

The Dessert Angel Presents...

# 30 High Protein Treats



Tasty Treats To Help You Build Lean Muscle

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# Table of Contents

<b>Intro .....</b>	<b>4</b>
<b>Whey Protein Treats .....</b>	<b>8</b>
Vanilla Protein Truffles .....	9
Vanilla Chocolate Chip Protein Muffins .....	10
Reese's Protein Muffins .....	11
Masala Muscle Muffins .....	12
Lemon Burst Protein Truffles .....	13
Chocolate Chip Protein Cookies .....	14
Perfect Protein Brownies .....	15
Double Chocolate Protein Truffles .....	16
Coconut-Chocolate Protein Truffles .....	17
Banana Protein Pancakes .....	18
Apple Cinnamon Protein Cookies .....	19
Really Easy Protein Cookies .....	20
Protein Crepes .....	21
Chocolate Lovers Protein Cupcakes .....	22
Nuts 'n Apples Protein Cupcakes .....	23
Blueberry Protein Cupcakes .....	24
Banana Nut Chocolate Protein Cupcakes .....	25
Chocolate Chip Protein Loaf .....	26
No Bake Almond Bites .....	27
No Bake Chocolate Fudge Bites with Walnuts .....	28
<b>Hemp Protein Treats .....</b>	<b>29</b>
"No-High" Hemp Brownies .....	30
Hemp Muffins .....	31
Chocolate Chip Chocolate Hemp Cookies .....	32
Chocolate Hemp Granola Bars .....	33
Nutty Chocolate Hemp Snack Bars .....	34
<b>Post-Workout Recovery Treats .....</b>	<b>35</b>
Mini Cocoa Muscle Cakes .....	36
Tropical Power Smoothie .....	37
Simply Natural Protein Bars .....	38
Mighty Blueberry Muffins .....	39
Apple Cinnamon Recovery Cookies .....	40
<b>Frostings .....</b>	<b>41</b>
Lemon Zest Frosting .....	42
Nutty Chocolate Frosting .....	43
<b>Resources .....</b>	<b>44</b>

# Intro

Welcome to the world of high protein treats!

There are 2 main categories of high protein recipes in this recipe guide:

1. Anytime Treats (Whey or Hemp Protein)
2. Post-Workout Recovery Treats

**Anytime Treats** are best eaten as a snack or meal replacement.

Along with a minimum of 10 grams of protein, they also contain healthy fats and quality unrefined carbs. If you eat them as a meal replacement they'll keep you full until your next meal so you avoid snacking on unhealthy junk foods.

Unlike a lot of protein bars on the market, you won't even notice that there is any added protein in these treats! They taste just like yummy desserts!

**Post-Workout Recovery Treats:** these are best eaten after a workout as they contain a 2:1 to 3.5:1 carb to protein ratio and minimal fat.

Studies have shown that this macronutrient breakdown is the ideal thing to get into your body after a workout for building lean muscle and maintaining a high metabolism.

Each treat has at least 10 grams of protein per serving: for most women, 1 serving is perfect, for bigger guys, you might need 2 servings or even 3 if your goal is to build muscle.

The minimal amount of fat in each serving is also good after a workout because you actually want your insulin to spike at this time. When your insulin spikes your body goes into storage mode but because it's after exercise, your body stores takes carbs and protein and stores them as energy and lean muscle.

And despite all of the science, what these little treats help me do is to avoid bingeing after working out if I have to cook a meal or wait to eat.

Right after a workout I'm not super hungry. But an hour or so later, I'm ready to eat anything in sight!

So these treats are not only designed to help me recover optimally from my workout, but they're the perfect size to keep me from bingeing because I got too hungry.

Also, there are treats in this section that are convenient to take on the go, so they're handy to carry to the gym with you if you want a tasty little snack that will help with your workout efforts.

In terms of taste, the Anytime Treats are much more tasty because of the healthy fats (fat makes things taste better!).

While the Post-Workout Recovery Treats are still good, they're not as tasty and more dry, so when you do eat them, make sure you have a bottle of water handy, which is what you should be doing after a workout anyway. So they're good in that they'll force you to stay hydrated while at the same time supplying your muscles with the optimal nutrients to build/maintain lean, metabolism-boosting muscle.

## ***What protein powder do I use?***

For all of the recipes that include whey protein, I use [BioTrust](#).

While [BioTrust protein](#) is a little more expensive than brands you'll find at the local supplement shop, it has the following features that cheaper brands don't have:

- ✓ 100% All-Natural, Hormone-Free
- ✓ No Artificial Colors, Sweeteners or Flavors – it's sweetened with stevia
- ✓ Time-Released Four-Protein Blend – helps keep you fuller, longer

I've tried some of the recipes with Allmax IsoNatural protein, which is also sweetened with stevia, and I found the recipes were drier compared to when I did the exact same recipe with BioTrust protein.

I think it has to do with the 4 different types of protein (whey isolate and concentrate, micellar casein and milk protein concentrate) that is in BioTrust vs. other brands that only have 1 type of protein (whey).

You can definitely make these recipes with other brands of protein, but if they turn out really dry, you'll know why.

**The scoop size is also different with BioTrust – 1 BioTrust scoop is approximately 1/2 most other protein brands and gives you 12 grams of protein. If you're using another brand, substitute 12 grams protein worth per BioTrust scoop called for.**

Also, look to see what your protein is sweetened with – if it's aspartame or sucralose (which are not divine ingredients), I highly recommend when you finish that container, you grab some BioTrust protein, even if it's just for these treats.

For all of the recipes that include hemp protein, I used Manitoba Harvest Dark Chocolate Hemp Protein.

**Let me tell you a little bit about hemp protein first, if you're not familiar with this superfood ...**

Not many people know, but hemp is one of the oldest and most versatile crops in the world, and has been cultivated for centuries. If you're not familiar with hemp protein already, you may wonder, what is the difference between edible hemp and smoke-able hemp?

Industrial hemp, the kind grown for seeds, oils, and is used in hemp protein is known as *Cannabis Sativa L.*

Cannabis cultivated for medicinal or recreational use, on the other hand, is known as *Cannabis Indica* (more commonly referred to as "marijuana"). This variety is bred specifically for its flowers, and THC (Tetrahydrocannabinol – the substance that produces the "high").

Hemp grown industrially is heavily regulated and is required to have less than a 0.03% THC content. This is different from marijuana, which often has 7 to 20% (or more) THC present. So no, you will not get a high from consuming hemp protein.

Hemp is available in many edible forms these days, all derived from the hulled seeds, and often referred to as "hemp hearts". Dried and pulverized seeds are sold as protein powder, and this powder is used for the hemp protein desserts.

Hemp is a good fit for many diets as it is a vegan, gluten-free, sugar-free, trans fat-free, cholesterol free, and THC-free whole food that delivers an incredible amount of nutrition! Hemp is usually very safe even for those unable to tolerate nuts, gluten, lactose, and sugar.

As a protein, hemp is totally remarkable, as it is complete (meaning it contains all 20 amino acids, including the 9 essential ones), something not so easy to find in plant-based protein, making it an ideal choice for vegetarians and vegans. The protein in hemp is also highly digestible and easily absorbed by the body. Especially perfect for post-workout recovery, hemp is a good source of branch-chained amino acids, needed for repair and growth of lean body tissue.

Hemp protein also very easy to work with too – the grainy texture of hemp protein goes unnoticed after baking, and the treats come out having a little nutty flavor. One thing that you might love about hemp protein powder is that it is high in fiber. Baking with hemp protein gives the treats a high fiber count and therefore this lowers the NET total carbs, making all the treats low carb! All my hemp protein recipes contain 12g of NET carbs or less (NET carbs = Total Carbs – Fiber), and you can find these recipes easily by locating the "LOW CARB" symbol.



Like I said, I use the brand Manitoba Harvest Organic Hemp Protein, Dark Chocolate flavour. It's sweetened with stevia rather than refined sugars which some brands may



use (make sure to check the labels) or aspartame or sucralose (which we already discussed are NOT divine ingredients and don't belong in our diet).

**I have used cup and tablespoon measurements for the hemp protein here to make it easier for you to measure out if you are using another hemp protein brand.**

OK that's enough for now, I hope you enjoy your new treats!

Helen aka "The Dessert Angel"



# whey protein treats





# Vanilla Protein Truffles

Servings: Makes 4 truffles (2 truffles per serving)



## Ingredients

- 1/4 cup + 1 tbsp raisins
- 2 tbsp ground oats
- 1/4 cup cashews (or any other nut)
- 3 tbsp natural peanut butter
- 1/2 tsp pure vanilla extract
- 2 scoops BioTrust Vanilla protein
- Pinch of sea salt

## NUTRITION INFO

(per serving)

Calories	209
Protein	10.8
Carbs	18.1
Fiber	2.7
Sugar	8.3
Fat	11

## Directions

1. Combine all ingredients in a blender/food processor and blend well until a dough forms
2. Roll into balls and enjoy
3. Store leftovers in fridge

# Vanilla Chocolate Chip Protein Muffins

Servings: 4



## Ingredients

- 4 scoops BioTrust Vanilla protein
- 1/4 cup brown rice flour
- 1/4 cup coconut oil, liquefied
- 1 egg
- Pinch of sea salt
- 1/4 tsp baking soda
- 1/4 tsp apple cider vinegar
- 1/4 cup dark chocolate chips
- 1/4 cup + 2 tbsp almond milk

## NUTRITION INFO

(per serving)

Calories	250
Protein	14.2
Carbs	11.9
Fiber	2.6
Sugar	1.1
Fat	17



## Directions

1. Combine all dry ingredients in a bowl and mix well
2. Combine coconut oil and egg in another bowl and mix well
3. Combine the dry ingredients with the coconut oil/egg mixture and mix well
4. Add in almond milk and apple cider vinegar and mix well
5. Stir in 2 tbsp of chocolate chips
6. Line muffin tray and pour mixture into liners
7. Divide the rest of the chocolate chips (2 tbsp) among the muffins – sprinkle on top
8. Bake at 350F for around 16 minutes until toothpick inserted comes out clean

# Peanut Butter Chocolate Protein Muffins

Servings: 4



## Ingredients

- 4 scoops BioTrust Chocolate protein
- 1/4 cup brown rice flour
- 3 tbsp natural peanut butter
- 1 egg
- Pinch of sea salt
- 1/4 tsp baking soda
- 1/4 tsp apple cider vinegar
- 1/4 cup + 2 tbsp almond milk

## NUTRITION INFO

(per serving)

Calories	205
Protein	17.9
Carbs	14.1
Fiber	3.3
Sugar	1.4
Fat	9.2



## Directions

1. Combine all dry ingredients in a bowl and mix well
2. Combine peanut butter and egg in another bowl and mix well
3. Combine the dry ingredients with the peanut butter/egg mixture and mix well
4. Add in almond milk and apple cider vinegar and mix well
5. Line muffin tray and pour mixture into liners
6. Bake at 350F for around 15 minutes until toothpick inserted comes out clean



# Vanilla Chai Protein Muffins

Servings: 4



## Ingredients

- 4 scoops BioTrust Vanilla protein
- 1/4 cup brown rice flour
- 4 tbsp coconut oil, liquefied
- 1 egg
- Pinch of sea salt
- 1/4 tsp baking soda
- 1/4 tsp apple cider vinegar
- 1/4 tsp ginger powder
- 1/2 tsp cinnamon
- 1/4 tsp cardamom
- 1/4 cup + 2 tbsp almond milk

## NUTRITION INFO

(per serving)

Calories	249
Protein	14.2
Carbs	12.3
Fiber	2.8
Sugar	0.5
Fat	16.8



**LOW CARB**

## Directions

1. Combine all dry ingredients in a bowl and mix well
2. Combine coconut oil and egg in another bowl and mix well
3. Combine the dry ingredients with the coconut oil/egg mixture and mix well
4. Add in almond milk and apple cider vinegar and mix well
5. Line muffin tray and pour mixture into liners
6. Bake at 350F for around 16 minutes until toothpick inserted comes out clean
7. Sprinkle with cinnamon if you like

# Lemon Burst Protein Truffles

Servings: Makes 6 truffles (2 truffles per serving)



## Ingredients

- 1/3 cup dates (about 10 dates), chopped after measuring
- 1/4 cup +2 tbsp walnut pieces
- 2 tsp lemon juice
- 1 tsp lemon rind
- 2 scoops BioTrust Vanilla protein
- About 2 tbsp chia seeds

## NUTRITION INFO

(per serving)

Calories	223
Protein	13.3
Carbs	21.3
Fiber	5.6
Sugar	13.1
Fat	12



## Directions

1. Place all ingredients except for chia seeds in a blender/food processor and combine
2. Roll into balls
3. Roll balls in a bowl of chia seeds to coat outside
4. Fridge for around 20 minutes before eating

# Chocolate Chip Protein Cookies

Servings: Makes 8 cookies (2 cookies per serving)



## Ingredients

- 3 scoops BioTrust Vanilla protein
- 1/2 cup + 1 tbsp almond flour
- 6 dates, chopped finely
- 2 tbsp coconut oil, liquefied
- 1 egg
- Pinch of sea salt
- 3 tbsp dark chocolate chips (or more)
- 2 pinches stevia (optional if you want sweeter)

## NUTRITION INFO

(per serving)

Calories	295
Protein	14.1
Carbs	20
Fiber	4.4
Sugar	13
Fat	18



## Directions

1. Combine all dry ingredients in a bowl
2. Combine all wet ingredients
3. Combine dry and wet ingredients into one bowl and mix well
4. Drop spoonfuls of dough onto a parchment paper-lined baking sheet
5. Bake at 350F for around 12 minutes
6. Let cool before enjoying

# Perfect Protein Brownies

Servings: 6



## Ingredients

- 1/2 cup black beans (rinsed and drained, I prefer Eden Organic brand from a can)
- 1 egg
- 1/4 cup dates (around 6 dates), chopped\*
- 4 scoops BioTrust Chocolate protein
- 1 tbsp cocoa powder
- 1/4 tsp baking soda
- 1/4 tsp apple cider vinegar
- Pinch of sea salt
- 2 tbsp olive oil or coconut oil
- 2 more tbsp olive oil or coconut oil (optional)
- 3 tbsp dark chocolate chips

## NUTRITION INFO

(per serving)

Calories	207
Protein	13.2
Carbs	22
Fiber	4.8
Sugar	8.1
Fat	8.3



\*soak dates in a bowl of water for several hours before chopping if they are dry

## Directions

1. Using a food processor, combine all ingredients except for chocolate chips
2. Stir in chocolate chips with a spoon
3. If batter is very thick now, add in the extra 2 tbsp olive/coconut oil and combine
4. Pour batter (can be still thick) into a small baking pan (I used a 9 x 5 inches loaf pan) lined with parchment paper and lightly buttered; if using a larger pan (i.e. 9 x 9 inches) – double recipe
5. Bake at 350F for around 16 minutes – do not overbake (I recommend start checking at 12 mins)
6. Remove from pan and cool on a wire rack before serving

**Tasty Tip:** I like to top these brownies with my Nutty Chocolate Frosting (from my original Heavenly Recipes Guide) on page 43.



# Double Chocolate Protein Truffles

Servings: Makes 6 truffles (2 truffles per serving)



## Ingredients

- 2 scoops BioTrust Chocolate protein
- 1/4 cup walnut pieces
- 1/4 cup raisins
- 1 tbsp coconut oil, liquefied
- 1 tbsp natural peanut butter
- 2 tbsp dark chocolate chips

## NUTRITION INFO

(per serving)

Calories	260
Protein	13.1
Carbs	18.5
Fiber	3
Sugar	11.5
Fat	16.1



## Directions

1. Blend all ingredients except chocolate chips together
2. Add in chocolate chips to the blender and lightly blend in with a few pulses until chocolate chips are smaller pieces
3. Roll into balls
4. Fridge for 20 minutes and enjoy

# Coconut-Chocolate Protein Truffles

Servings: Makes 6 truffles (2 truffles per serving)



## Ingredients

- 2 scoops BioTrust Chocolate protein
- 1/4 cup walnut pieces
- 1/4 cup raisins
- 1 tbsp coconut oil, liquefied
- 1/4 cup + 2 tbsp shredded, unsweetened coconut
- 1 tbsp natural peanut butter

## NUTRITION INFO

(per serving)

Calories	236
Protein	13.1
Carbs	16.6
Fiber	4
Sugar	8.7
Fat	14.7



## Directions

1. Blend all ingredients together
2. Roll into balls
3. Fridge for 20 minutes and enjoy

# Banana Protein Pancakes

Servings: 2

## NUTRITION INFO

(per serving)

Calories	266
Protein	21.3
Carbs	19.9
Fiber	8.8
Sugar	8.4
Fat	9.3



LOW CARB



## Ingredients

- 2 eggs
- 2 scoops BioTrust Vanilla protein
- 2 tsp cinnamon
- 3 tbsp ground flax
- 1 tsp vanilla extract (optional)
- 1 mashed banana (ripe)

## Directions

1. Mix all ingredients except for banana in a bowl
2. Add mashed banana to the bowl and continue to mix until well combined
3. Cook pancakes over medium-low heat in a lightly oiled pan
4. Cook on one side for a couple minutes, then flip and cook for another couple minutes until the middle is cooked through
5. Serve with maple syrup or any other toppings, blueberries are one of my favorites.

# Apple Cinnamon Protein Cookies

Servings: Makes 8 cookies (2 cookies per serving)



## Ingredients

- 1/3 cup unsweetened applesauce
- 3 scoops BioTrust Vanilla protein
- 1/2 cup rolled oats
- 1/2 tsp cinnamon (or more if you like)
- A few pinches of stevia to taste

## NUTRITION INFO

(per serving)

Calories	104
Protein	10.4
Carbs	12.3
Fiber	2.8
Fat	1.4



## Directions

1. Preheat oven to 350F
2. In a bowl, combine protein powder with applesauce and mix until combined
3. Add in oats and cinnamon and stevia to the bowl and continue to mix until combined
4. Line a cookie sheet with parchment paper and drop spoonfuls of batter onto the sheet
5. Bake for 15-20 minutes



# Really Easy Protein Cookies

Servings: Makes 12 cookies (3 cookies per serving)



## Ingredients

- 2 bananas
- 4 scoops BioTrust Vanilla protein
- 1 cup rolled oats

## Directions

1. Preheat oven to 350F
2. In a medium bowl, mash bananas with a fork
3. Add protein powder to the bowl and mix in with the bananas
4. Add in oats to the bowl and continue to mix
5. Add in any other ingredients you like (chocolate chips, coconut flakes, chopped nuts, etc.)
6. Line a cookie sheet with parchment paper and drop spoonfuls of batter onto the sheet
7. Bake for 15-20 minutes

## NUTRITION INFO

(per serving)

Calories	205
Protein	15.4
Carbs	31.4
Fiber	5.4
Fat	2.5



# Protein Crepes

Servings: 2 crepes (1/2 crepe per serving)

## Ingredients

### For Crepe

- 1 egg
- 2 scoops BioTrust Vanilla protein
- A few pinches of stevia

### For Filling

- 2 tbsp almond butter
- 1 tsp cocoa powder
- ¼ tsp cinnamon (or more if you like)
- A few pinches of stevia



## Directions

1. In a medium bowl, combine egg and protein powder with a fork
2. On a microwaveable plate, drop about 2 large spoonfuls of batter onto the plate to create a crepe of about 4 or 5 inches in diameter
3. Microwave for about 45 seconds, then let cool
4. Meanwhile, mix all the filling ingredients in a bowl with a spoon until well combined
5. Spread filling onto crepe, roll the crepe and enjoy!

### NUTRITION INFO

(per serving)

Calories	105
Protein	10.0
Carbs	3.8
Fiber	1.4
Fat	6.2



# Chocolate Lovers Protein Cupcakes

Servings: 8

## Ingredients

- 1/3 cup coconut flour
- 1/3 cup spelt or whole wheat flour
- 2 scoops BioTrust Chocolate protein
- 1 tsp baking powder (aluminum-free)
- 1/4 tsp baking soda
- A few pinches of stevia (to taste)
- 3 tbsp cocoa powder
- 2 tbsp dark chocolate chips
- 1/4 cup nonfat Greek yogurt
- 1/2 cup lowfat cottage cheese
- 6 tbsp unsweetened applesauce
- 1 egg
- Optional: a few extra pinches of stevia for more sweetness
- Nutty Chocolate Frosting (see page 43)



## NUTRITION INFO

(per serving, including frosting)

Calories	331
Protein	11.8
Carbs	43.4
Fiber	8.8
Fat	15.3

## Directions

1. Preheat oven to 325F
2. Combine dry ingredients in a bowl and mix well
3. In another bowl, mix wet ingredients together until well blended
4. Add wet ingredients to dry, mixing until JUST combined (DO NOT overmix if you want fluffy muffins!)
5. Fill 8 muffin cups with the batter
6. Bake for 20 mins or until lightly golden and springy to the touch
7. Top with Nutty Chocolate Frosting on page 43



# Nuts 'n Apples Protein Cupcakes

Servings: 8

## Ingredients

- 1/3 cup spelt or whole wheat flour
- 1/3 cup coconut flour
- 2 scoops BioTrust Vanilla protein
- 1 tsp baking powder (aluminum-free)
- 1/4 tsp baking soda
- 1/2 apple, diced (can keep skins on if you like)
- 1/4 cup nonfat Greek yogurt
- 1/2 cup lowfat cottage cheese
- 6 tbsp unsweetened applesauce
- 1 egg
- 1 tbsp maple syrup (or more to taste)
- 2 tbsp walnuts, chopped
- Optional: a few pinches of stevia for extra sweetness
- Tropical Zest Frosting (see page 42)



## NUTRITION INFO

(per serving, including frosting)

Calories	189
Protein	10.0
Carbs	18.1
Fiber	4.2
Fat	9.1

## Directions

1. Preheat oven to 375F
2. Combine dry ingredients (except walnuts) in a bowl and stir well
3. In a blender, add Greek yogurt, cottage cheese, applesauce, and egg and blend until smooth
4. Add wet ingredients to bowl of dry and stir until just combined (DO NOT overmix if you want fluffy muffins!)
5. Fold in the diced apple
6. Fill 8 muffin cups with the batter
7. Sprinkle the walnuts evenly over the top of the muffins
8. Drizzle the maple syrup evenly over the top of the muffins
9. Bake for 15 minutes or until springy to the touch
10. Top cupcakes with Tropical Zest Frosting on page 42

# Blueberry Protein Cupcakes

Servings: 8

## Ingredients

- 1/3 cup almond flour
- 1/3 cup spelt or whole wheat flour
- 2 scoops BioTrust Vanilla protein
- A few pinches of stevia (to taste)
- 1 tsp baking powder (aluminum-free)
- 1/4 tsp baking soda
- 1 1/2 tsp coconut oil, liquefied
- 1/4 cup nonfat Greek yogurt
- 1/2 cup fat free cottage cheese
- 1 egg
- 6 tbsp unsweetened applesauce
- 2 tsp pure vanilla extract
- 1/2 cup fresh or frozen blueberries
- Tropical Zest Frosting (see page 42)



## NUTRITION INFO

(per serving)

Calories	181
Protein	10.0
Carbs	14.2
Fiber	2.6
Fat	10.0



**LOW CARB**

## Directions

1. Preheat oven to 375F
2. In a mixing bowl, stir together flours, protein powder, stevia, baking powder and baking soda
3. In a blender, add cottage cheese and Greek yogurt and blend till smooth
4. Add to the blender, the coconut oil, egg, applesauce and vanilla extract and blend till mixed
5. Pour wet ingredients into mixing bowl with dry, stirring until just combined (DO NOT overmix if you want fluffy muffins!)
6. Fill each muffin cup to half full, then drop a few blueberries into each cup
7. Fill the rest of the muffin cups with batter until they are about almost full
8. Bake for 20 minutes or until springy to the touch and a toothpick inserted comes out clean (Don't overbake as they will be dry)
9. Top cupcakes with Tropical Zest Frosting on page 42

# Banana Nut Chocolate Protein Cupcakes

Servings: 8

## Ingredients

- 1/3 cup spelt or whole wheat flour
- 1/3 cup coconut flour
- 2 scoops BioTrust Vanilla protein
- 1 tsp baking powder (aluminum-free)
- 1/4 tsp baking soda
- 1/4 cup nonfat Greek yogurt
- 1/2 cup lowfat cottage cheese
- 3 tbsp unsweetened applesauce
- 1 large egg
- 1 medium banana, very ripe
- 2 tbsp chopped walnuts
- Nutty Chocolate Frosting (see page 43)



## Directions

1. Preheat oven to 375F
2. Combine dry ingredients (except walnuts) in a bowl and stir well
3. In a blender, add Greek yogurt, cottage cheese, applesauce, banana and egg and blend until smooth
4. Add wet ingredients to bowl of dry and stir until just combined (DO NOT overmix if you want fluffy muffins!)
5. If batter seems too dry you can add a splash of non-dairy milk to it
6. Fill 8 muffin cups with the batter
7. Sprinkle the walnuts evenly over the top of the muffins
8. Bake for 15 minutes or until springy to the touch
9. Top with Nutty Chocolate Frosting on page 43

### NUTRITION INFO (per serving)

Calories	342
Protein	12.1
Carbs	43.3
Fiber	8.3
Fat	15.8

# Chocolate Chip Protein Loaf

Servings: 8

## Ingredients

- 1 cup rolled oats
- 2 ½ scoops BioTrust Vanilla protein
- ¼ cup light cream cheese, softened
- 2 egg whites
- ¼ cup coconut milk or almond milk
- ½ cup unsweetened applesauce
- 1 tsp coconut oil
- 1 tsp pure vanilla extract
- 1/3 cup dark chocolate chips
- Nutty Chocolate Frosting (see page 43)



## Directions

1. Preheat oven 350F
2. Mix together the oats and protein powder
3. Add the cream cheese, egg whites, milk, applesauce, vanilla extract and coconut oil then whisk until smooth (you may need to use a blender if your cream cheese is not softening)
4. Stir in chocolate chips
5. Pour your mixture into a greased loaf baking pan and bake for 30-35 mins
6. Allow to cool and top with Nutty Chocolate Frosting for a protein burst (see page 43)
7. Cut into slices and enjoy!

### NUTRITION INFO

(per serving, including frosting)

Calories	356
Protein	10.5
Carbs	43.7
Fiber	6.8
Fat	18.3

# No Bake Almond Bites

Servings: 5



## Ingredients

- 3 scoops BioTrust Vanilla protein
- 1/2 cup + 2 tbsp almond flour
- 1/4 cup almond milk

## Directions

1. Mix protein powder with almond flour in a bowl
2. Then add almond milk to bowl and mix
3. Fridge dough for about 20 minutes or until it firms up a bit
4. Make small balls with the dough and place balls onto a parchment paper-lined baking tray
5. Use the bottom of a ramekin to flatten out the balls to make a cookie shape
6. Place whole baking tray in fridge for an hour before enjoying

### NUTRITION INFO

(per serving)

Calories	141
Protein	10.0
Carbs	5.6
Fiber	2.9
Fat	9.3





# No Bake Chocolate Fudge Bites with Walnuts

Servings: 5



## Ingredients

- 3 scoops BioTrust Chocolate protein
- ½ cup + 2 tbsp almond flour
- ¼ cup dark chocolate chips
- ¼ cup almond milk
- 1 tbsp cocoa powder
- A few pinches of stevia (to taste)
- Handful of walnuts

## NUTRITION INFO

(per serving)

Calories	145
Protein	10.4
Carbs	9.6
Fiber	3.0
Fat	8.3



## Directions

1. Mix protein powder, cocoa powder, stevia, and almond flour in a bowl
2. Then add almond milk to bowl and mix
3. Stir in chocolate chips
4. Fridge dough for about 20 minutes or until it firms up a bit
5. Make small balls with the dough and place balls onto a parchment paper-lined baking tray
6. Use the bottom of a ramekin to flatten out the balls slightly
7. Place a walnut piece on top of each bite and press walnut in
8. Place whole baking tray in fridge for an hour before enjoying

# hemp protein treats





# Hemp Brownies

Servings: 8

Make sure you use hemp protein and not it's psychoactive cousin, otherwise you might be in for more than just a metabolism boost! ;)



## Ingredients

- 3/4 cup dates (about 16 dates)
- 3/4 cup walnuts
- 2 eggs
- 3/4 cup Chocolate Hemp protein
- 2 pinches stevia (or more if you like sweeter)
- 1/8 tsp sea salt
- 1/2 tsp pure vanilla extract

## NUTRITION INFO

(per serving)

Calories	209
Protein	11.0
Carbs	21.9
Fiber	10.2
Sugar	10.8
Fat	9.8



## Directions

1. Roughly chop up dates
2. Place chopped dates and walnuts into a blender and grind until it is a coarse gravel texture
3. Place the dates/walnuts mixture into a bowl then add the rest of the ingredients into the bowl
4. Mix ingredients together well with a spoon
5. Spoon/pour mixture into a small baking pan (I used a 9 x 5 inches loaf pan) lined with parchment paper and lightly buttered; if using a larger pan (i.e. 9 x 9 inches) – double recipe
6. Bake at 350F for 20-25 minutes until a toothpick inserted in the middle comes out clean
7. Transfer to a wire rack to cool, then cut into squares and serve

# Chocolate Hemp Muffins

Servings: 5

## Ingredients

- 3 tbsp butter, melted
- 1/2 tsp apple cider vinegar
- 1/2 tsp baking soda
- 1/4 cup almond flour
- 1/2 cup + 1 tbsp Chocolate Hemp protein
- Pinch of sea salt
- 2 eggs



## Directions

1. Mix all wet ingredients, except apple cider vinegar, in a bowl
2. Mix all dry ingredients in another bowl
3. Combine the wet and dry ingredients in one bowl, then add apple cider vinegar and mix in
4. Bake at 350F for 14-16 minutes until a toothpick inserted in the middle comes out clean

### NUTRITION INFO

(per serving)

Calories	199
Protein	9.3
Carbs	8.4
Fiber	6.2
Sugar	2
Fat	13.7



**LOW CARB**

# Chocolate Fudge Hemp Cookies

Servings: Makes 10 cookies, 2 cookies per serving



## Ingredients

- 1/4 cup + 2 tbsp almond flour
- 3/4 cup Chocolate Hemp protein
- 1 egg
- 1/2 tsp pure vanilla extract
- 1 tbsp honey (melt in the oven first if it's very thick)
- 2 tbsp coconut oil, liquefied
- Pinch of sea salt
- 1 tbsp almond milk
- 4 tbsp dark chocolate chips

## NUTRITION INFO

(per serving)

Calories	267
Protein	13.3
Carbs	22.2
Fiber	13.9
Sugar	7.1
Fat	14.9



## Directions

1. Preheat oven to 350F
2. In a bowl, combine all dry ingredients and mix well
3. In a separate bowl, combine all wet ingredients and mix well
4. Combine both wet and dry ingredients into one bowl
5. Scoop spoonfuls of batter onto a baking pan that has been lined with parchment paper
6. Bake at 350F for 10-14 minutes
7. Best enjoyed soon after they come out of the oven!

# Chocolate Hemp Granola Bars

Servings: 16

## Ingredients

- 1 cup rolled oats
- 1 cup chopped almonds
- 1 cup unsweetened, shredded coconut
- 1/2 cup Chocolate Hemp protein
- 1/4 cup flax seeds
- 1 tbsp cinnamon
- 1/2 tsp sea salt
- 3 bananas, mashed
- 1/3 cup olive oil
- 2 tsp pure vanilla extract
- 2 tbsp honey
- 2 tbsp chia seeds
- 6 tbsp water



## Directions

1. Preheat oven to 350F
2. Gently grind flax seeds so that they are smaller (do not need to grind them until it's a powder) and set aside
3. Mix chia seeds and water in a bowl and set aside for at least 15 minutes
4. Meanwhile, combine all dry ingredients in a bowl and mix well
5. Combine all wet ingredients in a blender; add chia/water mixture to blender and combine with other wet ingredients
6. Pour wet ingredients into dry ingredients bowl and mix well
7. Spoon the batter onto a parchment paper-lined baking pan that has been lightly oiled (I used an 8 x 8 inch pan)
8. Press down on the batter and smooth the top
9. Bake at 350F for 20-25 mins
10. Let cool, then cut into bars

### NUTRITION INFO

(per serving)

Calories	257
Protein	9.6
Carbs	22.0
Fiber	10.7
Sugar	6.0
Fat	15.3



LOW CARB



# Nutty Chocolate Hemp Snack Bars

Servings: 12



## Ingredients

- 1/2 cup unsweetened, shredded coconut
- 2 eggs
- 1/2 cup almond or peanut butter
- 1/3 cup Chocolate Hemp protein
- 1/4 cup cocoa powder
- 1/3 cup hemp or sesame seeds
- 1 tbsp chia seeds, ground
- 3 pinches stevia

## Directions

1. Preheat oven to 350F
2. In a bowl, combine all ingredients and mix well (batter will be thick)
3. Form into bars by hand
4. Place bars onto a parchment paper-lined baking pan
5. Bake at 350F for 10-15 minutes until a toothpick inserted comes out clean
6. Cool for 5 minutes before transferring to a cooling rack
7. Enjoy!

### NUTRITION INFO (per serving)

Calories	276
Protein	13.5
Carbs	13.3
Fiber	8.5
Sugar	3.0
Fat	20.4



**LOW CARB**



## post-workout recovery treats



# Mini Cocoa Muscle Cakes

Servings: 5

These little treats come out really dark and look like lumps of coal – but they're moist and delicious.

I really don't know why they come out so black but I think they're kinda neat looking and love the taste. They're my favourite PWR Treat!

## Ingredients

- 1/4 cup cocoa powder
- 1 cup chickpeas
- 1 egg
- 2 egg whites
- 1 tsp apple cider vinegar
- 1 tsp baking soda
- 1/8 tsp stevia

## Directions

1. Preheat oven to 350F
2. Puree chickpeas
3. Add in all ingredients except egg and apple cider vinegar to chickpeas and blend well
4. Add in eggs and apple cider vinegar to chickpea mixture and blend well
5. Pour batter into muffin baking tray lined with muffin liners
6. Bake at 350F for 20-25 minutes



## NUTRITION INFO

(per serving)

Calories	174
Protein	11.0
Carbs	26.8
Fiber	8.2
Sugar	4.5
Fat	3.9





# Tropical Power Smoothie

Servings: 2

This creamy smoothie is perfect after a sweaty workout session. (It's so thick it reminds me of a milkshake)!



## Ingredients

- 1 1/2 cups almond or coconut milk
- 1 banana, frozen
- 1 mango (skin and pit removed)
- 2 scoops BioTrust Vanilla protein

## Directions

1. Blend all ingredients together until smooth and enjoy cold!

## NUTRITION INFO

(per serving)

Calories	275
Protein	13.9
Carbs	36.5
Fiber	6.3
Sugar	22.7
Fat	2



# Simply Natural Protein Bars

Servings: 4



These bars are super easy to make and ultra-portable. You can use whatever flavor of protein you want to mix up the taste a little bit.

## Ingredients

- 1 cup raisins
- 1/3 cup oats
- 3 scoops BioTrust Vanilla protein
- 2 tsp pure vanilla extract

## Directions

1. Pulverize oats into a powder using a blender
2. Add in all other ingredients and blend together well
3. Form into bars (if it's too sticky, fridge dough for half hour before forming into bars)

NUTRITION INFO	
(per serving)	
Calories	179
Protein	9.9
Carbs	34.8
Fiber	2.0
Sugar	22.7
Fat	1.4



# Mighty Blueberry Muffins

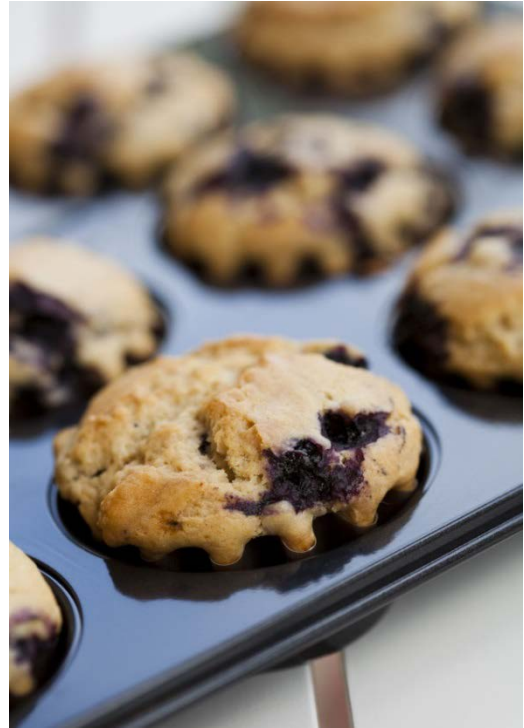
Servings: 6

I actually like having one of these with a coffee before a workout – the caffeine gives me a bit of 'zip' and increases fat burning and the carbs/protein give me the energy I need to get through a grueling workout.

## NUTRITION INFO

(per cup)

Calories	127
Protein	10.0
Carbs	19.2
Fiber	3.0
Sugar	5.6
Fat	2.2



## Ingredients

- 3/4 cup spelt flour
- 1 3/4 tsp baking soda
- 1 tsp apple cider vinegar
- 1 apple, cored and pureed (with skins)
- 1/8 tsp stevia
- 2 tbsp coconut milk
- 1/2 cup blueberries
- 1/2 tsp salt
- 2 scoops BioTrust Vanilla protein

## Directions

1. Preheat oven to 350F
2. Mix all dry ingredients together
3. Mix all wet ingredients together in separate bowl
4. Combine wet and dry ingredients and mix well
5. Pour batter into muffin baking pan lined with muffin liners
6. Bake at 350F for 20-25 minutes

# Apple Cinnamon Recovery Cookies

Servings: Makes 8 cookies (2 cookies per serving)

It's like having apple cinnamon oatmeal on the go in a convenient cookie form!



## Ingredients

- 1/4 tsp baking soda
- 1/4 tsp apple cider vinegar
- 1 tsp ground allspice
- 1 tbsp cinnamon
- 1/4 tsp salt
- 1 egg white
- 1/2 cup rolled oats
- 1/2 cup spelt flour (or most other flours will work)
- 1/2 cup unsweetened applesauce
- 1 scoop BioTrust Vanilla protein
- 1/8 tsp stevia (use less if you don't want too sweet)

## Directions

1. Preheat oven to 375F
2. Mix spelt flour, baking soda, allspice, and salt, and cinnamon in a bowl
3. Add egg white to dry mixture and mix well
4. Stir in oats, applesauce and protein powder and mix well
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
6. Bake at 375F for 10-12 minutes until lightly browned on top
7. Cool on wire rack then enjoy

### NUTRITION INFO

(per serving)

Calories	142
Protein	9.6
Carbs	24
Fiber	4.2
Sugar	4.0
Fat	1.6





frosting



# Tropical Zest Frosting

Servings: Frosting for 8 cupcakes

This frosting is divine! A little bit of lemon in this recipe gives it a citrus punch while allowing the coconut, nutty flavours to stand out.



## Ingredients

- 1/2 cup almond flour (ground almonds)
- 4 tsp honey
- 4 tsp coconut oil, liquefied
- 1/2 tsp zest of lemon
- 2 tbsp coconut milk
- 1/2 tsp pure vanilla extract

## Directions

1. Puree all ingredients until creamy and smooth
2. Refrigerate for several hours to thicken, then frost away
3. Keep frosting or frosted cupcakes in the fridge

### NUTRITION INFO

(per serving)

Calories	65
Protein	1.2
Carbs	3.9
Fiber	0.7
Sugar	2.9
Fat	5.5



# Nutty Chocolate Frosting

Servings: Frosting for 8 cupcakes

## Ingredients

- 1 1/2 cup pitted dates (soaked overnight if they are dry)
- 3/4 cup almond flour (ground almonds)
- 1 1/2 cup coconut milk
- 1/8 tsp sea salt
- 1 tsp pure vanilla extract
- 1 tbsp rice flour
- 1/4 cup coconut oil, liquefied
- 1/3 cup cocoa powder



## Directions

1. Puree dates and ground almonds for a few minutes
2. Add in coconut milk and puree until creamy and smooth
3. Add in the rest of the ingredients and continue to puree until creamy and smooth
4. Refrigerate for a few hours before frosting
5. Keep any leftover frosting or your frosted cake in the fridge

### NUTRITION INFO

(per serving)

Calories	182
Protein	2.9
Carbs	24.1
Fiber	3.9
Sugar	17.3
Fat	10.2



# Resources

## Whey Protein

As I mentioned earlier, the whey protein used to make all of the whey protein treats you've seen in this recipe guide was BioTrust brand.

It's sweetened with stevia, contains no hormones or artificial ingredients and most importantly, makes treats that are moist and delicious.

If you've never tried it before, once you do, you'll never go back.

If you do buy it, make sure to take advantage of their Buy 2, Get 1 Free offer. If you're going to use them mostly for these recipes, I suggest grabbing 2 Vanilla and 1 Chocolate.

Click the image below to take advantage of this special offer:



[Grab 3 Bottles for the Price of 2 Here](#)

## Hemp Protein

The hemp protein I used in these recipes is Manitoba Harvest Dark Chocolate – it's organic, raw and works well in these recipes. I don't love it in smoothies because it's a bit gritty, but in these recipes it adds a nice dense moist texture.

You can get it for a great price at [Vitacost](#).

