

Vanilla OR Chocolate Muffins



RECIPE - 4 scoops Arbonne Meal Replacement Shake mix (vanilla)-1 tsp baking powder-1 tsp vanilla extract -1 egg-1/4 cup eggwhites-1/4 cup unsweetened vanilla almond milk

OR use 4 scoops of chocolate meal replacement shake mix and changed the vanilla almond milk to chocolate almond milk

Carrot Cake Muffins

2 scoops Arbonne Vanilla protein powder 1 1/2 tsp baking powder 1 tsp cinnamonsprinkle of nutmeg2 tbsp chopped walnuts1/4C pureed carrots1/8 c chopped pineapple 1/4C egg whites or 1 eggScoop into silicone muffin mold. makes 4. microwave 2mins 30 sec.

Banana Protein Muffins



- 3/4 cup egg whites
- 3/4 cup very ripe bananas
- 1/2 cup plain low-fat greek yogurt
- 3/4 cup oats (I used old-fashioned)
- 2 scoops vanilla protein powder

- 1/4 cup baking stevia
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1 teaspoon cinnamon
 - foil liners
 - cooking spray
1. Heat oven to 350 degrees. Line a muffin tray with 12 foil liners and spray with cooking spray. (Note- liners and spray are a must. Muffins made with oats instead of flour tend to stick.)
 2. Place all ingredients in a blender and blend until smooth.
 3. Divide batter between the 12 muffin cups. Bake for 15 to 18 minutes

Blueberry Protein Muffins



ARBONNE SHAKE PROTEIN MUFFINS *Makes 4 cupcakes.
Double and it made 12 pictured above* (Approximately 100

calories! protein: 10grams, fat: 3grams & carbs: 8 grams) Using a large fork mix all of the following ingredients in a medium bowl: -4 scoops Arbonne Meal Replacement Shake mix (vanilla) -1 tsp baking powder -1 tsp vanilla extract -1 egg -1/4 cup eggwhites - 1/4 cup Blueberries-1/4 cup unsweetened vanilla almond milk

Carrot Cake Power Balls



What you'll need -1 cup chopped cashews 1/2 cup chopped pecans 1 scoop of vanilla protein powder (I use Arbonne Vanilla) 4 dates 1 tbsp. Lucuma Powder 1 cup gluten free oats 1/8 tsp. ground ginger 1/2 tsp. cinnamon 1/4 tsp. ground cloves 1/4 tsp. ground nutmeg 2 carrots (shredded)

How to Make -

1. In a food processor, add cashews, oats, dates and pecans

and pulse for about 30 seconds. You want the mix to be able to stick together but not powdery. 2. Transfer to a bowl and add the vanilla protein powder, Lucuma powder, ginger, cinnamon, cloves, nutmeg and carrots and mix well. 3. If the mixture isn't sticking slowly add some water, 1 tbsp at a time until you can form 1 1/2 inch balls and they will stick together. 4. Use all the mixture to roll out 1 1/2 inch balls, placing them on a baking sheet lined with parchment paper. 5. Last, roll the balls in unsweetened coconut and place back on the baking sheet to dry out a bit. 6. Store in an airtight container, in the fridge for up to 5 - 7 days. 7. Enjoy!

Arbonne Nut Butter Choco Squares!!! HOLY HEAVEN!!!



You will need a flexible silicone ice cube tray

Recipe:

Aprox 3 TBS of coconut oil (melt in microwave if solid)

Aprox 2 Tbs of Arbonne Chocolate Protein Powder

Organic Almond Butter

Mix the Protein and the Coconut oil together and pour just enough of the mixture to line the bottom of each square of the ice cube tray, set the rest of the mixture aside.

Freeze for 10 mins

When the bottoms have hardened, spoon on top a small dollop of almond butter and then drizzle a small spoonful of the remaining coconut oil/protein mixture (enough to cover the almond butter)

Freeze for 15 mins

That's it, scrumptious deliciousness!!!