA PROTEIN POWDER (I ALWAYS USE SHAKEOLOGY)**

**1/2 CUP NUT BUTTER**

**1/2 CUP HONEY, AGAVE OR SUGAR FREE MAPLE SYRUP**

**CHOCOLATE CHIPS (OPTIONAL)**

**IN A BOWL COMBINE THE CHEERIOS AND PROTEIN POWDER**

**MELT THE NUT BUTTER AND HONEY IN THE MICROWAVE UNTIL  
COMBINED**

**ADD MELTED MIXTURE TO CHEERIOS**

**PRESS INTO A PARCHAMENT LINE 9X9 PAN**

**SPRINKLE WITH CHOCOLATE CHIPS OR MELT CHOCOLATE CHIP WITH  
COCOUNUT OIL AND SPREAD ON TOP**

**FREEZE UNTIL SET**