

SNACKS

You Choose

ENJOY 1 OR 2 SNACKS A DAY



CHOCOLATE CHIP & PEANUT BUTTER PROTEIN BITES.

INGREDIENTS: 2 SCOOPS OF CHOCOLATE PROTEIN .
2 TBSP OF PB FIT 2, 1 TBSP OF ENJOY LIFE VEGAN CHOCOLATE CHIPS.
MIX WITH 3 TBSP OF WATER OR UNTIL LIKE COOKIE DOUGH TEXTURE. COOL IN FRIDGE FOR 15 MINUTES AND ENJOY! FOR A FULL SERVING SNACK!



PROTEIN MUDDY BUDDIES

INGREDIENTS: 1 CUP OF RICE CHEX MIX , 1 SCOOP OF PROTEIN, 1 TBSP ON RAW HONEY MIXED AND HEATED IN MICROWAVE WITH 2 TBSP OF NUT BUTTER FOR 45 SECONDS OR UNTIL MELTED. MIX WITH CHEX MIX AND ADD PROTEIN LAST.



PROTEIN MUG CAKE

INGREDIENTS: 1 SCOOP OF PROTEIN, 1TBSP OF COCNUT FLOUR, 1TSP COCOA, 1TBSP OF VEGAN CHOCOLATE CHIPS (OPTIONAL) POWDER, 1TSP BAKING POWDER, 2 EGG WHITES, 3TBSP OF WATER. MIX IN SEPARATE BOWL, THEN SPRAY MUG WITH NON STICK SPRAY. MICROWAVE FOR 1-1.5 MINUTES.



PROTEIN YOGURT

INGREDIENTS: 1 CUP OF NON FAT PLAIN YOGURT OF CHOICE. ADD 1 SCOOP OF VANILLA PROTEIN OF CHOICE. TOP WITH 1/4 OF FRESH BLUEBERRIES. OPTIONAL, A SERVING OF DAIRY FREE WHIP CREAM!