

# Healthy Protein Recipes



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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## *Tips on Shakes*

- You may use as much liquid as you want. If you want a thick shake, use more ice and less liquid. If you want a thin shake, use more liquid.
- Sticking to low-sugar fruit in your shake is ideal for weight loss (berries or  $\frac{1}{2}$  a sour apple).
- To blend your protein shakes with ice you may use a blender or Ninja.
- A shaker cup may be used for a quick basic shake.
- We recommend NOT using cow's milk, and instead use almond milk, rice milk, or coconut milk.
- If you have not supplemented with fiber before, start out using half the amount called for in the recipe to gradually get your system used to it.
- Trader Joe's® has almond butter with flax seed in it.
- Organic ingredients are always recommended when you can find them.

## *Tips for Athletes*

- If you workout in a way that produces muscle fatigue or oxygen debt (interval training, weight lifting, long endurance training), then you qualify for a "Workout Recovery Shake." This is a bonus shake and is not counted as one of your meals.
- Consume your Workout Recovery Shake within 30 minutes of your workout. In this shake only, you may add a higher sugar fruit such as  $\frac{1}{2}$  a banana, a few chunks of mango or pineapple, because your muscles use it immediately.
- This Workout Recovery Shake is not your meal. Your muscles will use it almost immediately. Consume your meal as soon as you get hungry after your recovery shake, which could be immediately after your shake, or as long as 4 hours later.

## *Basics for making your own healthy Protein Shakes*

### **Basic Protein Shake**

2 scoops Protein Shake Mix

½ to 1 scoop Fiber powder

Mix with ONE of the following and ice if desired:

- o 1 cup water
- o ½ to 1 cup unsweetened almond milk
- o ½ cup rice milk and ½ cup water
- Add ONE serving of fat to satiate:
  - o 1-2 tsp. almond butter
  - o 1 tsp. almond, walnut, coconut or flax oil
  - o 1 T ground flax meal
  - o 1 T whole roasted flax seeds
  - o ¼ cup coconut milk
  - o 1 T raw nuts
  - o ¼ avocado
- ¼ cup berries (optional)

Add'l options

- Add 100% Liquid egg whites (the pasteurized kind in the carton) for added protein
- Add fresh or frozen baby spinach for an extra serving of vegetables (you will not taste it — promise)

# Tasty Shake Recipes

## Chunky Monkey

2 scoops Chocolate (or Vanilla) Protein Shake Mix  
2 T powder peanut butter (less calories and fat) \*\*  
or natural peanut butter, or almond butter 1-2 T  
1 small banana or ½ large banana  
7 oz. water  
6-8 ice cubes

Mix together in blender.

\*\*Available at:  
[www.bellplantation.com](http://www.bellplantation.com)

Additional options:

Liquid egg whites for even more protein

Hand full of fresh baby spinach — trust me you don't taste it, and it's an extra serving of vegetables...try it!

## Breakfast Smoothie

2 Scoops Vanilla Protein Shake Mix  
1 Banana  
1 cup frozen mixed berries  
3 oz. Yogurt (Greek is best choice)  
Fiber Powder (optional)  
Add water to blend

## The Green Goddess

2 Scoops Vanilla Protein Shake Mix  
9 oz. Almond milk  
1 Scoop Fiber Powder (optional)  
1 Handful baby spinach  
½ cup honeydew melon

## **Almond Crunch**

2 Scoops Vanilla Protein Shake Mix  
1 Scoop Fiber Powder  
1 cup unsweetened almond milk or rice milk  
1 T slivered or sliced raw almonds  
May add ice and water

## **Cherry Berry**

2 Scoops Vanilla Protein Shake Mix  
1 T All natural 100% tart cherry concentrate from Cherry Bay Orchards  
1 scoop Fiber Powder  
 $\frac{3}{4}$  cup frozen blueberries  
Water  
Ice

*Fun to serve in margarita glasses*

## **Grasshopper Pie**

2 scoops Vanilla Protein Shake Mix  
8-9 oz water, almond milk, rice milk or coconut milk. Do NOT use cow's milk  
 $\frac{1}{2}$  to 1 scoop Fiber Powder  
1 handful organic baby spinach  
1 tsp organic peppermint extract  
Add approximately 6 ice cubes and blend

Drink and enjoy! Tip – this makes a great healthy "dessert." Serve in dessert glasses and sprinkle with shaved organic 90% cocoa chocolate bar.

## Cinnamon Bun

1 Scoop Vanilla Protein Shake Mix  
1/4 tsp. vanilla extract  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1 cup almond milk  
3 ice cubes  
Blend in blender until smooth

## Tropical Smoothie

2 Scoops Vanilla Protein Shake Mix  
12 oz. water  
2- 1" thick pineapple rings  
1 kiwi  
5-6 hulled strawberries

## Eggnog

2 Scoops Vanilla Protein Shake Mix

Fiber Powder

Vanilla unsweetened almond milk (1/2 cup or more to taste)

1/4 tsp. vanilla extract (alcohol-free if available)

1/4 tsp. rum extract

1/4 tsp. allspice

1/4 tsp. nutmeg

1/4 tsp. clove

1/2 tsp. cinnamon

Optional: 2 T roasted spaghetti squash or 1/4 avocado to thicken the shake.

## **Cinnamon Dreamsicle**

2 Scoops Vanilla Protein Shake Mix

½ to 1 scoop Fiber Powder

½ banana

Juice from one orange

1 tsp. cinnamon

6-7 oz. water

Ice

Additional options:

Add ¼ cup liquid egg whites (the pasteurized kind in the carton) to boost protein

Add 1 cup of baby spinach. You will not taste it and it's another serving of vegetables.

## **Pretty In Pink**

2 Scoops Vanilla Protein Shake Mix

½-1 Scoop Fiber Powder (optional)

Splash of pure cranberry juice

1 Handfull strawberries and raspberries (fresh or frozen)

8-10 Ice cubes

6-8 oz. one of the following: vanilla almond milk, plain almond milk, rice milk or water to desired slushy consistency

## **Extra Chocolate**

2 Scoops Chocolate Protein Shake Mix

1 Scoop Fiber Powder

1 cup Unsweetened chocolate almond milk or rice milk,

3/4 tsp. Flax Oil

Pinch of cocoa nibs (unsweetened)

1 tsp. Unsweetened cocoa powder

May add ice and water

## **Nutty Apple Cinnamon**

2 Scoops Vanilla Protein Shake Mix  
1 Scoop Fiber Powder  
1 cup unsweetened almond milk or rice milk  
 $\frac{1}{4}$  cup unsweetened apple sauce  
or  $\frac{1}{2}$  sour green apple, sliced  
Cinnamon to taste  
1 T Raw pecans, slivered or sliced raw almonds  
May add ice and water

## **Sweet Very Berry**

2 Scoops Vanilla Protein Shake Mix  
1 Scoop Fiber Powder  
 $\frac{1}{4}$  cup organic coconut milk  
 $\frac{1}{2}$  cup unsweetened almond milk or rice milk  
1 T Almond butter  
 $\frac{1}{4}$  cup frozen or fresh berries  
Some unsweetened coconut shaves  
May add ice and water

## **Mocha**

2 Scoops Chocolate Protein Shake Mix  
1 Scoop Fiber Powder  
 $\frac{1}{2}$  cup unsweetened almond milk or rice milk  
1 T Almond butter  
1 tsp. Instant coffee crystals  
May add ice and water

## **Blackberry Tang**

2 Scoops Vanilla Protein Shake Mix  
1 Scoop Fiber Powder  
 $\frac{1}{4}$  cup organic coconut milk +  $\frac{1}{2}$  cup unsweetened almond milk or rice milk  
1 T Almond Butter  
1 Pomegranate Fizz Stick, dissolved in  $\frac{1}{2}$  cup water  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup fresh or frozen unsweetened blackberries  
May add ice and water

## **Lemon/Lime Fresh**

2 Scoops Protein Shake Mix  
1 Scoop Fiber Powder  
 $\frac{1}{4}$  cup organic coconut milk or unsweetened almond milk or rice milk  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  Lemon or lime (peeled and sliced). May add a few rind shavings for health and taste or use 1-2 T lemon or lime juice or to taste  
May add ice and water

## **The Mint Cookie**

2 Scoops Chocolate Protein Shake Mix  
1 cup Unsweetened almond milk or water  
 $\frac{1}{4}$  tsp. Natural mint extract  
7-10 Ice cubes  
1 Scoop Fiber Powder (optional)  
Crushed almonds (optional)

## Frozen Peach

2 Scoops Vanilla Protein Shake Mix  
4 oz. Almond milk  
Frozen peaches

## Almond Joy

2 Scoops Chocolate Protein Shake Mix  
8 oz. Almond milk  
1 Scoop Fiber Powder (optional)  
1 T Almond butter  
½ T Coconut extract  
Add ice to achieve desired consistency

## Papaya Peach Smoothie

2 Scoops Vanilla Protein Shake Mix  
1 Scoop Fiber Powder (optional)  
1 Handful peeled fresh papaya, chopped  
3 Slices frozen organic peaches (in summer, fresh is better)  
Juice of 1 lemon wedge  
4-6 Ice cubes  
Coconut milk to desired consistency  
Dash of cinnamon

## **Pumpkin Pie**

2 Scoops Vanilla Protein Shake Mix  
4 oz. Pumpkin puree  
1 cup Almond milk  
Pumpkin pie spice or nutmeg and cinnamon (to taste)  
1 T Pecans  
½ Scoop Fiber Powder (optional)  
Add Ice to desired thickness and blend.

## **Welcome To Paradise**

2 Scoops Vanilla Protein Shake Mix  
9 oz. Water  
1 cup Frozen pineapple  
1 Banana  
Top with ice and blend (umbrella optional)

## **Chocolate Mocha “Arbucks”**

1 Scoop Vanilla Protein Shake Mix  
1 Scoop Chocolate Protein Shake Mix  
1 Scoop Fiber Powder (optional)  
4 oz. Coffee  
1 cup Ice  
Increase ice to thicken; increase coffee to make thinner.

## **Enchanting Chocolate Cherry**

2 Scoops Chocolate Protein Shake Mix

½ -1 cup Cherries (fresh or frozen)

6-7 oz. Water

Ice cubes

## **Velvet Elvis**

2 Scoops Vanilla Protein Shake Mix

½ Banana

2 T Natural peanut butter or powder peanut butter  
(Bellplantation.com)

6-8 oz. ONE of the following: vanilla almond milk, plain  
almond milk, rice milk or water

Blend with ice

## **The Grinch**

2 Scoops Vanilla Protein Shake Mix

½ cup chopped spinach

1 Packet wheat grass powder

9 oz. Almond vanilla milk

1 Chopped green apple

1 Packet Digestive Enzymes

Blend with ice. Sweet and delicious. You cannot taste the greens!

## Gingerbread Cookie

2 Scoops Vanilla Protein Shake Mix  
1 scoop Fiber Powder  
½ tsp. cinnamon  
½ tsp. ginger  
1 sprinkle ground cloves  
1- 6 oz. cup Vanilla Greek yogurt  
1 cup unsweetened vanilla almond milk  
Ice

## Dreamsicle

2 Scoops Vanilla Protein Shake Mix  
8 oz. Freshly squeezed orange juice (see below for why it's best to use fresh squeezed)  
2 oz. Coconut milk  
1 Scoop Fiber Powder (optional)  
Crushed ice (the more the better)

Even the very best packaged Orange Juice labeled "fresh squeezed" has been heat-treated so it can stay on the shelf for long periods of time. One thing you can be sure of is that much of the nutritional value has been taken out. Making your own freshly-squeezed orange juice ensures that it is chock full of the nutrients your body needs. Here are some reasons to motivate you to start making your own:

1. One glass of fresh orange juice will ensure that you get your recommended daily dose of vitamin C.
2. As well as freshly squeezed orange being high in antioxidants, it is high in dietary fiber, thiamine and folates.
3. Drinking fresh orange juice can reduce the damaging effect that free radicals have on the cells in our bodies.
4. There are many different flavonoids and phyto-nutrients in fresh orange juice that can protect you against a number of degenerative diseases.

Just get some oranges, cut in half and extract the juice using a citrus juicer. It only takes a couple of minutes to do and the benefits are huge.

## Vanilla Almond Crunch Protein Bars

2½ cups Vanilla Protein Shake Mix

16 oz jar organic almond butter with flax seeds or plain almond butter (if using jar larger than 16 oz. be sure to completely stir oil on top down into the almond butter)

1-3/4 cup Agave (or less, Agave is very sweet)

1¾ to 2 cups Gluten free oats (close to 2 cups) based on ability to stir the mixture

1½ cups finely crushed almonds

Combine wet ingredients together. Add oats, protein powder and crushed almonds. Stir all ingredients together.

Press into a 9x13 pan and put into frig or freezer to harden before cutting. Cut into individual bars (or roll them into little balls) then wrap and store in frig or freezer for a snack on the go. These bars are totally addictive so don't say I didn't warn you!

## Chocolate Peanut Butter Bars

1 cup Chocolate Protein Shake Mix

1 cup Oats

1 cup Fat-free dry milk

½ cup Natural peanut butter

½ cup Honey

1 T Water

Mix well with hands. Spread evenly into 8x8 pan...freeze. After ½ hour of freezing, cut into 8 sections then put back into the freezer to store.

## **5 minute NO BAKE Protein Bar Recipe**

2 1/4 cups Chocolate or Vanilla Protein Shake Mix

1 16 oz. organic raw & unsalted almond butter or peanut butter  
(crunchy, creamy or with flax seed)

1-3/4 cup honey or agave nectar (can cut back on amount to make less sweet)

(can mix chocolate and vanilla if desired)

3 cups dry uncooked oatmeal

2 T Water

In a microwave-safe bowl, combine peanut butter and honey, heat in microwave for 50-70 seconds, or until it stirs easily. Add protein powder in small portions and stir, then small portions of oatmeal and water and mix thoroughly. It will be thick and sticky. If consistency is loose add more protein powder. Press flat into a 9 x 16 inch pan. Refrigerate 1 hour, or until solid enough to cut into bars. Store in the refrigerator.

\*\*For extra fiber use 1/4 cup fiber powder, and 2 cups of protein powder.

## **I'm Nuts About You**

2 1/4 cups Vanilla Protein Shake Mix

2 cups Fiber Powder

2 cups Crunchy peanut butter

2 cups Honey

1 cup Oats

2 cups Shredded or sweetened coconut

Melt honey and peanut butter for about 1 minute so it will be easy to mix. Add rest of ingredients (you can put the coconut and oats in a blender first to make them less chunky if you prefer).

Pat into 11x13 pan and refrigerate or freeze. Can be cut and stored refrigerator or freezer.

## **Vanilla Almond Cherry Protein Bars**

2½ cup Vanilla Protein Shake Mix  
3 Cups Rolled/old fashioned oats  
Handful chopped toasted almonds  
Handful coarsely chopped dried cherries  
Handful unsweetened toasted coconut flakes  
2 tsp. Cinnamon  
1 cup (or more to taste) sweetener (agave or maple syrup)  
2 cups Nut butter (almond, peanut, sunflower, etc.)

Put dry ingredients in a large bowl and combine well. Heat sweetener & nut butter, stirring occasionally until combined and very smooth. Pour heated sweetener/nut butter mixture into dry ingredients and combine (use hands to get best results). Spread evenly into flat, rimmed baking sheet and chill until firm. Cut into 2-inch squares. Store in refrigerator or freezer.

## **Chocolate Christmas Joys**

2 cups Chocolate Protein Shake Mix  
1-3/4 cup Peanut butter  
1½ cup Honey  
2 cups Oatmeal  
1½ cups Coconut flakes

Warm peanut butter and honey in microwave on 50% power

Add oatmeal and blend well

Add coconut flakes

Make small balls and roll in additional coconut flakes. Refrigerate to set.

## **Crunchy Protein Bars**

2½ cups Vanilla Protein Shake Mix  
1 16 oz. Jar organic crunchy peanut butter  
1½ cups Honey or agave nectar  
2½ cups Multigrain oatmeal

Place peanut butter and honey in microwave for 90 sec. on high power. Add oatmeal and protein and mix well. Pour into a 9x13 dish (for thinner bars use 11x17) spread evenly and cover with wax paper. Cool for 1 hour and cut into bars.

## **Josanne's Energy Bars**

1 cup honey  
¼ lb butter  
1 cup natural peanut butter

Put top 3 ingredients in a heavy pot over low heat and stir until well blended!

Stir in...

1 cup Vanilla Protein Shake Mix  
1 cup chopped fresh walnuts  
1 cup unsalted sunflower seeds  
1 cup sesame seeds  
2 cups dark raisins  
2 cups oatmeal

Mix well and put in a large (9x13) pan or 2 smaller ones. Press firmly and smooth out top with a spoon!

Refrigerate or freeze.

## **Maple Protein Bars**

1 Scoop Vanilla Protein Shake Mix  
2 cup oats  
1/2 cup maple syrup  
2 T cocoa  
2 T water  
2 T dry milk  
1 cup natural peanut butter  
1/3 cup ground dry roasted peanuts

Blend with mixer and press into 8x8 pan

## **Protein Bars**

2½ cups Protein powder (can use ½ chocolate and ½ vanilla)  
2 cups organic peanut butter  
1¾ cups Honey or agave nectar  
3 cups Rolled oats

Mix peanut butter and honey in microwavable bowl. Heat for 60-90 seconds.  
**Mix well.**

Add Protein Powder and mix well.  
Add oatmeal and mix gently.  
Spread in 9x13 pan.  
Refrigerate 1 hour. Cut into 24 squares.

## Judy's Crunchy Gluten-Free Protein Bars

6 Scoops Protein Shake Mix (use all vanilla, or use  $\frac{1}{2}$  choc. &  $\frac{1}{2}$  vanilla)  
1 scoop Fiber Powder  
2 cups organic peanut butter (use 1 cup peanut butter & 1 cup almond butter)  
 $\frac{3}{4}$  cup honey  
1 $\frac{1}{2}$  cup Gluten free oats (this amount varies depending on how much oil is in your peanut butter)  
 $\frac{1}{2}$  cup chopped pecans  
2/3 cup chopped walnuts  
1 T Raw cacao (can omit this if using the Chocolate Protein Shake Mix)  
 $\frac{1}{2}$  cup Gluten free, dairy free & soy free chocolate chips  
1 $\frac{2}{3}$ -2/3 cup Rice Chex® cereal

Microwave peanut butter & honey for 90 seconds. Mix well and add the protein powder and fiber powder. Add Cacao at this point if using it. Add nuts & oatmeal, mix well. Finally fold in the Rice Chex® cereal. Put mixture into a 9 X 13 pan and press down firmly with your hands. Sprinkle chocolate chips on top and press in firmly. Refrigerate for 2 hours before serving.

TIP: I like to cut my bars before refrigerating so the kids can help themselves to them...all four of my kids love these! ENJOY!

## Pistachio-Cherry Protein Bars

2 $\frac{1}{4}$  cup Vanilla Protein Shake Mix  
 $\frac{1}{2}$  cup Fiber Powder  
16 oz almond butter  
1 $\frac{1}{4}$  cup agave nectar light  
3 cups toasted brown rice cereal  
1 $\frac{1}{2}$  cup natural unsalted pistachio nuts  
1 cup chopped dried cherries (not maraschino!)

Combine dry ingredients in bowl. In a large bowl, microwave almond butter and agave for 70 seconds. Add dry ingredients and mix well. Press into 9x13 pan. Refrigerate until set.

## Pumpkin Carrot Almond Bars

In the fall, try a spin on the no-bake Protein Bars. This recipe is flexible so put your own twist on it!

6 scoops Vanilla Protein Shake Mix  
1 cup almond butter  
 $\frac{1}{2}$  cup agave syrup  
 $1\frac{1}{2}$  cup canned pumpkin  
 $\frac{3}{4}$  cup shredded carrot (I put in the food processor)  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg  
1/3 cup Fiber Powder or ground flax seeds  
 $\frac{1}{2}$  cup slivered almonds  
2 cups oats

In a large bowl, blend together almond butter & agave. Add pumpkin, carrot and spices. Blend well and continue to incorporate the rest of the ingredients one at a time. Press into pan, chill and cut. Makes thick bars in a 5x9 in pan. Sprinkle a few extra nuts on top and a dusting of cinnamon. Yum!

# Other Recipes

## Apple Pecan Cookies

2 scoops Vanilla Protein Shake Mix  
2 cups blanched almond flour  
1 scoop Fiber Powder  
 $\frac{1}{2}$  teaspoon sea salt  
 $\frac{1}{2}$  teaspoon baking soda  
 $1\frac{1}{2}$  teaspoons cinnamon  
 $\frac{1}{2}$  cup grapeseed oil  
 $\frac{1}{2}$  cup agave nectar  
1 T vanilla extract  
1 cup dehydrated apples - chopped (add more if you like)  
1 cup chopped pecans

Combine dry ingredients into a bowl. Add liquid ingredients to dry and stir with a fork.  
Add apples and nuts.

Bake on a greased cookies sheet for 7 to 10 minutes at 350° F. Cool before removing from cookie sheet.

## Power Oats

1 Scoop Vanilla Protein Shake Mix  
1 cup Cooked steel cut oats  
1 tsp. Almond butter  
1 T Flax seed meal or oil

Mix all together and top it off with cinnamon, berries and almond milk.

## Holiday Protein Muffins

**1/4 cup Protein Shake Mix  
1 cup Pumpkin  
1/2 cup Applesauce  
1/2 cup Plain Greek yogurt  
1-3/4 cup Oats  
2 T Stevia (taste your batter to adjust the sweetness)  
1 tsp. Baking soda  
2 tsp. Baking powder  
1 tsp. Vanilla extract  
1/4 tsp. Salt  
1 1/2 tsp. Ground cinnamon  
1/8 tsp. Ground nutmeg**

Mix in blender. Add nuts if desired. I added some cranberries for Christmas!  
Spray muffin tins with organic non-stick spray.

Bake at 350° F for 15 minutes or until they are golden brown on top.

Cool before you remove.

## *Additional Suggestions for Protein Shake Mix*

### **Fruit Dip or Fruit drizzle**

1 scoop Vanilla Protein Shake Mix  
1 6-oz. container plain or honey Greek yogurt  
Stir until smooth and creamy

*Even your kids will love it!*

### **Cereal Booster**

Sprinkle 1 scoop Vanilla Protein Shake Mix over cold cereal  
Add milk your choice

*Especially good for those eating gluten-free as it adds more nutrition to your breakfast*