

## INGREDIENTS

- 1 cup oat flour
- 1/4 cup almond flour
- 1 scoop vanilla whey protein powder
- 1 scoop chocolate whey protein powder
- 3 tablespoons unsweetened dark cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 2 tablespoons liquid egg whites (or 2 whites)
- 1/4 cup NuNaturals stevia baking blend
- 1/3 cup unsweetened applesauce
- 1/4 cup plain greek yogurt
- 1/4 cup almond milk
- 3 tablespoons dark chocolate chips (optional)
- 3 tablespoons chopped walnuts (optional)



## Triple Chocolate Protein Cake Bars

### INSTRUCTIONS

1. Preheat oven to 350 degrees, grease an 8 x 8 baking dish.
2. Combine through salt in a large bowl, set aside.
3. Combine eggs and stevia and whisk together until fully incorporated in a medium bowl.
4. Add remaining wet ingredients to the medium bowl and whisk together.
5. Pour wet into dry ingredients and add in chocolate chips and walnuts if using.
6. Pour batter into baking dish and bake for 20-25 minutes until a toothpick inserted comes out clean.
7. Let cool completely in pan and then cut into 9 squares, wrap individually and store in refrigerator.

## Ingredients

- 1/4 cup vanilla whey protein powder
- 2 tbsp peanut butter (32 g)
- 1 tsp agave syrup or honey (5 g)
- 2 tsp water
- 1 square chopped dark chocolate (10 g)
- 1/2 tbsp coconut flour



## Chocolate Chunk Cookie Dough Protein Bars

### Directions

1. Using a spatula, mix all of the above ingredients together except for the water.
2. Add the water, one teaspoon at a time, until you get a doughy mix. Shape that into four small rectangles. If your batter is too sticky, add a bit more coconut flour. If it's too dry, add water.
3. Once you've shaped your bars, leave them to set in the fridge for a couple of hours. Enjoy your no-bake success!

## **INGREDIENTS**

1 15-ounce can  
unsweetened pumpkin  
puree (not pie filling)  
¼ cup unsweetened  
natural cocoa powder  
(not Dutch process)  
½ cup all-natural,  
sweetened chocolate  
protein powder (vegan  
or whey)  
1 teaspoon vanilla  
extract  
½ teaspoon ground  
cinnamon  
¾ cup almond milk or  
lowfat dairy milk  
Optional: additional  
natural sweetener to  
taste (e.g., stevia,  
honey, maple syrup)



## **Chocolate-Pumpkin Pudding**

## **INSTRUCTIONS**

1. In a blender (I used a Vitamix) or food processor, process the pumpkin, cocoa powder, protein powder, vanilla and cinnamon until well blended and smooth, stopping once or twice to scrape down the sides of the processor bowl or blender pitcher with a spatula.
2. Add half of the milk to the blender or processor; process until smooth, then scrape down sides, Add remaining milk; process until smooth. Taste the pudding and add additional sweetener (a little bit at a time) if desired.
3. Scrape into a big container or into individual jars or ramekins. Cover and chill at least 2 hours for it to thicken and for the flavors to blend.