

syntrax[®] Eats



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SMOOTHIES & DRINKS



BANANA CREAM PIE SMOOTHIE

INGREDIENTS

- 1 Cup Vanilla Cashew or Almond Milk
- 1 Large Frozen, Ripe Banana
- ¾ Cup Vanilla Greek Yogurt
- 1 Scoop Matrix Bananas & Cream
- Dash of Cinnamon
- Handful of Ice



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Top with whipped cream, coconut shavings, and graham cracker crumbs if desired.



ORANGE CREAMSICLE SMOOTHIE



INGREDIENTS

- ½ Cup Orange Juice
- ½ Cup Vanilla Almond Milk
- ¼ Cup Greek Yogurt
- ¼ Frozen, Ripe Banana
- 1 Scoop Matrix Orange Cream
- ½ Cup of Ice



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with orange slices.







ORANGE JULIUS PROTEIN SMOOTHIE

INGREDIENTS

- 1 Teaspoon Vanilla Extract
- $\frac{3}{4}$ Cup Freshly Squeezed Orange Juice
- 1 Teaspoon Orange Zest
- 1-2 Cups Ice
- 1 Scoop Matrix Orange Cream



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with orange slices.



BERRY DELICIOUS SMOOTHIE



INGREDIENTS

- 1 Cup Baby Spinach
- 1 ½ Cup Almond Milk
- 1 Cup Frozen Strawberries
- 1 Cup Frozen Blueberries
- ½ Cup Greek Yogurt
- 1 Tablespoon Ground Flaxseed
- 1 Tablespoon Walnuts
- 2 Scoops Nectar Naturals – Natural Vanilla



Preparation Time:
10 min



INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with blueberries and/or strawberries.



APPLE -A-DAY SMOOTHIE

INGREDIENTS

- 1 Cup Coconut Milk
- 1 Cup Frozen Diced Apples
- 1 Cup Frozen, Ripe Bananas
- 1 Cup Baby Spinach
- 1 Teaspoon Cinnamon
- 1 Tablespoon Ground Flaxseed
- 1 Scoop Nectar Apple Ecstasy



Preparation Time:

10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish With Cinnamon Sticks.



MINTY FRESH SMOOTHIE

INGREDIENTS

- 1 Tablespoon Walnuts
- 2 Tablespoons Cocoa Powder
- 1-2 Mint Leaves
- 1 Cup Vanilla Almond Milk
- 1 Scoop Matrix Mint Cookie
- 1 Cup Ice
- 1 Frozen Banana

Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. If smoothie is too thick, just add more milk. Garnish with mint leaves and chocolate cookie.





RAZZLE DAZZLE SMOOTHIE

INGREDIENTS

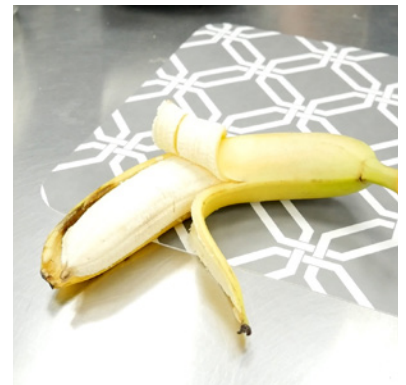
- ½ Cup Vanilla Almond Milk
- ½ Cup Non-Fat Greek Yogurt
- 2 Cups Frozen Raspberries
- 2 Cups Frozen Peaches
- 1 Ripe Banana
- 1 Tablespoon Honey
- 1 Scoop Nectar Twisted Cherry



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with raspberries and/or peach slices.



GOIN' BANANAS SMOOTHIE



INGREDIENTS

- 1 ½ Cups Vanilla Almond Milk
- 2 Frozen, Ripe Bananas
- 1 Cup Baby Spinach
- 2 Tablespoons Peanut Butter
- 1 Teaspoon Cocoa Powder
- 1 Scoop Macro Pro Milk Chocolate
- 1 Handful Ice



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with banana slices and dark chocolate morsels.





MACRO

INCREASE OR DECREASE WITH NATURE'S

MILK CHOCOLATE
NATURALLY & ARTIFICIALLY

No Artificial Colors

Healthy Oleic and Monounsaturated Fats

Sustained-Release Palatinose... Nature's Perfect Sugar

Palatinose... Nature's Perfect Sugar

Good Source of Fiber

PUNKIN' PATCH SMOOTHIE

INGREDIENTS

- 1 ½ Cups Vanilla Almond Milk
- ¾ Cup Pureed Pumpkin
- 1 ½ Cup Uncooked Oats
- 1 Tablespoon Walnuts
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Pumpkin Pie Spice
- 1 Frozen, Ripe Banana
- 1 Scoop MacroPro Vanilla Bean



Preparation Time:

10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. If smoothie is too thick, add a little more Almond Milk until desired consistency. Garnish with cinnamon.



TROPICAL BREEZE SMOOTHIE

INGREDIENTS

- 1 Cup Frozen Pineapples
- 1 Ripe Banana
- 1 ½ Cup Coconut Milk
- ½ Cup Greek Yogurt
- 1 Scoop Nectar Caribbean Cooler

Preparation Time:

5 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Garnish with pineapple wedges.





GET UP N' GO LATTE

INGREDIENTS

- 1-1 ½ Cups Milk Substitute (choose any of your liking)
- 1-2 Scoops Nectar Lattes – Carmel Macchiato
- 1 Cup Ice



Preparation Time:
10 min

INSTRUCTIONS

Blend all of the ingredients together until smooth. Top with whipped cream, and drizzle with caramel (optional).



COOKIES & CREAM PROTEIN SHAKE



INGREDIENTS

- 1 ½ Cup Ice
- ½ Cup Vanilla Almond Milk
- 1/8 Teaspoon Salt
- 1 Scoop Matrix Cookies & Cream
- 1 Crushed Graham Cracker



Preparation Time:
10 min

INSTRUCTIONS

Combine protein powder, ice, milk, and salt in a blender. Puree until thick and smooth. Add crushed graham crackers and pulse a few times to combine. Garnish with whipped topping and dark chocolate morsels.





MORNING BREAKFAST



PROTEIN PANCAKE PARTY

INGREDIENTS

- 1 Cup Oats
- 1 Ripe Banana
- 2 Eggs
- ½ Cup Egg Whites
- 2 ½ Teaspoons Baking Powder
- 1 Scoop Nectar Sweets – Vanilla Bean Torte
- Pinch of Salt

Preparation Time:
10 min

Cooking Time:
6 - 10 min

INSTRUCTIONS

Add bananas to a blender, and blend until broken down (not smooth). Add the rest of the ingredients and blend until smooth. Spray a non-stick pan with cooking spray, and heat over medium. Add ¼ of batter to the pan – when it starts to bubble, flip it over. Top with pure maple syrup or natural honey.



SNICKERDOODLE PROTEIN WAFFLES



INGREDIENTS

- 4 Cups Whole Wheat Flour
- 2 Tablespoons Baking Powder
- 1 Teaspoon Salt
- 1 Cup Matrix Snickerdoodle
- 1 Tablespoon Vanilla Extract
- 1 Cup of Milk of Choice (coconut milk, almond milk, buttermilk)
- 1 Egg White, Beaten Stiff



Preparation Time:

10 min

Cooking Time:

6 - 10 min

INSTRUCTIONS

Combine dry ingredients in a bowl. Put 1 heaping cup of dry mix into a separate bowl. Then add wet ingredients. Mix well, and pour into a waffle iron. Cook until golden. Garnish with fresh fruit. Top with pure maple syrup or natural honey.

(Store leftover dry mix in a sealed container for later use).





Mixes Instantly

Kosher & Halal

No Artificial Colors

Protein in Water



GRAB N' GO BASIC CEREAL

INGREDIENTS

- 1 Cup Cereal of Your Liking
- 1 Scoop of Syntrax Protein Powder
or 1 Packet of Syntrax Grab N' Go of Your Liking



Cooking Time:
Up to 10 min

INSTRUCTIONS

Add 1 scoop/packet of Syntrax Protein Powder of your liking to your favorite cereal for an extra boost of protein in the morning.



TBS EGGS

(TURKEY, BELL PEPPER, SPINACH)



INGREDIENTS

- 4 Large Eggs
- 2 Tablespoons Greek Yogurt
- ¼ Cup Shredded Cheese
- 1 Scoop Nectar Medical – Unflavored
- 1 Tablespoon Olive Oil
- 1 lb Ground Turkey Sausage (removed from casings)
- ¼ Cup Red Bell Pepper
- 1 Cup Chopped Baby Spinach
- ½ Teaspoon Italian Seasoning
- Salt and Pepper to Taste

Preparation Time:

10 min

Cooking Time:

10 - 15 min

INSTRUCTIONS

Add eggs, yogurt, protein powder, and cheese to a blender. Mix for 20 seconds, or until eggs are fluffy. Heat olive oil in a nonstick skillet over medium heat. Add the sausage and cook, breaking it up with a spoon until done (4-5 minutes). Stir in the baby spinach and red bell peppers. Continue to cook until the spinach has wilted (~1 minute). Push the sausage mixture to the side of the pan. On the remaining side, pour the egg mixture and season with the Italian seasoning, salt, and pepper. Cook, stirring constantly, until the eggs begin to set (~1-2 minutes). Combine the eggs with the sausage mixture. Continue to cook until the eggs have completely set (~1 minute). Serve immediately.





GRAB N' GO EASY OATMEAL

INGREDIENTS

- 1 Cup Oats of Your Liking
- 1 Scoop of Syntrax Protein Powder
or 1 Packet of Syntrax Grab N' Go of Your Liking
- Fresh Fruit



Preparation Time:
5 min

Cooking Time:
10 min

INSTRUCTIONS

Cook oats until thoroughly done. Mix cooked oats and 1 scoop/packet of Syntrax Protein Powder of your liking. Garnish with fresh fruit.



PRONUTS

INGREDIENTS

- ½ Cup Almond Flour
- ½ Cup Buckwheat Flour
- ¼ Cup Nectar Sweets – Double Stuffed Cookie
- 1 Teaspoon Baking Soda
- 1 Teaspoon Cinnamon
- ½ Teaspoon Kosher Salt
- 1 Cup Mashed Bananas
- ½ Cup + ¼ Cup Smooth Peanut Butter, Divided
- ¼ Cup Honey
- ¼ Cup Unsweetened Almond Milk
- 1 Large Egg
- ½ Cup Dark Chocolate Morsels
- ¼ Cup Chopped Peanuts

Preparation Time:

10 - 20 min

Cooking Time:

40 - 50 min

INSTRUCTIONS

Preheat oven to 350° F. Grease a 12-cavity mini doughnut pan. In a large bowl, whisk together almond flour, buckwheat flour, protein powder, baking soda, cinnamon, and salt. In a separate bowl add mashed bananas, ½ cup peanut butter, honey, Almond Milk, and egg until combined. Add together wet and dry ingredients, batter will be thick. Spoon into the doughnut pan, and bake for 14-16 minutes, or until a toothpick comes out clean. Let cool for 10 minutes, then turn over onto wire rack. Add chocolate chips and remaining peanut butter to a bowl, and microwave on high for two 20-second intervals. Stir until smooth. Dip donuts into chocolate mixture and let excess glaze run off wire rack. Sprinkle with chopped peanuts, if desired. Store in the refrigerator for 6-7 days.

PROTEIN CHICKEN MEATBALLS

INGREDIENTS

- 2 ½ Cup Ground Chicken
- 1 Scoop Nectar Medical – Unflavored
- 2 Garlic Cloves, Finely Chopped
- 1 Medium Onion. Finely Chopped
- 1 Egg
- 4 Tablespoons Oat Bran (Can Substitute with Flour)
- Spices (Chopped Parsley, Black Pepper, Smoked Paprika, Italian Seasoning)
- 1 Pinch Himalayan Pink Salt (To Taste)
- 1 Carrot, Grated
- 1 Jar Organic Marinara
- 1 Cup Grated, Reduced-Fat Mozzarella Cheese

Preparation Time:

10 - 20 min

Cooking Time:

1 h 40 min

INSTRUCTIONS

Preheat oven to 375 ° F. Mix the egg, onion, garlic, oat bran, and spices together in a blender. Place the grounded chicken into a bowl. Add the blended mixture, grated carrot, protein powder, and salt to the chicken. Once all of the ingredients are thoroughly mixed, roll into little balls. Place meatballs on a cookie sheet, and bake for 20-25 minutes until golden brown. Remove cooked meatballs from oven, and place them in a pan. Pour marinara over the meatballs (as little or much as wanted). Sprinkle grated mozzarella on top and place back into the oven, uncovered, for 5-10 more minutes (or until cheese is melted). Optional: Garnish with parsley on top.

SYNTRAX HUMMUS

INGREDIENTS

- 1 15-Oz Can Chickpeas
- ¼ Cup Fresh Lemon Juice
- ¼ Cup Tahini
- 3 Garlic Cloves, Minced
- 2 Tablespoons Extra-Virgin Olive Oil
- ½ Teaspoon Ground Cumin
- Salt to Taste
- 2-3 Tablespoons Water
- 1 Scoop Nectar Medical – Unflavored



Preparation Time:
10 min

INSTRUCTIONS

Using a food processor, combine the tahini and lemon juice and process for 1 minute. Scrape the sides and bottom of the bowl, and process for 30 seconds more. Add the olive oil, minced garlic, cumin, and ½ teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds. Scrape the sides and bottom of the bowl, and then process for another 30 seconds (or until well blended). Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas and process until thick and quite smooth (~1-2 minutes). The hummus thus far will be very thick. Turn the processor back on, and slowly add 2-3 tablespoons of water until you reach the desired consistency. Stir in 1 scoop of Nectar Medical – Unflavored. This recipe should be stored in an airtight container and can be refrigerated for up to one week.



& GRILLED VEGGIE WRAP

INGREDIENTS

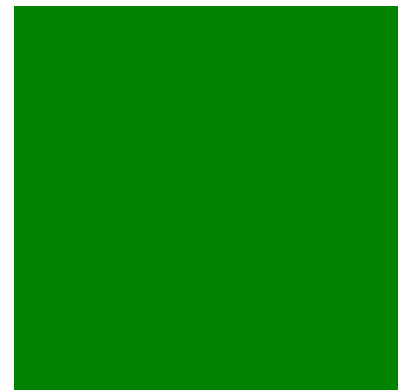
- 1 Red Onion, Cut into ½-Inch Slices
- 1 Red Bell Pepper, Quartered
- 1 Eggplant, Cut into ½-Inch Slices
- 2 Tablespoons Olive Oil, Divided
- ¼ Cup Fresh, Flat-Leaf Parsley, Chopped
- 1/8 Teaspoon Kosher Salt
- 4 Whole Grain Tortillas
- ½ Cup Feta Cheese, Crumbled

Preparation Time:
10 min

Cooking Time:
6 min

INSTRUCTIONS

Heat a large grill pan over medium-high heat. Brush onion, bell pepper, eggplant with 1 tablespoon of oil. Add onion and bell pepper to the pan, and cook for 3 minutes on each side (until grill marks appear). Remove veggies from pan. Then add eggplant to the pan, and cook for 3 minutes on each side (until grill marks appear). Remove from pan. Coarsely chop veggies and add to a bowl. Add the remaining oil, parsley, and salt, tossing to combine. Spread hummus over each tortilla shell, leaving a ½ inch border around the edges. Divide veggies over each tortilla, and top with 2 tablespoons of feta cheese. Roll up wraps, and cut diagonally in half.



BASIC MASHED POTATOES



INGREDIENTS

- 1 lb Red Potatoes
- ¼ Cup Light Butter
- ¼ Cup 2% Milk
- 1 Tablespoon Garlic Powder
- 1 Scoop Nectar Medical – Unflavored
- Salt and Pepper to Taste
- Optional: Freshly Chopped Green Onions



Preparation Time:

10 min

Cooking Time:

15 - 20 min



INSTRUCTIONS

Skin the potatoes. Place potatoes in a large pot, cover with water and boil for ~15 minutes (until you can pierce through them with a fork). Drain the potatoes, and mash them in a large bowl. Add butter, milk, protein powder, and garlic and mix thoroughly. Salt and pepper to taste. Top with freshly chopped green onions.





SLOPPY JOE PROTEIN PEPPERS

INGREDIENTS

- 2 Tablespoons Extra-Virgin Olive Oil
- 1 Medium Yellow Onion, Chopped
- 1 Tablespoon Tomato Paste
- 3 Cloves Garlic, Minced
- 1 lb Ground Turkey
- Kosher Salt
- Ground Black Pepper
- 1 Cup Tomato Sauce
- 1/3 Cup Ketchup
- 1 Tablespoon Worcestershire Sauce
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon Brown Sugar
- 2 Scoops Nectar Medical - Unflavored
- 4 Bell Peppers, Cut Vertically
- 1 Cup Shredded Cheddar Cheese
- 1/3 Cup Low-Sodium Beef Broth
- Chopped Green Onions, For Garnish
- Optional: Hot Sauce

Preparation Time:
10 - 15 min

Cooking Time:
1h 15 min

INSTRUCTIONS

Preheat oven to 400 ° F. In a large skillet, heat oil over medium heat. Cook onion until soft and translucent, about 5 minutes. Stir in tomato paste and garlic and cook for approximately 1 more minute. Add ground turkey, season with salt and pepper, and cook until turkey is done. Reduce heat to low and stir in tomato sauce, ketchup, Worcestershire sauce, apple cider vinegar, and brown sugar. Let simmer for about 5-7 minutes. Remove from heat and stir in protein powder. To a large baking dish, add peppers with open side up. Divide the meat mixture evenly into the 8 pepper halves. Pour beef broth into the baking dish, to help the peppers steam. Cover with foil, and bake peppers until they are tender (~45 minutes). Uncover the pan and top with cheese, baking for 10 more minutes. Garnish with green onions, and a few dashes of hot sauce if desired.



CHICKEN CAULIFLOWER MAC ATTACK

INGREDIENTS

- 1 Cauliflower Head, Cut into Florets
- 2 Cups Chopped, Skinless, Rotisserie Chicken
- 4 oz Low-Fat Cream Cheese, Cut into Cubes
- ¼ Teaspoon Sea Salt
- 1-2 Scoops Nectar Medical – Unflavored
- 2 Cups Cheddar Cheese, Divided
- 1 Teaspoon Chopped Parsley

Preparation Time:

10 min

Cooking Time:

55 min

INSTRUCTIONS

Preheat oven to 400° F. Add cauliflower, chicken, and cream cheese to a cast-iron skillet. Cover with foil and bake for 20 minutes. Remove from oven and stir in salt, 1 ½ cups of cheese, protein powder, and parsley. Cover it back with foil and bake for 15 more minutes. Remove from oven and top with remaining cheese. Broil for 2 minutes. Serve immediately.

MAKE WHEY 4 RATATOUILLE

INGREDIENTS

- 2 Medium Eggplants, Diced into ½-inch Cubes
- ½ Cup Extra Virgin Olive Oil, Divided
- 2 Onions, Diced into ½-inch Cubes
- 4 Garlic Cloves, Peeled and Sliced
- 1 Medium Zucchini, Diced into ½-inch Cubes
- 1 Medium Yellow Squash, Diced into ½-inch Cubes
- 2 Red Bell Peppers, Seeds Removed, Cored, and Diced into ½-inch Cubes
- 1 Tablespoon Reduced Sodium Tomato Paste
- ½ Cup Red Wine, to Deglaze
- 1 Tablespoon Sugar
- 1 Tablespoon Fresh Thyme
- 1 Tablespoon Fresh Oregano
- 4 Large Tomatoes, Diced
- 1 Tablespoon Fresh Basil
- Lemon Zest
- Sea Salt and Pepper to Taste
- 2-3 Scoops Nectar Medical – Unflavored
- Toasted Bruschetta Bread
- Feta Cheese Crumbles
- Optional: Hot Sauce

INSTRUCTIONS

Dice eggplant into ½-inch cubes. If eggplant has a lot of seeds, add salt and allow to set for ~30 minutes to remove the bitterness; if there aren't many seeds, cook as is. Sauté eggplant in a large pan with 4 tablespoons of olive oil for 8-10 minutes to caramelize. While cooking, add salt and pepper to the eggplant to help bring out the flavors. Add 3-4 tablespoons of olive oil to a large pot and sauté onions. Then add in the sliced garlic. After 2-3 minutes, add diced zucchini and squash to the pot. Next add the diced bell peppers. Transfer the cooked eggplant to the rest of the vegetables, add in the tomato paste and continue to sauté. Deglaze the pot with the red wine and add in sugar, thyme, and oregano. Let the wine evaporate for 1-2 minutes. Add in the tomatoes and simmer at low heat for 20-30 minutes. Add in basil and a little lemon zest, and remove from heat. Add in 2-3 scoops of protein powder. Serve on sliced, toasted bruschetta bread, and top with olive oil drizzle and feta cheese crumbles. If you desire, add a few dashes of hot sauce.

Preparation Time:

15 - 30 min

Cooking Time:

45 min

SYNTRAX PUDDING POPS

INGREDIENTS

- 2 Cups Cold Almond Milk
- $\frac{3}{4}$ Cup Sugar
- 1 Scoop Macro Pro Vanilla Bean
- $\frac{1}{4}$ Cup Organic Corn Starch
- 1 Teaspoon Vanilla Extract
- $\frac{1}{2}$ Teaspoon Salt

Preparation Time:

8h 25 min

INSTRUCTIONS

Add all of the ingredients to a medium saucepan and whisk. Bring to a boil over medium-high heat; reduce heat and simmer until pudding thickens, stirring occasionally (~3-4 minutes). Pour into a glass bowl and cool for 20 minutes. After cooled, pour into a piping bag and squeeze into popsicle molds. Place lid on the molds, and then place sticks into the pops. Freeze for at least 8 hours or overnight.



BERRY PROTEIN MUFFINS

INGREDIENTS

- 2/3 Cup Blueberries
- ½ Cup Applesauce
- ½ Cup Vegetable Oil
- ½ Teaspoon Baking Powder
- 1 ½ Cups of Flour
- 2 Eggs
- ¼ Cup Brown Sugar
- ½ Cup Micellar Crème – Strawberry Milkshake
- ¼ Teaspoon Ground Cinnamon

Preparation Time:

10 min

Cooking Time:

40 min

INSTRUCTIONS

Preheat oven to 375 °F. Mix dry and wet ingredients in two separate bowls. Add wet ingredients into the dry. Fold in the blueberries. Add muffin liners to a muffin tin, and fill with the mixture. Put in the oven right away, and bake for 25 minutes until goldish brown. A toothpick should come out clean.



HIGH PROTEIN BLUEBERRY PARFAIT

INGREDIENTS

- 1 Cup Non-Fat Greek Yogurt
- ¼ Cup Frozen Blueberries, Thawed
- 1 Tablespoon Blueberry Fruit Preserves (No Sugar Added)
- 2 Tablespoons Hemp Hearts
- 3 Tablespoons Low-Sugar Granola
- ½ Scoop Matrix Simply Vanilla (Add to Yogurt)



Preparation Time:

10 min

INSTRUCTIONS

Warm the blueberries in a small bowl until they produce a small amount of juice. Combine with preserves, setting aside a few berries for topping. Combine hemp hearts and granola. Layer the berry mixture on the bottom of a jar, followed by yogurt mixture and granola mixture. Alternate layers as desired (example: berry mixture, yogurt mixture, granola mixture, berry mixture, yogurt mixture, granola mixture). Top with blueberries and granola mixture. Serve chilled.



PEANUT BUTTER CHOCOLATE CHIP COOKIES

INGREDIENTS

- ½ Cup Peanut Butter
- ¼ Cup Light Brown Sugar
- ¼ Teaspoon Kosher Salt
- 1 Large Egg
- 1 Large Egg White
- ½ Teaspoon Vanilla Extract
- ¼ Teaspoon Baking Soda
- ½ Cup Matrix Simply Vanilla
- 2 Tablespoon Coconut Flour (Must Use Coconut Flour)
- 3 Tablespoon Mini Chocolate Chips

Preparation Time:
20 - 30 min

Cooking Time:
25 min

INSTRUCTIONS

Place a rack in the center of your oven and preheat the oven 350 ° F. Line a baking sheet with parchment paper. In a medium bowl, combine the peanut butter, sugar, salt, egg, egg white, and vanilla extract. Mix briskly until ingredients are well blended. Sprinkle the baking soda over the top. With a rubber spatula, work in the protein powder and coconut flour until well combined. The dough will seem very dry at first, but will continue to come together as you stir and push. Fold in chocolate chips. If you need a firmer dough, add a bit more protein powder. For a looser dough, sprinkle the batter with a bit of milk (or almond milk) and with a spatula, fold it in until the dough comes together. With a small cookie scoop or spoon, portion the cookie dough by tablespoonfuls and drop onto your prepared baking sheet (you will have 12-14 cookies total). With your fingers, gently flatten the tops of the cookies, as they will not spread but will puff up during baking. Bake for 5 to 6 minutes, until the edges are barely golden brown and dry to the touch but the middles seem fairly doughy. Do not overbake! Place the cookie sheet on a wire rack and allow the cookies to cool on the baking sheet for 3 minutes before transferring them directly to the wire rack to finish cooling.



CHOCOLATE PROTEIN FLAN

INGREDIENTS

- 2 16-oz Containers Plain Yogurt
- ½ Cup Milk of Your Choosing
- ¼ Cup Unsweetened Cocoa
- 2 Scoops Nectar Naturals – Chocolate
- 1 Box Gelatin

Preparation Time:

Up to 25 min

INSTRUCTIONS

Prepare the gelatin as instructed on the package, and set aside. Mix remaining ingredients into a separate bowl. Add in the gelatin mixture. Pour into small bowls, or molds. Refrigerate until the cream is firm. Take out of molds and serve. Garnish with chocolate shavings and fruit of choice (served best with strawberries).

COOKIE DOUGH BROWNIES

BROWNIE INGREDIENTS

- 7 oz Natural Peanut Butter
- 1 Egg
- 4 Tablespoons Honey
- ½ Cup Applesauce
- ½ Teaspoon Vanilla Extract
- 1 Tablespoon Almond Milk
- 4 Tablespoon Cocoa Powder
- 1 Teaspoon Baking Soda
- ¼ Teaspoon Salt

COOKIE DOUGH INGREDIENTS

- 2 Cups Oats, Ground into Flour
- 2 Scoops Matrix Peanut Butter Cookie
- 2 Tablespoons Powdered Peanut Butter
- 1 Tablespoon Stevia
- 2 Tablespoon Flaxseed
- 4 Tablespoon Natural Peanut Butter
- ½ Teaspoon Butter Extract (optional)
- 1 Teaspoon Vanilla Extract
- ½ Cup Almond Milk
- 4 Tablespoon Chocolate Chips

INSTRUCTIONS

Preheat the oven 325 °F. Combine all of the wet brownie ingredients in a large bowl. Mix together the dry brownie ingredients, and then mix into the wet ingredients. Pour the batter into a greased 8x8 baking dish. Bake for 15-20 minutes, until inserted toothpick comes out clean. In the meantime, combine all of the dry cookie dough ingredients together, then stir in peanut butter, extracts, and almond milk to reach desired consistency. Gently fold in chocolate chips. Once brownies are cooled, spread the cookie dough mixture on top. Drizzle with extra chocolate if desired. Chill in the refrigerator for at least 1 hour before cutting into bars.

Preparation Time:

10 - 20 min

Cooking Time:

1 h 35 min

PEANUT BUTTER COOKIE PROTEIN BITES

INGREDIENTS

- 1 Cup Peanut Butter
- 1 Tablespoon Honey
- Splash Milk of Your Choosing
- 4 Scoops Matrix Peanut Butter Cookie
- Coconut Flour
- Optional: Chopped Peanuts

Preparation Time:

10 - 15 min

INSTRUCTIONS

Mix all of the ingredients in a large mixing bowl – mixture will be sticky. Flour your hands with coconut flour to help keep mixture from sticking to hands. Form small balls with the mixture, and roll over chopped peanuts (optional). Refrigerate until firm.



CAKE BATTER CHEESECAKE

CRUST INGREDIENTS

- 9 Graham Crackers
- 2 Tablespoon Coconut Oil
- 2 Tablespoon Sugar-Free Syrup

FILLING INGREDIENTS

- 12 oz Light Vanilla Greek Yogurt
- 12 oz Fat-Free Cream Cheese, Soften
- 1 Scoop Matrix Simply Vanilla
- ½ Package Sugar-Free Cheesecake Pudding Mix
- ¼ Cup Sugar-Free Yellow Cake Mix
- 2 Tablespoon Rainbow Sprinkles

INSTRUCTIONS

Mix together crust ingredients in a food processor. Press into the bottom of a greased 9-inch springform pan. Place in the freezer. In the meantime, combine all of the filling ingredients with a mixer on medium-low speed. Once smooth, gently stir in the sprinkles, remove crust from freezer and pour batter on top. Place cheesecake in the refrigerator for 1 hour or until firm. Cut into 12 slices.

Preparation Time:
1h 10 min

