



Nicole Osinga

No Cook Protein Snacks

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Fruits

- 1 tbsp Lemon Juice
- 3/4 cup Raspberries

Breakfast

- 1/2 cup Almond Butter
- 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Cashews
- 1/8 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1/4 cup Hemp Seeds
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika

Frozen

- 1 1/2 cups Frozen Edamame

Vegetables

- 1/2 cup Basil Leaves
- 2 cups Broccoli
- 4 Carrot
- 2 Garlic
- 1 1/2 Red Bell Pepper

Boxed & Canned

- 1/2 cup Chickpeas
- 12 slices Light Rye Crisp Bread

Baking

- 3/4 cup Almond Flour
- 3/4 cup Dark Chocolate Chips
- 1/2 cup Nutritional Yeast
- 1 cup Oats
- 2 tsps Unsweetened Coconut Flakes
- 1/3 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 Protein Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 3 tsps Coconut Oil
- 1 tsp Extra Virgin Olive Oil
- 1/3 cup Tahini

Cold

- 4 ozs Cashew Cream Cheese
- 1 1/3 cups Soy Milk

Other

- 1 3/4 cups Vanilla Protein Powder
- 1/2 cup Water



Edamame & Cream Cheese Spread on Crispbread

6 servings

15 minutes

Ingredients

1 1/2 cups Frozen Edamame
 4 ozs Cashew Cream Cheese
 1/4 cup Hemp Seeds
 2 tbsps Nutritional Yeast
 1 tbsp Lemon Juice
 1/2 cup Basil Leaves
 3/4 tsp Sea Salt
 12 slices Light Rye Crisp Bread

Nutrition

Amount per serving	
Calories	190
Fat	9g
Carbs	19g
Fiber	8g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	407mg
Vitamin A	303IU
Vitamin C	4mg
Calcium	46mg
Iron	4mg

Directions

- 1 Bring water to a boil in a large pot. Add the edamame and cook until tender, about four to five minutes and then drain.
- 2 In a food processor, combine the edamame, cream cheese, hemp seeds, nutritional yeast, and lemon juice. Pulse until the mixture comes together into a chunky spread.
- 3 Add the basil leaves and salt and pulse just to combine.
- 4 Spread the mixture onto crispbread and enjoy!

Notes

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

Serving Size: One serving is two crispbreads with about 1/3 cup of spread.

More Flavor: Add fresh garlic to the spread.

Additional Toppings: Top with a drizzle of olive oil and/or chili flakes.

Gluten-Free: Use a gluten-free cracker or bread instead.

No Basil: Use parsley, dill, or cilantro.



Chocolate Chip Cookie Dough Protein Balls

8 servings

15 minutes

Ingredients

1 cup Vanilla Protein Powder
 3/4 cup Almond Flour
 1/4 tsp Sea Salt
 1/3 cup Tahini
 1/4 cup Maple Syrup
 1/2 tsp Vanilla Extract
 1/3 cup Soy Milk
 2/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	314
Fat	18g
Carbs	23g
Fiber	2g
Sugar	16g
Protein	15g
Cholesterol	2mg
Sodium	111mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	146mg
Iron	2mg

Directions

- 1 In a large bowl whisk together the protein powder, almond flour, and salt.
- 2 Add the tahini, maple syrup, vanilla, and milk. Stir with a spatula until thoroughly combined and the mixture holds together. Add an additional splash of milk if the mixture is too dry. Fold in the chocolate chips.
- 3 Use a large cookie scoop to form into balls, or use your hands to roll into balls approximately three inches (7.5 cm). You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

Notes

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

Serving Size: One serving is equal to one ball.

No Tahini: Use peanut butter, almond butter, or cashew butter.

More Flavor: Garnish with flaky salt after forming into balls.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

No Soy Milk: Use almond milk, cashew milk, or oat milk.



Cashew Queso with Veggies

4 servings
15 minutes

Ingredients

1 cup Cashews (raw, soaked for at least 6 hours, and rinsed)
 1/2 Red Bell Pepper (medium, roughly chopped)
 2 Garlic (cloves)
 1/3 cup Nutritional Yeast
 1 tbsp Apple Cider Vinegar
 1 tsp Smoked Paprika
 1/8 tsp Cayenne Pepper
 1 tsp Sea Salt
 1/2 cup Water (hot)
 2 cups Broccoli (florets, chopped)
 4 Carrot (sliced into sticks)

Nutrition

Amount per serving	
Calories	292
Fat	16g
Carbs	26g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	688mg
Vitamin A	11247IU
Vitamin C	64mg
Calcium	72mg
Iron	4mg

Directions

- 1 Add all of the ingredients except the broccoli and carrots to a blender or food processor and blend until a very smooth consistency is achieved.
- 2 Serve the queso with the veggies, and enjoy!

Notes

Leftovers: Refrigerate the queso in an airtight container for up to seven days.
Serving Size: One serving is equal to approximately 1/4 of queso with veggies.
Short on Time: Soak the cashews for 10 minutes in boiling water.



No Bake Chocolate Almond Protein Bars

8 servings
1 hour 15 minutes

Ingredients

1/2 cup Almond Butter (smooth and drippy)
3 tbsps Coconut Oil
1/3 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Vanilla Protein Powder
1 cup Oats
1 tbsp Chia Seeds
1/3 cup Unsweetened Shredded Coconut
1/4 tsp Sea Salt
3 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	300
Fat	19g
Carbs	24g
Fiber	4g
Sugar	12g
Protein	10g
Cholesterol	1mg
Sodium	88mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	111mg
Iron	1mg

Directions

- 1 Line the pan with parchment paper.
- 2 Add the almond butter, coconut oil, and maple syrup to a small saucepan. Heat over low, stirring with a spatula until smooth and well combined. Remove from heat and stir in the vanilla. Transfer to a large bowl.
- 3 To the same bowl, add the protein powder, oats, chia seeds, shredded coconut, and salt. Stir well to combine. Transfer the mixture to the prepared pan.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Drizzle the melted chocolate over the top of the bars and place them in the fridge to set for one hour. Remove the bars from the pan and slice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for longer.

Serving Size: One serving is equal to one two-inch bar. An 8 x 4-inch pan was used to make eight servings.

Nut-Free: Use tahini or sunflower seed butter.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Tortilla & Bell Pepper Snack Plate

1 serving

5 minutes

Ingredients

1/2 cup Chickpeas (cooked)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Protein Tortilla (sliced)
1 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	325
Fat	9g
Carbs	50g
Fiber	17g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	11mg
Vitamin A	3748IU
Vitamin C	153mg
Calcium	149mg
Iron	3mg

Directions

- 1 Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
- 2 Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

Notes

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

Gluten-Free: Use gluten-free tortilla.

More Flavor: Add your choice of herbs and spices to the chickpeas.



Raspberry Chia Protein Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	266
Fat	13g
Carbs	24g
Fiber	12g
Sugar	7g
Protein	18g
Cholesterol	2mg
Sodium	82mg
Vitamin A	15IU
Vitamin C	12mg
Calcium	372mg
Iron	3mg

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.