

PROTEIN COOKIE BUTTER® RECIPE E-BOOK

20 RECIPES YOU CAN MAKE USING YOUR
PROTEIN COOKIE BUTTER® POWDER



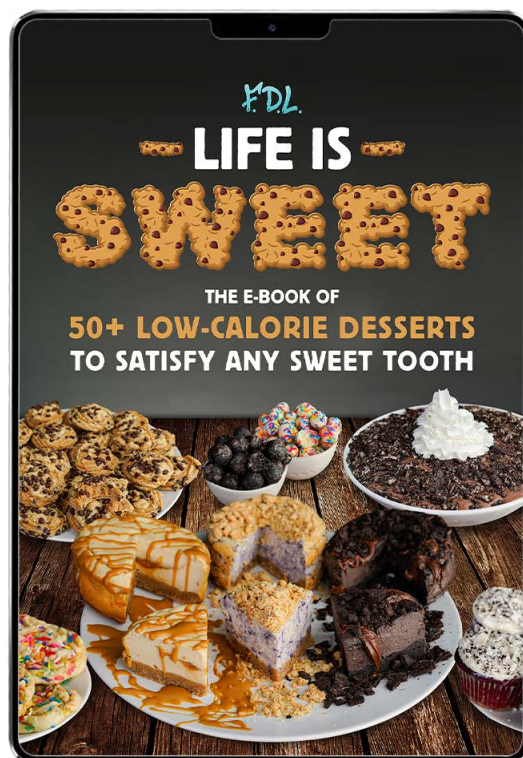
Thank you so much for your recent purchase of Protein Cookie Butter® Powder! We hope that you enjoy not only the flavor and versatility of the product, but also the peace of mind that comes with indulging in something delicious while still being aligned with your goals.

There are so many different ways you can use PCB so we've created over a dozen recipe variations to help you tackle any and all cravings. We're certain there's something in this recipe book for everyone, whether you like waffles, cookies, or donuts.

We cannot wait to hear your feedback and see how you use your Protein Cookie Butter® Powder daily! We'd even love to potentially shout you out so be sure to share your recreations and Nutritional Freedom with us by tagging [@proteincookiebutter](https://www.instagram.com/proteincookiebutter) on Instagram!

If you're ready to start cooking, be sure to stock up on Protein Cookie Butter® Powder at proteincookiebutter.com.

And if you're interested in other macro friendly creations, be sure to check out our world-class low calorie recipe eBooks!



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FUNFETTI CAKE BATTER PROTEIN OATMEAL



OATMEAL

80g Oats
 450ml Water
 15g Vegan Vanilla Protein Powder
 15g Birthday Cake Batter Protein Cookie Butter Powder
 8g Sugar Free/Fat Free White Chocolate Pudding Mix
 3-4g Zero Cal Sweetener of your choice

ICING

32g Vanilla Protein Icing

Nutrition Facts

Servings Size: Bowl W/O Toppings
 Recipe Makes: 1 Serving

Amount Per Serving

Calories 416

Total Fat 8g

Total Carbohydrate 58g

Protein 28g

Nutrition Facts

Servings Size: Bowl with Toppings
 Recipe Makes: 1 Serving

Amount Per Serving

Calories 446

Total Fat 8g

Total Carbohydrate 61.5g

Protein 32g

DIRECTIONS

1. Add your oats and water to your air fryer safe pot. Add the pot to your air fryer and air fry at 300 Degrees F for 15 minutes.
2. Once the oatmeal is done, add your dry ingredients to the oatmeal and mix until combined.
3. Add toppings and either enjoy right away or place in the fridge to cool until you're ready to eat it. Adding it to the fridge will have it thicken up a lot too!

HOW TO PREPARE AIR FRYER OATMEAL FOR DIFFERENT SERVING SIZES:

For 160g Oats:
 900ml Water
 Air fry at 300 degrees F for 22 minutes.

For 80g Oats:
 450ml Water
 Air fry at 300 degrees F for 15 minutes.

For 40g Oats:
 250ml Water
 Air fry at 300 degrees F for 10 minutes

AIR FRYER BROWNIE BATTER PROTEIN OATMEAL



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TO NAIL RECIPES LIKE THIS EVERY TIME!**

INGREDIENTS

80g Oats
450ml Water
15g Vegan Chocolate Protein Powder
15g Brownie Batter Protein Cookie Butter Powder
8g Black Cocoa Powder
3-4g Zero Cal Sweetener of your choice
3Tbsp (48g) Protein Peanut Butter

Nutrition Facts

Servings Size: Bowl W/O Toppings
Recipe Makes: 1 Serving

Amount Per Serving	
Calories	427
Total Fat 8g	
Total Carbohydrate 63g	
Protein 28g	

Nutrition Facts

Servings Size: Bowl with Toppings
Recipe Makes: 1 Serving

Amount Per Serving	
Calories	647
Total Fat 23g	
Total Carbohydrate 75g	
Protein 40g	

DIRECTIONS

1. Add your oats and water to your air fryer safe pot. Add the pot to your air fryer and air fry at 300 Degrees F for 15 minutes.
2. Once the oatmeal is done, add your dry ingredients to the oatmeal and mix until combined.
3. Add toppings and either enjoy right away or place in the fridge to cool until you're ready to eat it. Adding it to the fridge will have it thicken up a lot too!

HOW TO PREPARE AIR FRYER OATMEAL FOR DIFFERENT SERVING SIZES:

For 160g Oats:
900ml Water
Air fry at 300 degrees F for 22 minutes.

For 80g Oats:
450ml Water
Air fry at 300 degrees F for 15 minutes.

For 40g Oats:
250ml Water
Air fry at 300 degrees F for 10 minutes

FROSTED STRAWBERRY PROTEIN POP TART OATMEAL



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OATS

80g Quick or Old Fashioned Oats
500ml Water
15g Vegan Vanilla Protein Powder
15g PB Party Protein Cookie Butter
2g Zero Cal Sweetener of your Choice

STRAWBERRY JAM FILLING

70g Low Carb (1g Carb per serving) [Strawberry Jam Recipe on the YouTube channel!](#)

FROSTING

10g Vanilla Whey/Casein Blend Protein Powder
5g Powdered Sugar
2g Sugar Free/Fat Free White Chocolate Pudding Mix
30g Plain NonFat Greek Yogurt

TOPPINGS

10g Sprinkles

Nutrition Facts

Servings Size: Entire Recipe
Recipe Makes: 1 Serving

Amount Per Serving

Calories

542

Total Fat 10g

Total Carbohydrate 74g

Protein 39g

DIRECTIONS

1. Add your oats to a big bowl. I say big bowl so your oats have plenty of room to rise while cooking. Add 300g water and then add to the microwave for 2 minutes and 30 seconds.
2. Take out, add 200g more water and then add back in the microwave for another 2 minutes.
3. Once oatmeal is done cooking, add your vegan protein powder, Protein Cookie Butter Powder and sweetener. Mix until combined and then add to the fridge to cool for 45-60 minutes.
4. While your oats are cooling, add your dry frosting ingredients into a bowl and mix to avoid clumping. Then add a little bit of cold water and mix. Be careful not to add too much! Then add your greek yogurt and mix. Add to the fridge to cool and thicken up.
5. Once all is ready to go, your rectangle bowl and add half your oats to the bottom. Then add your jam to the middle. Now add the rest of your oatmeal on top. Then spread your frosting on top and add your sprinkles! Enjoy!

VANILLA MINI PROTEIN CAKE DONUTS



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INGREDIENTS

75g Whey/Casein Blend Vanilla Protein Powder

75g All Purpose Flour

36g Birthday Cake Batter Protein Cookie Butter Powder

30g Coconut Flour

15g Zero Cal Sweetener of your choice

15g Baking Powder

412g Plain Nonfat Greek Yogurt

412g Egg Whites

150g Unsweetened Apple Sauce

Nutrition Facts

Servings Size: 1 Mini Donut

Recipe Makes: 27 Servings

Amount Per Serving

Calories

44

Total Fat 0g

Total Carbohydrate 5g

Protein 6g

DIRECTIONS

1. Add all your dry ingredients into a bowl and mix to avoid clumping. Then add your wet ingredients and mix until combined.
2. Add 9 of your mini donut silicone molds to your air fryer and spray with non stick cooking spray. It will take 3 batches to do all 27 donuts. Add your batter to each leaving a little bit from the top because these will rise.
3. Place them in the Air fryer at 250 degrees F for 15 minutes. Then carefully take your donuts out of the molds and add them back into the air fryer with the bottoms facing up. Air fry for 5 more minutes at the same temperature.
4. Then add whatever frosting your heart desires (I love the protein cheesecake frosting) on top along with any toppings and enjoy!

BLUEBERRY PROTEIN MUFFINS



INGREDIENTS

75g Whey/Casein Blend Vanilla Protein Powder

30g Blueberry Pastry Protein Cookie Butter Powder

30g All Purpose Flour

20g Coconut Flour

10g Zero Cal Sweetener of your choice

10g Baking Powder

275g Plain NonFat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

100g Frozen Blueberries

Nutrition Facts

Servings Size: 1 Muffin
Recipe Makes: 6 Servings

Amount Per Serving

Calories

174

Total Fat 2g

Total Carbohydrate 16g

Protein 23g

DIRECTIONS

1. Add all your dry ingredients into a bowl and mix to avoid clumping. Now add your wet to your dry and mix well until it is fully combined with no chunks or clumps. Let sit for 15-20 minutes to thicken up a bit.

2. Add your frozen blueberries and mix those in. Spray your silicone jumbo muffin molds with non stick cooking spray and evenly add your batter to all 6. My air fryer can hold 6 but if you can't fit 6 in yours, fit as many as you can. Leave enough room around them so they are not creating odd shaped muffins because they are smashing each other!

3. Air fry at 250 degrees F for 35 minutes. Once done, let cool in the mold for 10-15 minutes and then take out and let cool on a flat surface. Then once cool, enjoy! You can store these in tupperware at room temp for a few days but these last best in the fridge! Can last up to 7-10 days!

WHITE CHOCOLATE PUMPKIN PIE PROTEIN MUFFINS



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INGREDIENTS

75g Whey/Casein Blend Vanilla Protein Powder

30g Pumpkin Pie Protein Cookie Butter Powder

30g All Purpose Flour

20g Coconut Flour

10g Zero Cal Sweetener of your choice

10g Baking Powder

450g Canned Pure Pumpkin

150g Plain NonFat Greek Yogurt

150g Egg Whites

30g Mini White Chocolate Chips

Nutrition Facts

Servings Size: 1 Muffin
Recipe Makes: 6 Servings

Amount Per Serving

Calories

183

Total Fat 3g

Total Carbohydrate 19g

Protein 20g

DIRECTIONS

1. Preheat oven to 350 degrees F. Add all your dry ingredients into a bowl and mix to avoid clumping. Now add your wet to your dry and mix well until it is fully combined with no chunks or clumps. Let sit for 15-20 minutes to thicken up a bit.

2. Now add your mini white chocolate chips and mix those in. Spray your silicone jumbo muffin molds with non stick cooking spray and evenly add your batter to all 6. Add to oven safe pan to hold all 6.

3. Add to oven preheated to 350 degrees F for 45 minutes. Once done, let cool in the mold for 20 minutes and then take out and let cool on a flat surface. Then once cool, enjoy! You can store these in tupperware at room temp for a few days but these last best in the fridge! Can last up to for 7-10 days!

CLASSIC FUDGE BROWNIES



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INGREDIENTS

30g All Purpose Flour

30g Whey/Casein Blend Chocolate Protein Powder

20g Brownie Batter Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

2g Baking Powder

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

15g Chocolate Chips

Nutrition Facts

Servings Size: Entire Skillet (4 slices)
Recipe Makes: 1 Serving

Amount Per Serving

Calories

467

Total Fat 11g

Total Carbohydrate 45g

Protein 47g

DIRECTIONS

1. Add all your dry ingredients (except for your mini chocolate chips) in a bowl and mix to avoid clumping. Next, add your greek yogurt, maple syrup, and eggs to the bowl and combine with the dry until you have a thick brownie batter like consistency. Next, take your mini chocolate chips and melt in microwave for 45 seconds. Add to your batter and mix in.

2. Take your 6.5 in cast iron skillet and spray with non stick cooking spray. Then add your brownie batter to the cast iron pan and evenly spread it until the whole pan is covered.

3. Add to your Air Fryer on 275 degrees F for 6 minutes! Once done, take out and enjoy!

Pro-tip: if you let it cool for a bit, the middle will start to set and still be fudgy!

Oven tip: Bake it in the oven at 350 degrees F for 8-10 minutes!

RED VELVET PROTEIN COOKIES



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INGREDIENTS

60g Whey/Casein Blend Vanilla Protein Powder

40g Red Velvet Protein Cookie Butter Powder

30g All Purpose Flour

20g Almond Flour

10g Coconut Flour

4g Zero Cal Sweetener of your choice

6g Baking Soda

100g Plain Nonfat Greek Yogurt

60g Sugar Free Maple Syrup

2 Large Eggs

30g Mini White Chocolate Chips

Red Food Coloring

Nutrition Facts

Servings Size: 1 Cookie
Recipe Makes: 13 Servings

Amount Per Serving

Calories

76

Total Fat 2.5g

Total Carbohydrate 6g

Protein 7.5g

DIRECTIONS

1. Add all of your dry ingredients (except for the mini chocolate chips) to a bowl and mix to avoid clumping. Add in your greek yogurt, maple syrup, and egg with the dry ingredients until you have a thick brownie batter like consistency. Melt your mini chocolate chips in the microwave for 45 seconds, then mix that into your batter.

2. Line an oven safe pan with parchment paper. Make sure you leave enough room for 13 cookies. Take your cookie scooper and add 13 cookie dough balls to the pan, then place the pan in the oven for 6 minutes. The cook time is essential here so make sure you take them out right at 6 minutes.

3. When they're done, take your pan out of the oven and with a spatula, carefully transport your cookies to a cooling rack. Let them cool and firm up for 1-2 hours then enjoy!

Pro-tip: if you let it cool for a bit, the middle will start to set and still be fudgy!

Oven tip: Bake it in the oven at 350 degrees F for 8-10 minutes!

PERSONAL PAN PB OVERLOAD PROTEIN CHEESECAKES



CRUST (FOR 3 CHEESECAKES)

- 130g Graham Crackers
- 100g Plain Nonfat Greek Yogurt
- 28g Creamy Peanut Butter
- 15g Whey/Casein Blend Peanut Butter Protein Powder
- 15g PB Party Protein Cookie Butter Powder
- 2g Zero Cal Sweetener of your choice

PROTEIN CHEESECAKE (FOR 3 CHEESECAKES)

- 220g Fat Free Cream Cheese
- 2 Whole Eggs (can sub 100g Egg Whites)
- 227g Plain Nonfat Greek Yogurt
- 40g Whey/Casein Blend Peanut Butter Protein Powder
- 20g PB Party Protein Cookie Butter Powder
- 8g Zero Cal Sweetener of your choice
- 28g Peanut Butter (optional to swirl into cheesecake; not included in macros)

Nutrition Facts

Servings Size: 1 Slice
Recipe Makes: 12 Servings

Amount Per Serving

Calories

136

Total Fat 4g

Total Carbohydrate 12g

Protein 13g

DIRECTIONS

- 1.** Preheat your oven to 400 degrees F. Add the graham crackers to your food processor and pulse until you get evenly sized crumbs, then add the rest of your crust ingredients and pulse to combine until you get a still kind of wet to the touch crust. Put your dough in the freezer for 10 minutes to cool.
- 2.** Spray your mini 4in cheesecake pans with cooking spray. Press your dough into the cheesecake molds. You might need to wet your fingers or spatula periodically with water to help the dough be less sticky. Repeat this process for all 3 pans, then add them to the oven for 10 minutes.
- 3.** Add the cheesecake ingredients to your food processor and pulse until everything's combined. Once the crust is done baking, spray the cheesecake pan again with more cooking spray then add your cheesecake filling. Turn the oven down to 350 degrees F and add your cheesecakes back to the oven.
- 4.** Bake them for another 25 minutes until the middle isn't completely solid but 80% there. Let them cool in the fridge to set. I let them cool overnight.
- 5.** Once the cheesecakes are cool, then you are ready to enjoy them!

A FEW PRO TIPS TO MAKE THESE MORE MACRO-FRIENDLY:

- Omitting the crust cuts the macros in half. So if you want to make it crustless with just the cheesecake layer, the macros for each slice would be: 61 Cals, 3g Carbs, 1g Fat, 10g Protein
- Substitute 100g egg whites for the whole eggs. I don't recommend this due to it possibly throwing off the density and texture of the cheesecake layer, but you can give it a try.

PERSONAL PAN FRUITY CEREAL PROTEIN CHEESECAKES



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CRUST (FOR 3 CHEESECAKES)

130g Fruity Pebbles
100g Plain Nonfat Greek Yogurt
28g Light Butter (5g fat per 14g)
30g Whey/Casein Blend Vanilla Protein Powder
2g Zero Cal Sweetener of your choice

PROTEIN CHEESECAKE (FOR 3 CHEESECAKES)

220g Fat Free Cream Cheese
2 Whole Eggs (can sub 100g Egg Whites)
227g Plain Nonfat Greek Yogurt
40g Whey/Casein Blend Vanilla Protein Powder
20g Fruity Cereal Protein Cookie Butter Powder
8g Zero Cal Sweetener of your choice
30g Crushed Fruity Pebbles

Nutrition Facts

Servings Size: 1 Slice
Recipe Makes: 12 Servings

Amount Per Serving

Calories

135

Total Fat 3g

Total Carbohydrate 15g

Protein 12g

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add the Fruity Pebbles to your food processor and pulse until you get evenly sized cereal bits, then add the rest of your crust ingredients and pulse to combine until you get a still kind of wet to the touch crust. Put your dough in the freezer for 10 minutes to cool.
2. Spray your mini 4in cheesecake pans with cooking spray. Press your dough into the cheesecake molds. You might need to wet your fingers or spatula periodically with water to help the dough be less sticky. Repeat this process for all 3 pans, then add them to the oven for 10 minutes.
3. Add the cheesecake ingredients to your food processor and pulse until everything is combined, then mix in your 30g of crushed Fruity Pebbles. Once the crust is done baking, spray the cheesecake pan again with more cooking spray. Then add your cheesecake filling. Turn the oven down to 350 degrees F and add your cheesecakes back to the oven.
4. Bake them for another 25 minutes until the middle isn't completely solid but 80% there. Let them cool in the fridge to set. I let them cool overnight.
5. Once the cheesecakes are cool, then you are ready to enjoy them!

A FEW PRO TIPS TO MAKE THESE MORE MACRO-FRIENDLY:

- Omitting the crust cuts the macros in half. So if you want to make it crustless with just the cheesecake layer, the macros for each slice would be: 61 Cals, 3g Carbs, 1g Fat, 10g Protein
- Substitute 100g egg whites for the whole eggs. I don't recommend this due to it possibly throwing off the density and texture of the cheesecake layer, but you can give it a try.

OREO CHEESECAKE PROTEIN CUPCAKES



CUPCAKES

50g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

30g Brownie Batter Protein Cookie Butter Powder

30g Black Cocoa Powder

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Non-Fat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

PROTEIN FROSTING

320g Protein Cheesecake Frosting

Nutrition Facts

Servings Size: 1 Cupcake

Recipe Makes: 16 Servings

Amount Per Serving

Calories

68

Total Fat 0g

Total Carbohydrate 6g

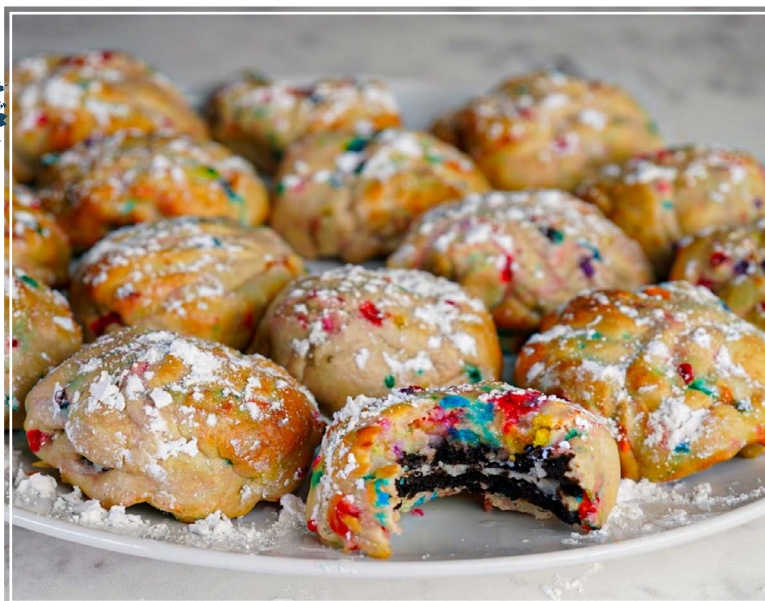
Protein 11g

DIRECTIONS

1. Add all of the dry ingredients to a bowl and mix to avoid clumping, then add in your wet ingredients with the dry. Mix until you have a cake batter like consistency.
2. Take your silicone cupcake molds and add them to your air fryer. I can only fit 8 in mine, so I had to split the batch up. Spray your molds with nonstick cooking spray, then take a cookie scooper and add one scoop to each cupcake mold.
3. Air fry them for 18 minutes at 250 degrees F. When they're done, take them out and place them on a cooling rack. Repeat this process for the second batch.
4. While all of your cupcakes are either cooking or cooling, it's time to make your frosting. Add your dry frosting ingredients to a bowl and mix to avoid clumping. Add the cold water, mix and repeat until you get a thick but not too thick frosting like consistency. Be careful not to add too much! Mix in your greek yogurt until everything is combined. Place the frosting in the fridge to cool until you're ready to add it to the cupcakes.
5. When the cupcakes are cool, add your frosting on top, add some crushed oreo thins (optional and not included in the macros) and then enjoy!

You can store these in a tupperware container in the fridge for up to 7-10 days!

PROTEIN FRIED OREOS



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INGREDIENTS

14 Reduced-Fat Oreos

80g All-Purpose Flour

30g Vanilla Whey/Casein Blend Protein Powder of your choice

30g PB Party Protein Cookie Butter Powder

16g Coconut Flour

6g Zero Cal Sweetener of your choice

6g Baking Powder

20g Sprinkles (optional)

100g Egg Whites

Unsweetened Vanilla Almond Milk till batter-like consistency

Nutrition Facts

Servings Size: 1 Oreo

Recipe Makes: 14 Servings

Amount Per Serving

Calories

100

Total Fat 2.5g

Total Carbohydrate 15g

Protein 4.5g

DIRECTIONS

1. Add all of your dry ingredients to a bowl and mix to avoid clumping, then add your wet ingredients and mix until you get a smooth batter. Add the batter to your freezer to cool for 5-10 minutes to help it thicken up a bit more.

2. Once the batter has cooled, take it out. Before dipping your Oreos, spray your air fryer with non-stick cooking spray and. Dip one Oreo at a time into your bowl of batter and make sure all of it is covered. I prefer to use a fork. When it's covered, add it to your air fryer and repeat this process for all 7 for your first batch.

3. Air fry the Oreos at 400 degrees F for 3 minutes. Repeat this process for the second batch of 7. When they're all done, sprinkle some powdered sugar on top and enjoy!

CINNAMON TOAST CRUNCH MILKSHAKE



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INGREDIENTS

150g Frozen Banana (Sub 200g Ice for Banana to lower carbs/calories)

250ml Unsweetened Vanilla Almond Milk

30g Vanilla Protein Powder of your Choice (I used Vegan Vanilla)

16g Frosted Cinnamon Roll Protein Cookie Butter Powder

2g Ground Cinnamon

Nutrition Facts

Servings Size: Entire Shake
Recipe Makes: 1 Serving

Amount Per Serving

Calories

317

Total Fat 5g

Total Carbohydrate 43g

Protein 34g

DIRECTIONS

1. Doesn't get any easier than this! Add all ingredients in a blender and blend until smooth or your desired consistency!

OREO MILKSHAKE



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INGREDIENTS

200g Ice

250ml Unsweetened Vanilla Almond Milk

30g Vanilla Protein Powder of your Choice
(I used Vegan Vanilla)

16g Cookies & Cream Protein Cookie
Butter Powder

1 Crushed Oreo Thin

Nutrition Facts

Servings Size: Entire Shake
Recipe Makes: 1 Serving

Amount Per Serving

Calories

221

Total Fat 5g

Total Carbohydrate 12g

Protein 32g

DIRECTIONS

1. Doesn't get any easier than this! Add all ingredients in a blender and blend until smooth or your desired consistency!

BIRTHDAY CAKE MILKSHAKE



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INGREDIENTS

150g Frozen Strawberries

250ml Unsweetened Vanilla Almond Milk

30g Vanilla Protein Powder of your Choice
(I used Vegan Vanilla)

16g [Golden Cookie Sandwich Protein](#)
[Cookie Butter Powder](#)

Nutrition Facts

Servings Size: Entire Shake
Recipe Makes: 1 Serving

Amount Per Serving

Calories

265

Total Fat 5g

Total Carbohydrate 22g

Protein 33g

DIRECTIONS

1. Doesn't get any easier than this! Add all ingredients in a blender and blend until smooth or your desired consistency!

PROTEIN PEANUT BUTTER



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INGREDIENTS

60g Vegan Vanilla Protein Powder
60g PB Party Protein Cookie Butter Powder
120g Creamy Peanut Butter
400ml Unsweetened Almond Milk

Nutrition Facts

Servings Size: 2 Tbsp (32g)
Recipe Makes: 20 Servings

Amount Per Serving

Calories

60

Total Fat 3.5g

Total Carbohydrate 2g

Protein 5.5g

DIRECTIONS

1. Add all of the ingredients to your food processor. Blend on slow until you get a creamy consistency with no chunks. Add the peanut butter to jars, leave them in the fridge overnight to thicken up, then enjoy!

CHOCOLATE PROTEIN PEANUT BUTTER



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TO NAIL RECIPES LIKE THIS EVERY TIME!



INGREDIENTS

60g Vegan Chocolate Protein Powder

60g Brownie Batter Protein Cookie Butter Powder

120g Creamy Peanut Butter

400ml Unsweetened Almond Milk

Nutrition Facts

Servings Size: 2 Tbsp (32g)
Recipe Makes: 20 Servings

Amount Per Serving

Calories

60

Total Fat 3.5g

Total Carbohydrate 2g

Protein 5.5g

DIRECTIONS

1. Add all of the ingredients to your food processor. Blend on slow until you get a creamy consistency with no chunks. Add the peanut butter to jars, leave them in the fridge overnight to thicken up, then enjoy!

Beware, if you want to try this with nutella instead of peanut butter, note that nutella is not as thick nor as absorbent as peanut butter so it won't come out as thick. Use 100ml less almond milk if you want to give it a try! Or you can use the same amount and it'll come out more as a light mousse!

PROTEIN CHEESECAKE FROSTING

Nutrition Facts	
Servings Size: 2 Tbsp (32g)	
Recipe Makes: 16 Servings	
Amount Per Serving	
Calories	36
Total Fat 0g	
Total Carbohydrate 2g	
Protein 7g	



INGREDIENTS

220g Fat Free Cream Cheese
227g Plain NonFat Greek Yogurt
60g Whey/Casein Blend Vanilla Protein Powder
8g Zero Cal Sweetener of your choice

DIRECTIONS

1. Add all ingredients to your food processor and blend on low until all ingredients are combined and you get a smooth frosting-like consistency. This might take stopping from time to time to scrape the frosting off the sides.

I add these to mason jars to stay fresh in the fridge for 7-10 days! This recipe makes enough for 4-5 of these small mason jars.

APPLE PIE PROTEIN PEANUT BUTTER



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INGREDIENTS

60g Vegan Vanilla Protein Powder
60g Apple Pie Protein Cookie Butter Powder
120g Creamy Peanut Butter
400g Unsweetened Apple Sauce
200ml Unsweetened Almond Milk
1 Medium Size Red Apple

Nutrition Facts

Servings Size: 2 Tbsp (32g)
Recipe Makes: 31 Servings

Amount Per Serving

Calories

50

Total Fat 2.5g

Total Carbohydrate 3g

Protein 3.5g

DIRECTIONS

1. Add all of the ingredients to your food processor. Blend on slow until you get a creamy consistency with no chunks. Then skin and chop up your apple into small pieces and mix into the peanut butter. Add the peanut butter to 4 8oz mason jars, leave them in the fridge overnight to thicken up, then enjoy!

PUMPKIN SPICE PROTEIN PEANUT BUTTER



**WANT A VISUAL? CHECK OUT THE VIDEO HERE
TO NAIL RECIPES LIKE THIS EVERY TIME!**



INGREDIENTS

60g Vegan Vanilla Protein Powder
 60g Pumpkin Spice Protein Cookie Butter Powder
 120g Creamy Peanut Butter
 400g Canned Pumpkin
 400ml Unsweetened Almond Milk

Nutrition Facts

Servings Size: 2 Tbsp (32g)
 Recipe Makes: 32 Servings

Amount Per Serving

Calories

45

Total Fat 2.25g

Total Carbohydrate 2.25g

Protein 3.5g

DIRECTIONS

1. Add all of the ingredients to your food processor. Blend on slow until you get a creamy consistency with no chunks. Add the peanut butter to 4 8oz mason jars, leave them in the fridge overnight to thicken up, then enjoy!