

### Protein pancakes

4 egg whites  
1 scoop Protein vanilla  
packet stevia  
cinnamon to taste  
1 TBSP almond butter

mix it all up and pour into pan. I make mine the night before and eat them cold in the morning on the way to work

OR

4 egg whites  
½ cup grounded oatmeal  
packet stevia  
cinnamon to taste  
1 TBSP almond butter

Here is a great recipe for no-bake cookies. You can adjust recipe depending on how many cookies you want. This recipe will make approximately 6 cookies

Approximately 1/2 cup of better than peanut butter (this can be found at Trader Joe's)

1 scoop of chocolate Beverly International muscle provider

approximately 1/3 cup old fashioned oats

Microwave peanut butter for around 30 seconds. Mix in the muscle provider. You can microwave the mix a little more (about 15 seconds) after adding the muscle provider to reach a smooth mixture. Do not over microwave. Fold in the oats and drop tablespoon fulls onto wax paper. Refrigerate for about ½ hr

### Protein rice pudding

1 scoop vanilla Beverly International UMP  
1/3-1/2 cup cold, cooked brown rice  
cinnamon  
enough water to make a pudding.  
Let sit in fridge to chill (about 20-30 minutes)

## COOKIES:

Chocolate UMP (as many scoops as desired)  
Egg whites(enough for right consistency)  
1 or 2 Whole eggs  
Stevia  
Baking Powder(optional, 1/8tsp)

## FROSTING:

Chocolate UMP  
Jello sugar free/fat free pudding(chocolate fudge)  
Egg whites  
Stevia  
Or Save some of the UMP pudding and use for frosting, and use the rest for the cookies.

Bake at 325 deg. for 7-10 min.

1 small 0 Fat Fage Greek Yogurt

1 scoop Protein

Mix and eat or freeze

If you freeze then once frozen solid, pull out of freezer and let thaw . It will get a denser consistency and be similar to frozen yogurt.

## CHOCOLATE MILKSHAKE

Ingredients:

1 scoop Beverly International Muscle Provider (chocolate)  
10 almonds  
15-25g oats  
1/8 tsp sea salt  
French Vanilla Stevia Liquid Extract (one big generous squirt)

Put all ingredients together in my Magic Bullet Blender (which is the BEST) - using the

individual size blender cup, add as much ice and water to fill just below the top and blend VERY well until I no longer here the ice.

½ cup Low Fat cottage cheese

1 scoop protein

Mix together and enjoy! Add some cinnamon if you like.

take several scoops of ump and dry oats. bit of almond butter. put all in brownie pan add enough water to make sticky then spread out. leave in fridge for a while then cut with spatula then i put in freezer over night. oats absorb water and take how ever many out in morning you need and they will stay cool and dense by the time you need them if put in a baggy.

Walnut Brownies

2/3 cups whole oats (3.5 fat, 35 carbs, 7 protein)

1 cup unsweatened Chocolate Almond Milk (2.5 fat, 3 carbs, 1 protein)

1 TBS Navitas Naturals Pure cocoa powder (1.25 fat, 4 carbs, 2 protein)

1/2 TBS walnuts (4 fat, 1 carb, 2 protein)

2-3 stevia

Mix thoroughly and Cook for 2.5 minutes in microwave