



Fruits

- ☐ 8 1/2 Apple
- ☐ 2 Banana

Breakfast

- ☐ 1/3 cup Almond Butter
- ☐ 3/4 cup Maple Syrup
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/4 cup Chia Seeds
- ☐ 2 1/2 tbsps Cinnamon
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/3 cup Hemp Seeds
- ☐ 2 tsps Nutmeg
- ☐ 1/4 cup Pumpkin Seeds

Vegetables

- ☐ 1 1/2 cups Carrot
- ☐ 2 tsps Ginger

Baking

- ☐ 2 1/3 tbsps Baking Powder
- ☐ 1 tbsp Blackstrap Molasses
- ☐ 1/2 cup Brown Sugar
- ☐ 1 tsp Ground Cloves
- ☐ 1/4 cup Icing Sugar
- ☐ 8 3/4 cups Oats
- ☐ 1 cup Pitted Dates
- ☐ 1 1/4 cups Pureed Pumpkin
- ☐ 3/4 cup Unsweetened Applesauce
- ☐ 2 1/3 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1/4 cup Cream Cheese, Regular

Condiments & Oils

- ☐ 1 tbsp Coconut Oil

Cold

- ☐ 6 cups Plain Greek Yogurt
- ☐ 3 ozs Plain Greek Yogurt
- ☐ 2 cups Soy Milk
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 4 Egg Replacer
- ☐ 1 cup Protein Powder
- ☐ 2 2/3 cups Vanilla Protein Powder
- ☐ 1 1/16 cups Water



Creamy Apple Pie Protein Oatmeal

1 serving
20 minutes

Ingredients

1/2 Apple (diced small)
1 tbsp Water
1 tbsp Maple Syrup (plus more for garnish)
1/2 tsp Cinnamon (plus more for garnish)
1/2 cup Oats (rolled)
2 tbsps Vanilla Protein Powder
1 cup Plain Greek Yogurt
1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	535
Fat	13g
Carbs	68g
Fiber	8g
Sugar	28g
Protein	40g
Cholesterol	36mg
Sodium	166mg
Vitamin A	1304IU
Vitamin C	19mg
Calcium	625mg
Iron	4mg

Directions

- 1 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 2 Cook the oats according to the package directions.
- 3 Stir the protein powder into the yogurt.
- 4 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size: One serving is approximately two cups.

Additional Toppings: Cinnamon, chia seeds, ground flax seeds, nuts.



Gingerbread Baked Oats

4 servings
40 minutes

Ingredients

2 Banana (mashed)
2 cups Oats
2 cups Unsweetened Almond Milk
1/2 cup Vanilla Protein Powder
1/4 cup Chia Seeds
1/4 cup Maple Syrup
1 1/3 tbsps Baking Powder
1 tbsp Blackstrap Molasses
1 tsp Cinnamon
1 tsp Ginger
1 tsp Ground Cloves
1 tsp Nutmeg
1 tsp Vanilla Extract
1/2 cup Plain Greek Yogurt
1 tbsp Icing Sugar
1 tsp Vanilla Extract

Directions

- 1 Preheat the oven to 400 degrees. In a mixing bowl, add banana first and mash with fork. Add rolled oats, milk of choice, maple syrup, chia seeds, vanilla, baking powder, molasses, spices and salt. Mix everything together and allow the batter to sit for 10 minutes, to allow the oats to absorb some moisture.
- 2 Divide the oats between 4 greased ramekins and smooth into an even layer. Bake for 25-30 minutes. Meanwhile, mix together the greek yogurt, icing sugar and vanilla extract for the icing.
- 3 Remove baked oats from oven and allow to cool 5 minutes before enjoying. Drizzle with the icing and top with Christmas sprinkles to add more festivity.

Nutrition

Amount per serving	
Calories	428
Fat	9g
Carbs	70g
Fiber	11g
Sugar	25g
Protein	21g
Cholesterol	6mg
Sodium	617mg
Vitamin A	447IU
Vitamin C	7mg
Calcium	772mg

Iron	5mg
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Carrot Protein Baked Oatmeal

4 servings
40 minutes

Ingredients

2 cups Oats
1 cup Protein Powder
1 1/2 cups Carrot (finely grated. From Ontario.)
1/2 cup Brown Sugar
2 tbsps Ground Flax Seed
1 tsp Baking Powder
2 tsps Cinnamon
1 tsp Nutmeg
1 tsp Ginger
3/4 cup Unsweetened Applesauce
2 tsps Vanilla Extract
3 ozs Plain Greek Yogurt (or Vegan Yogurt)
1 tbsp Icing Sugar
1 tsp Vanilla Extract

Directions

- 1 Preheat your oven to 350 degrees F.
- 2 Whisk together dry ingredients in a large mixing bowl. Add wet ingredients (apple sauce and vanilla extract) and mix until no dry clumps remain.
- 3 Spray a casserole dish with avocado oil spray. Spread out mixture over the bottom. Bake for 35 minutes.
- 4 Mix together the yogurt, vanilla extract and powdered sugar and drizzle over baked oats. Enjoy!

Nutrition

Amount per serving	
Calories	418
Fat	5g
Carbs	67g
Fiber	7g
Sugar	34g
Protein	27g
Cholesterol	7mg
Sodium	184mg
Vitamin A	135IU
Vitamin C	2mg
Calcium	293mg

Iron	3mg
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Pumpkin Granola Breakfast Boxes

6 servings
25 minutes

Ingredients

2 cups Oats
1/2 cup Vanilla Protein Powder
1/4 cup Pureed Pumpkin
1/4 cup Almond Butter
1/4 cup Maple Syrup
1 tsp Cinnamon
1/4 cup Hemp Seeds
1/4 cup Pumpkin Seeds
2 cups Plain Greek Yogurt
2 Apple (diced)

Nutrition

Amount per serving	
Calories	392
Fat	15g
Carbs	44g
Fiber	7g
Sugar	17g
Protein	23g
Cholesterol	13mg
Sodium	65mg
Vitamin A	2041IU
Vitamin C	8mg
Calcium	286mg
Iron	3mg

Directions

- 1 Preheat the oven to 300°F. Line a large baking sheet with parchment paper. Set aside.
- 2 In a large mixing bowl, stir oats, protein powder, cinnamon, hemp seeds, and pumpkin seeds. Set aside.
- 3 In another bowl, add the pumpkin, maple syrup, and almond butter. Microwave for 20-30 seconds or until it's easy to stir the ingredients together into a smooth mixture.
- 4 Combine the dry and wet granola ingredients. Mix well. Spread on the parchment lined baking sheet and bake for 15 minutes.
- 5 When cooked, assemble the granola into breakfast boxes with yogurt and diced apples. Add lemon juice to your apples to keep from browning.



Apple Protein Oats

2 servings

20 minutes

Ingredients

1/2 cup Steel Cut Oats (uncooked)
1 cup Soy Milk (from the carton)
1 cup Water
1/4 cup Vanilla Protein Powder
2 Apple (sliced)
1 tbsp Maple Syrup
1/2 cup Plain Greek Yogurt
1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	458
Fat	9g
Carbs	73g
Fiber	9g
Sugar	32g
Protein	24g
Cholesterol	10mg
Sodium	117mg
Vitamin A	411IU
Vitamin C	12mg
Calcium	382mg
Iron	2mg

Directions

- 1 Add the oats, soy milk, and water to a saucepan and bring to a boil. Reduce to a simmer and cook for 10 minutes, until thickened. Remove from the heat and stir in the protein powder.
- 2 Meanwhile, add the sliced apples to a pan over medium heat. Add lemon juice, cinnamon and maple syrup. Saute for about 10 minutes, until the apples are soft.
- 3 Add the oats to a bowl and top with the cooked apples, yogurt, and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Toasted nuts.

Prep the Night Before: You can prepare the recipe ahead by following the instructions but not assembling the bowl. Reheat the oats and assemble with the rest of the ingredients.



Apple Cheesecake Breakfast Squares

6 servings

20 minutes

Ingredients

1 cup Almonds
1 cup Pitted Dates
1/4 cup Oats
1 tbsp Coconut Oil
4 Apple (diced)
1 tbsp Maple Syrup
1 tsp Cinnamon
2 cups Plain Greek Yogurt
1 tbsp Almond Butter
1/3 cup Vanilla Protein Powder

Directions

- 1 Place the almonds, dates, oats and coconut oil in a food processor and pulse until mostly uniform. Press into a baking dish and place into fridge to set for 10 minutes.
- 2 Meanwhile, add the diced apples to a frying pan over medium heat. Add the cinnamon and 1 tbsp of maple syrup. Saute until slightly browned (about 5-7 minutes).
- 3 Mix together the yogurt, almond butter and protein powder to make the cheesecake 'filling'. Layer on top of the crust and top with the cooked apples. Place in the fridge to set then divide into 6. Enjoy!

Nutrition

Amount per serving	
Calories	409
Fat	18g
Carbs	50g
Fiber	9g
Sugar	33g
Protein	19g
Cholesterol	12mg
Sodium	58mg
Vitamin A	486IU
Vitamin C	11mg
Calcium	291mg
Iron	2mg



Pumpkin Protein Donuts

6 servings
30 minutes

Ingredients

2 cups Oats (blended into flour)
2 tsps Baking Powder
2 tsps Cinnamon
1 cup Vanilla Protein Powder
1 cup Pureed Pumpkin
1 cup Soy Milk
4 Egg Replacer
2 tbsps Maple Syrup
2 tsps Vanilla Extract
1 cup Unsweetened Coconut Yogurt
1/4 cup Cream Cheese, Regular
2 tbsps Icing Sugar

Directions

- 1 Mix together the oats, baking powder, cinnamon, protein powder, almond milk, egg replacer, maple syrup and vanilla extract in a blender.
- 2 Spray an individual size oven safe dish with non- stick cooking spray and bake at 350F for 20-25 minutes.
- 3 While oats are baking mix together the greek yogurt, cream cheese and powdered sugar.
- 4 Remove oats from oven, let cool slightly, and top with icing and toppings of choice. I used chopped pecans and pumpkin seeds! Enjoy!

Nutrition

Amount per serving	
Calories	273
Fat	7g
Carbs	35g
Fiber	5g
Sugar	10g
Protein	19g
Cholesterol	12mg
Sodium	263mg
Vitamin A	6357IU
Vitamin C	2mg
Calcium	347mg
Iron	2mg