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Protein®**

**BARIATRIC  
FRIENDLY!**

**EASY TO MAKE  
LOW-CARB  
RECIPES**



# WE LOVE YOU

Premier Protein® is thrilled to partner with ObesityHelp, Inc to bring the bariatric community a FREE recipe book! Our mission is to help you stay the course by providing ideas on utilizing Premier Protein® shakes and powders on your healthy living journey. Throughout this book, you'll discover delicious ways to use our protein-rich products to help satisfy cravings while also nourishing your body. Enjoy!

## DID YOU TRY A RECIPE?

We'd love to see it!

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# SHAKES



## Shamrock Shake

MAKES TWO SERVINGS



10 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 3 ozs. Non-Fat Greek Yogurt (Plain)
- 8 grams (1/4 package) Sugar-Free Instant Vanilla Pudding Mix
- 1/4 tsp. Mint Extract (more if you like your shake minty)
- 4 drops Green Food Coloring
- 10 Ice Cubes

### Optional Ingredients

- Green Food Coloring: This is for festive appearances only.
- Sweetener: Adjust to your taste and preferences.
- Toppings: You can add toppings, such as sprinkles or Sugar-Free chocolate syrup.

### Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Optional: Top with sprinkles or syrup.

### Nutritional Info

**Calories:** 117; **Carbs:** 7 grams; **Fat:** 2 grams; **Protein:** 19 grams







## Pistachio Green Giant Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 tbsp. Pistachio Sugar-Free, Fat-Free Pudding Mix
- 5 Ice Cubes

### Directions

1. Add all ingredients to a blender.
2. Blend until smooth and enjoy.
3. Optional: Garnish with crushed pistachios.

### Nutritional Info

**Calories:** 185; **Carbs:** 11 grams; **Fat:** 3 grams; **Protein:** 30 grams







## Monkey Peanut Butter Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 tsp. Banana Extract
- 2 tbsp. Natural Creamy Peanut Butter
- 5 Ice Cubes

### Directions

1. Combine all ingredients into a blender.
2. Blend until smooth and enjoy.

### Nutritional Info

**Calories:** 258; **Carbs:** 24 grams; **Fat:** 5 grams; **Protein:** 36 grams

If your dietary plan allows more carbs, you can use a small frozen banana instead of the extract. This will raise the carb and sugar count.





## Sugar Cookie Protein Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1/2 tbsp. Almond Flour
- 1/4 tsp. Vanilla Extract
- 1/4 tsp. Butter Extract
- 5-6 Ice Cubes

### Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Pour into your favorite shake glass and enjoy.
3. Optional: Garnish with your favorite toppings.

### Nutritional Info

**Calories:** 183; **Carbs:** 5 grams; **Fat:** 5 grams; **Protein:** 31 grams





## Cherry Vanilla Protein Shake

MAKES TWO SERVINGS



5 MINS



SHAKE



BLENDER

### Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1 cup Dark Tart Cherries
- 1 tbsp. Sugar-Free Cherry Flavored Syrup
- 4-6 Ice Cubes

### Directions

1. Combine all ingredients into a blender and blend until smooth.
2. Pour half of the mix into one cup, and half into another cup.
3. Optional: Garnish with Sugar-Free shaved chocolate. Enjoy!

### Nutritional Info

**Calories:** 211; **Carbs:** 15 grams; **Fat:** 3 grams; **Protein:** 31 grams







## Chocolate Covered Strawberry Shake

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 oz. Sugar-Free Strawberry Syrup
- 1 tbsp. Cocoa Powder
- 4-6 Ice Cubes

### Directions

1. Combine all ingredients in a blender, blend until smooth and enjoy.
2. Optional: Garnish with your favorite toppings.

### Nutritional Info

**Calories:** 172; **Carbs:** 8 grams; **Fat:** 3 grams; **Protein:** 31 grams







## Orange Creamsicle Protein Smoothie

MAKES ONE SERVING



5 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 scoop (individual serving) Sugar-Free Orange Powder
- 6 Ice Cubes

### Directions

1. Add all ingredients to a blender.
2. Blend until smooth and enjoy.

### Nutritional Info

**Calories:** 165; **Carbs:** 4 grams; **Fat:** 3 grams; **Protein:** 30 grams



COLD COLD COFFEES



## Irish Cream Frozen Latte

MAKES TWO SERVINGS



30 MINS



SHAKE



BLENDER

### Ingredients

- 1 Premier Protein® Café Latte Protein Shake (Chilled)
- 4 ozs. Cold Brew Coffee
- 2 tbsp. Whipping Cream (or Half & Half Cream)
- 1 tsp. Vanilla Extract
- 1 tsp. Almond Extract
- 1 cup Ice (Add more ice for a frozen beverage consistency)

### Directions

1. Add the chilled Premier Protein® Café Latte Protein Shake, Ice, and Extracts into a blender, blend on high until ice is pulverized.
2. Add Whipping Cream to a small bowl and mix until the cream thickens.
3. Pour the Cold Brew Coffee equally into two cups, then pour the blended mix on top of each cup.
4. Gently spoon the Whipping Cream into each of the cups and enjoy.

### Nutritional Info

*With Whipping Cream*

**Calories:** 127; **Carbs:** 4 grams; **Fat:** 6 grams; **Protein:** 15 grams

*With Half & Half Cream*

**Calories:** 102; **Carbs:** 4 grams; **Fat:** 4 grams; **Protein:** 15 grams





## Caramel Cold Brew Coffee with Sea Salt Foam

MAKES TWO SERVINGS



3 MINS



SHAKE

### Ingredients

- 8 ozs. Premier Protein® Caramel Protein Shake
- 10 ozs. Cold Brew Coffee
- 2 ozs. Heavy Whipping Cream
- Pinch of Sea Salt
- Ice

### Directions

1. Add Ice to two glasses and pour the Cold Brew Coffee over the top of the Ice.
2. Pour the Premier Protein® Caramel Protein Shake equally into both glasses with the coffee.
3. In a separate bowl, mix the Heavy Whipping Cream with a Pinch of Sea Salt until frothy (you can use a hand frother).
4. Pour the cream over the top of the coffee drinks and serve.

### Nutritional Info

**Calories:** 161; **Carbs:** 3 grams; **Fat:** 12 grams; **Protein:** 12 grams







## Iced Hazelnut Coffee

MAKES ONE SERVING



3 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 cup Ice
- 4 shots Espresso
- 2 pumps Sugar-Free Hazelnut Syrup

### Directions

1. Pour Espresso shots over Ice and add 2 pumps of Sugar-Free Hazelnut Syrup. Add the Premier Protein® Vanilla Protein Shake and enjoy.

### Nutritional Info

**Calories:** 180; **Carbs:** 8 grams; **Fat:** 3 grams; **Protein:** 30 grams



# HOT DRINKS



## Vanilla Protein Coffee

MAKES ONE SERVING



5 SECONDS



SHAKE

### Ingredients

- 1 Premier Protein® Vanilla Protein Shake
- 1 cup Coffee (8 ozs.)

### Directions

1. Pour Premier Protein® Vanilla Protein Shake into a large mug with your morning coffee.
2. Stir to combine the Protein+Coffee, enjoy your cup of Profee!

### Nutritional Info

**Calories:** 161; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams





## Peanut Butter Hot Chocolate

MAKES TWO SERVINGS



3 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1/4 cup Half & Half
- 1 tsp. Cocoa Powder
- 1 tsp. Natural Peanut Butter

### Directions

1. Add all of the ingredients into a saucepan and stir until blended.
2. Over medium heat, heat the mixture until it reaches 140 degrees.  
Note: Do not bring to a boil.
3. Pour half of the mixture into one cup, and the other half into another cup. Serve and enjoy!

### Nutritional Info

**Calories:** 138; **Carbs:** 5 grams; **Fat:** 6 grams; **Protein:** 17 grams







## High Protein Egg Nog

MAKES THREE (10OZ.) SERVINGS



3 HR & 30 MINS



SHAKE

### Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/2 cup Egg Substitute
- 2 tbsp. Sugar Substitute, more or less to your taste preference
- 2 tsp. Rum Extract
- 1 tsp. Vanilla Extract
- 1/2 tsp. + pinch Nutmeg, ground
- 2 pinches Cinnamon, ground

### Directions

1. Add the Premier Protein® Vanilla Protein Shake, Egg Substitute, and Sugar Substitute to a saucepan and heat on medium heat. Stir continuously until the mixture thickens slightly, usually a few minutes. Note, do not bring to a boil. Stir in the Rum Extract, Vanilla Extract and 1/2 tsp. Nutmeg and a pinch of Cinnamon.
2. Remove from heat and pour into a heat resistant container, cover and refrigerate until the eggnog has cooled (at least 3 hours).
3. Just prior to serving, ladle your High Protein Eggnog into glasses, and garnish each with a little sprinkle of ground Nutmeg & ground Cinnamon.

### Nutritional Info

**Calories:** 164; **Carbs:** 6 grams; **Fat:** 2 grams; **Protein:** 28 grams





## Mocha Protein Coffee

MAKES ONE SERVING



5 SECONDS



SHAKE

### Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 cup Coffee (8oz)

### Directions

1. Pour Premier Protein® Chocolate Protein Shake into a large mug with your morning coffee.
2. Stir to combine the Protein+Coffee, enjoy your cup of Profee!

### Nutritional Info

**Calories:** 161; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams







## Peppermint Mocha Protein Shake

MAKES ONE SERVING



2 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Chocolate Protein Shake
- 1 tbsp. Sugar-Free Chocolate Syrup
- 1 tsp. Instant Coffee
- 1/2 tsp. Peppermint Extract

### Directions

1. Pour the Premier Protein® Chocolate Protein Shake into a large microwave safe mug and stir in the Sugar-Free Chocolate Syrup.
2. Microwave on high for approximately 45 seconds. Note: Do not bring to a boil.
3. Remove from the microwave and add the Instant Coffee and Peppermint Extract, stir to combine.
4. Optional: Garnish with your favorite toppings.

### Nutritional Info

**Calories:** 165; **Carbs:** 6 grams; **Fat:** 3 grams; **Protein:** 30 grams





## Cinnamon Latte

MAKES ONE SERVING



3 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Cinnamon Roll Protein Shake
- 2 shots Espresso

### Directions

1. Brew 2 shots of Espresso.
2. Froth the Premier Protein® Cinnamon Roll Protein Shake and pour over the Espresso.
3. Optional: Top with Cinnamon if desired.

### Nutritional Info

**Calories:** 170; **Carbs:** 5 grams; **Fat:** 3 grams; **Protein:** 30 grams







## Dalgona Protein Coffee

MAKES ONE SERVING



4-5 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Shake (Vanilla, Chocolate, or Caramel Flavor)
- 1 tbsp. Instant Coffee
- 2 tsp. Sugar Substitute
- 1 tbsp. Hot Water
- Ice

### Directions

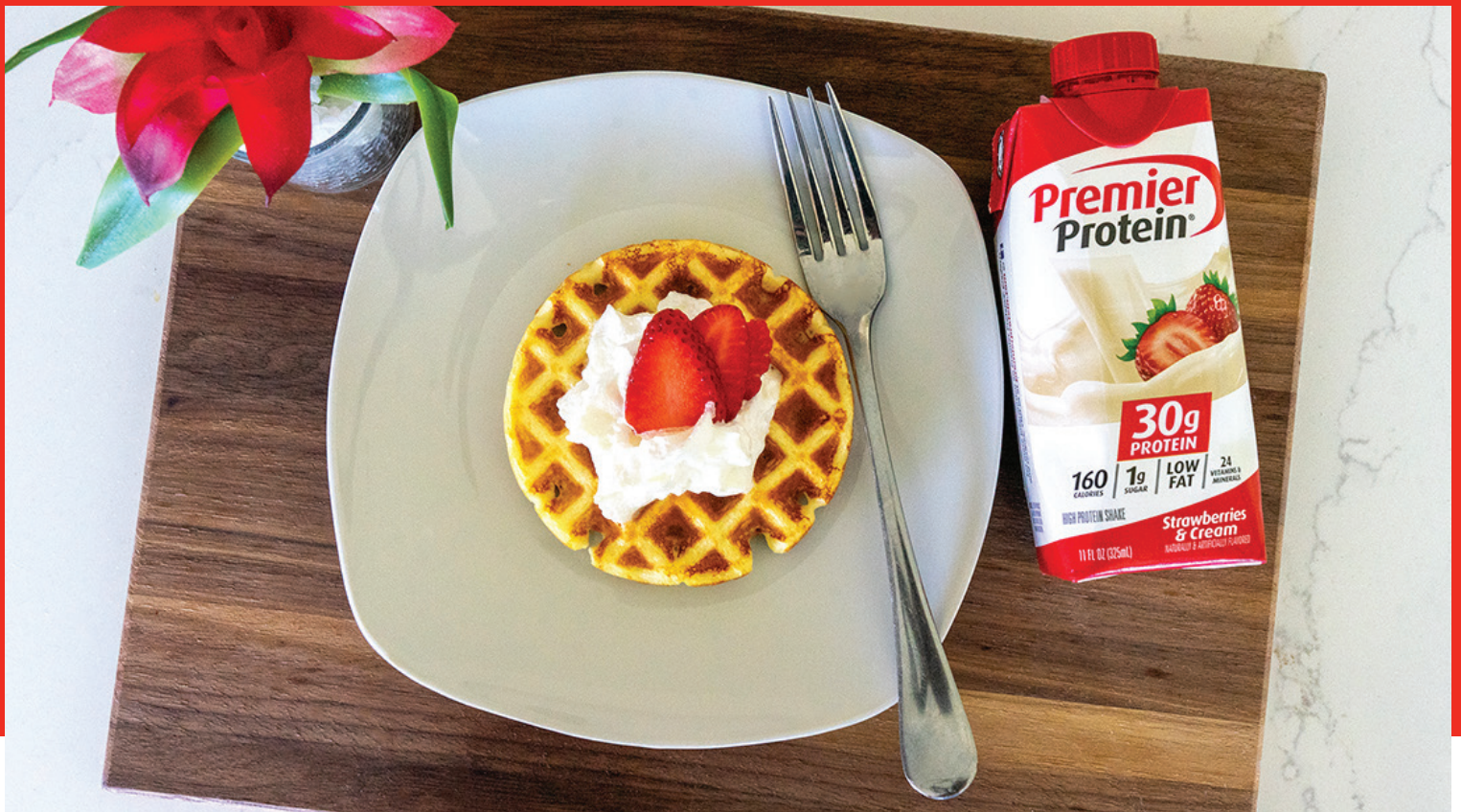
1. Add the Instant Coffee, Sugar Substitute, and Hot Water into a bowl and mix with an electric mixer until you reach a thick consistency. Once peaks form, set the bowl aside.
2. Fill a glass with Ice and pour your Premier Protein® Protein Shake over the Ice and top with the whipped coffee mixture and stir to combine.

### Nutritional Info

**Calories:** 160; **Carbs:** 4 grams; **Fat:** 3 grams; **Protein:** 30 grams



# MEMEALS



## Strawberry Waffles

MAKES FOUR SERVINGS



10 MINS



SHAKE



POWDER

### Ingredients

- 2 1/2 tbsp. Premier Protein® Vanilla Milkshake Protein Powder
- 3 tbsp. Premier Protein® Strawberry Protein Shake
- 3 tbsp. Almond Flour
- 1/4 tsp. Baking Powder
- 1 large Egg (Beaten)
- 2 ozs. Cream Cheese (Softened)

### Directions

1. Pre-heat your mini waffle maker while preparing your batter.
2. Combine the dry ingredients of Premier Protein® Vanilla Milkshake Protein Powder, Almond Flour, and Baking Powder into a measuring cup that has a spout for pouring. Use a fork to break up any clumps.
3. In a small bowl, whisk the egg until beaten.
4. Add the Egg, Premier Protein® Strawberry Protein Shake, and Cream Cheese into the dry ingredients and mix well until fully combined into a batter.
5. Spray the waffle maker with cooking spray and pour 1/4 of the batter into the well, close the lid and cook until done, approximately 4 minutes. The cooking time will vary depending on your waffle maker.
6. Repeat step 5 until all of your batter is used.
7. Plate your Strawberry Waffles and serve.

### Nutritional Info

**Calories:** 118; **Carbs:** 2 grams; **Fat:** 9 grams; **Protein:** 7 grams





## Protein Mole

MAKES 6 SERVINGS, 4 OZ. EACH



25 MINS



POWDER



BLENDER

### Ingredients

- 1/2 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 2 cups Vegetable Stock
- 6 ozs. Tomato Paste
- 2 Chipotle Peppers in Adobo Sauce + 1 tbsp. Sauce
- 1 tbsp. Coconut Oil
- 1 cup Chopped Onion
- 3 Garlic Cloves
- 1 tsp. Dried Oregano
- 1 tsp. Ground Cumin
- 1/4 tsp. Ground Cinnamon

### Directions

1. Heat the Coconut Oil in a large heavy saucepan over medium heat. Add the Onions and saute until translucent, add the Garlic, Tomato Paste and saute for an additional 2-3 minutes.
2. Over high heat, stir in the Vegetable Stock, the 2 Chipotle Peppers and one tablespoon of the Adobo Sauce. Stir until incorporated. Then mix in Oregano, Cumin, Cinnamon and the half a scoop of the Premier Protein® Chocolate Milkshake Protein Powder.
3. Reduce the heat to medium and simmer until it thickens. Remove from heat and add to a blender then blend until smooth. Serve over your favorite protein and/or grilled vegetables.

### Nutritional Info

**Calories:** 65; **Carbs:** 8 grams; **Fat:** 2 grams; **Protein:** 3 grams

# POPULARISICLES





## Peanut Butter Fudge Popsicles

MAKES 3 POPSICLES



FREEZE OVERNIGHT



POWDER

### Ingredients

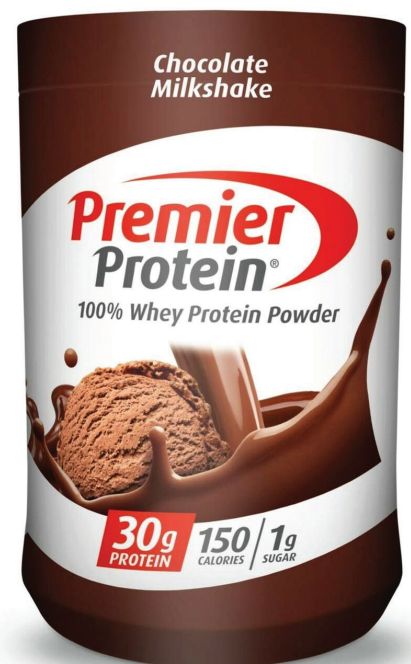
- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 3 tbsp. Peanut Butter Powder
- 3 tbsp. Nonfat Greek Yogurt
- 1 cup Water

### Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Pour mixture into the popsicle mold.
3. Place the cap and popsicle sticks into the mold and freeze overnight.

### Nutritional Info

**Calories:** 91; **Carbs:** 6 grams; **Fat:** 2 grams; **Protein:** 14 grams







## Red, White and Blue Popsicles

MAKES EIGHT SERVINGS



FREEZE OVERNIGHT



SHAKE

### Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/4 cup Strawberries (sliced)
- 1/4 cup Blueberries

### Directions

1. Add berries into each of the popsicle molds, distributing the mixture evenly amongst all of the molds.
2. Fill the popsicle molds with Premier Protein® Vanilla Protein Shakes.
3. Freeze overnight and enjoy.

### Nutritional Info

**Calories:** 62; **Carbs:** 3 grams; **Fat:** 1 gram; **Protein:** 10 grams





## Raspberry & Vanilla Cream Popsicles

MAKES 3 POPSICLES



FREEZE OVERNIGHT



SHAKE



CLEAR

### Ingredients

- 3/4 cup Premier Protein® Clear Raspberry Protein Drink
- 1/4 cup Premier Protein® Vanilla Protein Shake
- 9 Raspberries
- 2 tbsp. Nonfat Greek Yogurt

### Directions

1. Place 3 Raspberries in each popsicle mold.
2. Pour the Premier Protein® Clear Raspberry Protein Drink evenly into each mold.
3. Place the cap and popsicle sticks into the mold and freeze overnight.
4. Mix the Premier Protein® Vanilla Shake and Nonfat Greek yogurt.
5. Remove the popsicle mold from freezer.
6. Pour the vanilla mixture into the popsicle mold.
7. Return the popsicle mold to the freezer.

### Nutritional Info

**Calories:** 29; **Carbs:** 2 grams; **Fat:** 0 grams; **Protein:** 5 grams







## Orange Cream Popsicles

MAKES EIGHT SERVINGS



FREEZE OVERNIGHT



SHAKE

### Ingredients

- 2 Premier Protein® Vanilla Protein Shakes
- 1/2 can Orange Juice Concentrate

### Directions

1. Blend ingredients together.
2. Pour into popsicle molds.
3. Freeze overnight and enjoy.

### Nutritional Info

**Calories:** 47; **Carbs:** 3 grams; **Fat:** 1 gram; **Protein:** 8 grams

if you can not use the concentrate, you can sub with  
Sugar-Free Orange Drink Powder Mix.





# DESSEPTS



## Vanilla Berry Frozen Yogurt Bark

MAKES TWELVE SERVINGS



1 HR & 10 MINS



POWDER

### Ingredients

- 2 scoops Premier Protein® Vanilla Milkshake Protein Powder
- 2 cups Vanilla Greek Yogurt
- 1 tsp. Vanilla Extract
- 1/4 cup Blueberries
- 1/4 cup Strawberries (sliced)

### Directions

1. Add the 2 scoops of Premier Protein® Vanilla Milkshake Protein Powder, Greek Yogurt, and Vanilla Extract in a large mixing bowl. Stir well to ensure the protein powder is fully incorporated.
2. Line a 9x13 cookie sheet with parchment paper and spread the mixture evenly across it.
3. Top with mixed berries (or your desired topping), place in the freezer until set, about an hour.
4. After it is set into a solid-state, cut (or break) into 12 pieces. Store the Frozen Yogurt Bark in a covered container in the freezer.

### Nutritional Info

**Calories** 58; **Fat** 1 gram; **Carbs** 5 grams; **Protein** 8 grams



## Red Velvet Mug Cake for Two

MAKES TWO SERVINGS



3 MINS



SHAKE



POWDER

### Ingredients

- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 1.5 oz. Premier Protein® Vanilla Protein Shake
- 1/2 tsp. Baking Powder
- 2 tbsp. Unsweetened Cocoa Powder
- 2 tsp. Sugar Substitute
- 1 tbsp. Unsweetened Applesauce
- Dash of Salt
- 1 large Egg
- 20 drops Red Food Coloring

### Directions

1. Add the Premier Protein® Chocolate Milkshake Protein Powder, Baking Powder, Unsweetened Cocoa, Sugar Substitute, and a Dash of Salt into a bowl and mix.
2. Add in the Unsweetened Applesauce, Egg, Premier Protein® Vanilla Protein Shake and mix until well incorporated. The consistency should be similar to a thick cake batter.
3. Once that is done, add in the Red Food Coloring and mix to incorporate the color.
4. Spray two small mugs with Non-Stick Cooking, pour half of your mixture into each mug, and then microwave for 60 seconds.

### Nutritional Info

**Calories:** 159; **Carbs:** 9 grams; **Fat:** 5 grams; **Protein:** 21 grams





## Pineapple Whip

MAKES FIVE SERVINGS



1 HR



POWDER

### Ingredients

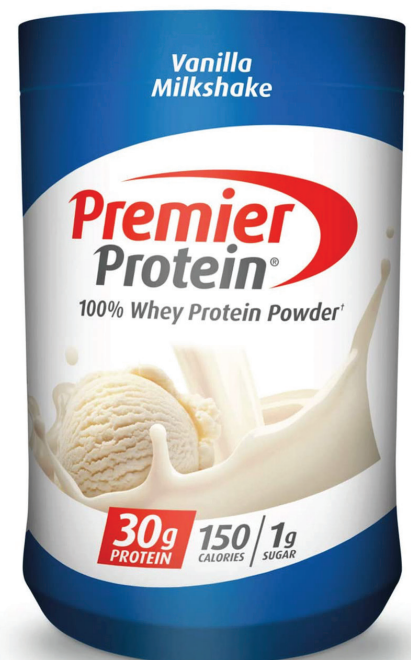
- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1/2 cup Half & Half
- 1/2 cup Unsweetened Almond Milk
- 1 packet Sugar-Free Pineapple Drink Mix

### Directions

1. In the drum of the ice cream maker, mix 1 scoop of Premier Protein® Vanilla Milkshake Protein Powder into the Almond Milk, mix thoroughly.
2. Pour the pineapple drink powder and the Half & Half into the drum. Stir until the pineapple drink powder is dissolved fully.
3. Turn on the ice cream maker and pour the mixture into the drum.
4. Allow the ice cream maker to circulate the mixture to the texture of a soft serve whip. You can serve the soft serve whip immediately. However, if you prefer a firmer consistency similar to regular ice cream, you can put in the freezer for the same delectable flavor.

### Nutritional Info

**Calories:** 90; **Carbs:** 3 grams; **Fat:** 5 grams; **Protein:** 7 grams





**Premier**  
**Protein®**

**30g**  
**PROTEIN**

**160**  
CALORIES

**1g**  
SUGAR

**LOW**  
**FAT**

**24**  
VITAMIN &  
MINERAL

**Cookies**  
**& Cream**



# Cookies & Cream Cheesecake Bites

MAKES THIRTY SIX SERVINGS



1 HR & 15 MINS



SHAKE

## Ingredients for the Crust

- 1-1/2 cup Almond Flour
- 2 tbsp. Unsweetened Cocoa Powder
- 4 tbsp. Unsalted Melted Butter
- 1 tbsp. Sugar Substitute

## Ingredients for Cheesecake Bites

- 1-1/3 bottles of Premier Protein® Cookies & Cream Protein Shake
- 8 oz. Cream Cheese
- .50 oz. Unflavored Gelatin
- 1/2 cup Water
- 3 tsp. Sugar Substitute

## Directions for the Crust

1. Combine the Almond Flour with the Unsweetened Cocoa Powder and Sugar Substitute, and mix well.
2. Add the Melted Butter to the mixture and mix.
3. Place two teaspoons of the crust mixture into each of the wells of the mini muffin pan and form the crust.
4. Once all of the wells are filled, place the pan in the fridge to chill for 30 minutes.

## Directions for the Cheesecake Bites

1. Place the Softened Cream Cheese and Sugar Substitute into a bowl.
2. Using a hand mixer on low speed, start creaming them together.
3. As the mixture becomes softer, you can increase the speed to medium to high using a spatula to push any mixture on the sides down into the bowl.
4. Add the 1-1/3 bottles of Premier Protein® Cookies & Cream Protein Shake into the mixture with a handheld mixer on low and blend until smooth.
5. Place a medium saucepan on the stove and bring the 1/2 cup of Water to boil.
6. When the Water has reached a boiling point, remove from the heat and pour in the two packets of Unflavored Gelatin into the water and stir until the contents are thoroughly dissolved.
7. Allow the mixture to cool for about two minutes, then pour the Unflavored Gelatin into the Cream Cheese and the Premier Protein® Cookies & Cream mixture and mix with a spatula.
8. Pour the mixture into the prepped mini muffin wells.
9. Place the mini muffin pan into the refrigerator to chill for about 1-3 hours, then serve.

## Nutritional Info (one bite)

**Calories:** 69; **Carbs:** 2 grams; **Fat:** 6 grams; **Protein:** 3 grams







## Caramel Pumpkin Spice Muffins

MAKES SIX MUFFINS



40 MINS



SHAKE

### Ingredients

- 5.5 oz. Premier Protein® Caramel Protein Shake
- 3/4 cup Blanched Almond Flour
- 1/2 cup Sugar Substitute
- 1/2 tbsp. Baking Powder
- 1/2 tsp. Sea Salt
- 1/2 tsp. Pumpkin Pie Spice
- 1 large Egg
- 1/4 cup Pumpkin Puree
- 2 tbsp. Unsalted Butter (measure solid, then melt for the mixture)
- 1 tsp. Vanilla Extract

### Nutritional Info (one muffin)

**Calories:** 111; **Carbs:** 6 grams;  
**Fat:** 8 grams; **Protein:** 5 grams

### Directions

1. Preheat oven to 350 degrees.
2. Line the muffin cups with cupcake liners.
3. In a large bowl, combine the Almond Flour, Sugar Substitute, Baking Powder, Pumpkin Pie Spice, and Sea Salt. Mix with a whisk to get all the lumps out.
4. Melt the Butter and set aside to cool.
5. Add in the Egg, Pumpkin Puree, Vanilla, Melted Butter, and mix until combined.
6. Add in the Premier Protein® Caramel Protein Shake and stir.
7. Spoon the batter into the muffin cups about 3/4 from the top of the liner.
8. Bake at 350 degrees for approximately 25 minutes or until the muffins are golden around the edges. Insert a toothpick in the center of the muffins until it comes out clean.



## Chocolate Peanut Butter Protein Fudge

MAKES 25 SERVINGS



55 MINS



SHAKE



POWDER

### Ingredients

- 1 scoop Premier Protein® Chocolate Milkshake Protein Powder
- 1/4 cup Premier Protein® Chocolate Protein Shake (room temperature, not chilled)
- 1/2 cup Natural Peanut Butter
- 1/4 cup Coconut Oil
- 2 tsp. Unsweetened Cocoa Powder
- 1 tsp. Sugar Substitute
- Dash of Salt

### Important Note

Due to the Coconut Oil, the Fudge needs to be kept cold, so make sure to store it in your freezer or refrigerator!

### Directions

1. In a mixing bowl combine the Premier Protein® Chocolate Milkshake Protein Powder, Cocoa Powder, Sugar Substitute, Salt, and Peanut Butter.
2. Once combined, add in the Coconut Oil and stir until it is well incorporated and smooth.
3. Mix in the Premier Protein® Chocolate Protein Shake until well combined.
4. Line an 8x8 pan with parchment paper and place the mixture onto the paper, spread the mixture out evenly using a spatula.
5. Place the pan in the freezer for approximately 40 minutes so that your fudge will harden and set.
6. Take out and cut into squares, keep remaining fudge in an airtight container in the refrigerator.

### Nutritional Info

**Calories:** 57; **Carbs:** 2 grams; **Fat:** 5 grams; **Protein:** 2 grams





## Key Lime No-Bake Cheesecake

MAKES SIX SERVINGS



3 HRS & 15 MINS



POWDER

### Ingredients

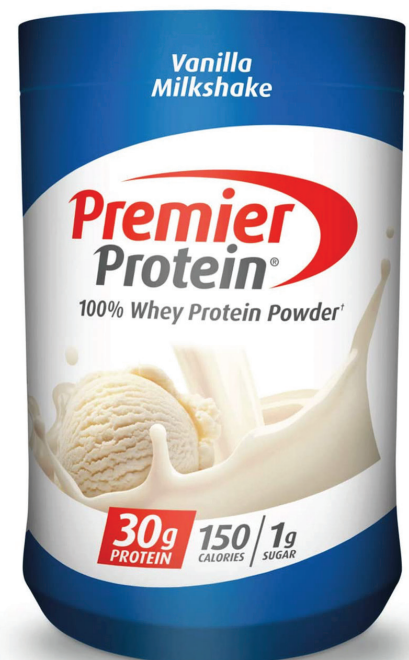
- 1/2 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1 cup Boiling Water
- .3 oz. Sugar-Free Lime Jello (dry mix, 1 box)
- 4 oz. Nonfat Plain Greek Yogurt
- 4 oz. 1/3 Less Fat Neufchatel Cream Cheese, softened

### Directions

1. Mix dry Sugar-Free Jello in one cup of boiling water.
2. Mix with a whisk until the dry mix is dissolved.
3. In a separate bowl, mix the Nonfat Plain Greek yogurt and the one-half scoop of Premier Protein® Vanilla Milkshake Protein Powder together until blended.
4. Place the softened Neufchatel Cream Cheese into the Jello mixture and whisk until mixed.
5. Add the Yogurt and Premier Protein® Vanilla 100% Whey Powder mixture into the Neufchatel Cream Cheese Jello mixture.
6. Whisk until all is incorporated and blended well.
7. Pour mixture into the individual serving dishes and place in the refrigerator 2-3 hours to set up.

### Nutritional Info

**Calories:** 78; **Carbs:** 3 grams; **Fat:** 4 grams; **Protein:** 6 grams







## Layered Caramel Chocolate Chia Pudding

MAKES FIVE SERVINGS



OVERNIGHT



SHAKE

### Ingredients

- 1 Premier Protein® Caramel Protein Shake
- 1 Premier Protein® Chocolate Protein Shake
- 6 tbsp. Chia Seeds
- 1 tsp. Unsweetened Cocoa Powder (Optional)

### Directions

1. For the Caramel Pudding base, pour one Premier Protein® Caramel Protein Shake into a small bowl (bowls with lids work great), add 3 tablespoons of Chia Seeds and whisk together (or top with your lid and shake until thoroughly mixed).
2. For the Chocolate Pudding base, pour one Premier Protein® Chocolate Protein Shake into a small bowl, add 3 tablespoons of Chia Seeds. Optional, for a more intense chocolate taste, add 1 teaspoon of Unsweetened Cocoa Powder then whisk together (or top with your lid and shake until thoroughly mixed).
3. Cover both pudding mixes and refrigerate 18 to 20 hours, stir occasionally (if you are making it thicker by adding more chia, you can lessen the refrigerator time).
4. Serving size may vary depending on the dessert glasses you use. For a 4 ounce serving, add 2 tablespoons of the Chocolate Pudding to your dessert glass and then add a layer of 2 tablespoons of Caramel Pudding.
5. Optional: Garnish with your favorite toppings.

### Nutritional Info

**Calories:** 137; **Carbs:** 8 grams; **Fat:** 5 grams; **Protein:** 16 grams







# Cinnamon Roll Flavor Mini Protein Donuts

MAKES 24-36 MINI DONUTS



20 MINS



SHAKE

## Ingredients

- 1/2 cup Premier Protein® Cinnamon Roll Protein Shake
- 1 cup Almond Flour
- 1 tsp. Baking Powder
- 2 tsp. Cinnamon
- 1/4 tsp. Salt
- 2 large Eggs
- 1 tsp. Vanilla
- 1/3 cup Brown Sugar Substitute

## Directions

1. Mix Almond Flour, Baking Powder, Cinnamon, Salt, and Brown Sugar Substitute, and whisk together. Add the wet ingredients into the dry mixture and stir until combined.
2. Spray a mini donut pan with a Non-Stick Cooking Spray generously.
3. Using a large gallon size zip lock baggy. Change the bag's opening by rolling the top down around the edges. Place it into a bowl so that the opening of the bag is wide enough to pour batter into the bag.
4. Close the baggy and cut a hole at the end to pipe the protein donut batter into the pan.
5. Fill the wells about 1/3 full because they will rise during baking.
6. Bake at 350 degrees for 7-10 mins (depending on your oven) or until a toothpick comes out clean.

# Cinnamon Roll Cream Cheese Drizzle

MAKES 24-36 MINI DONUTS



10 MINS



SHAKE

## Ingredients

- 2 1/2 tbsp. Premier Protein® Cinnamon Roll Protein Shake
- 2 oz. Softened Cream Cheese
- 1 1/2 tbsp. Sugar Substitute

## Directions

1. Mix all ingredients together.
2. You can dip the donuts to frost them or drizzle it over the top.
3. If you want to use the drizzle, place the mixture into a small zip lock sandwich baggy and cut a hole in the tip to drizzle over top.
4. Allow donuts to cool and add the frosting to your preference.
5. Suggestion: As an alternative way to enjoy the donuts, they can be tossed in a Cinnamon and Sugar Substitute mixture

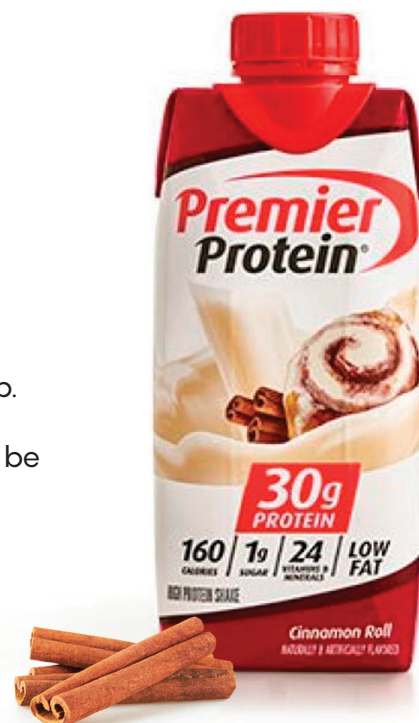
## Nutritional Info

Nutritional info for one protein donut, **without** the drizzle

**Calories** 25; **Fat** 2 grams; **Carbs** 2 grams; **Protein** 1 gram

Nutritional info for one protein donut, **with** the drizzle

**Calories** 29; **Fat** 2 grams; **Carbs** 3 grams; **Protein** 1 gram







## Banana Cheesecake Parfait

MAKES FOUR SERVINGS



15 MINS



SHAKE

### Ingredients

- 1 Premier Protein® Bananas & Cream Protein Shake
- 1 box Sugar-Free, Fat-Free Cheesecake Instant Pudding Mix, 10 ozs.
- 1/4 cup Sliced Fresh Strawberries
- 1/4 cup Slivered Blanched Almonds

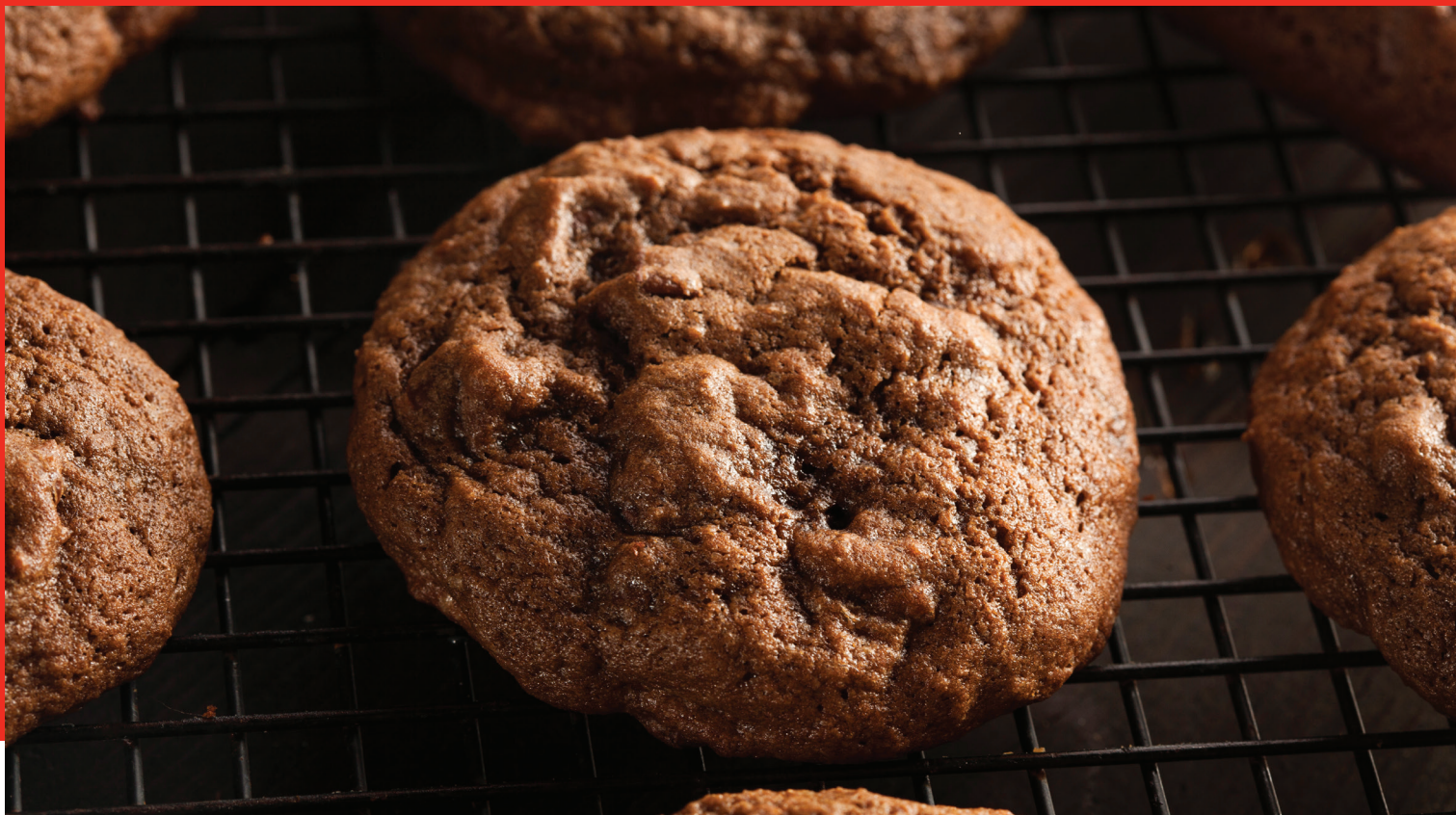
### Directions

1. In a mixing bowl, combine the Sugar-Free, Fat-Free Cheesecake Instant Pudding Mix with the Premier Protein® Bananas & Cream Protein Shake. Whisk for two minutes until the mixture has thickened.
2. Place four tbsp. of the pudding into a serving glass, layer a few strawberry slices on top of the pudding. Next, add the remaining four tbsp. of the pudding mix and top with slivered almonds.

### Nutritional Info

**Calories:** 92; **Carbs:** 6 grams; **Fat:** 5 grams; **Protein:** 9 grams





## Chocolate Peanut Butter Cookies

MAKES 15 COOKIES



28 MINS



POWDER

### Ingredients

- 1/2 cup Premier Protein® Chocolate Milkshake Protein Powder
- 1/2 cup Natural Peanut Butter
- 3 tsp. Sugar Substitute
- 1 large Egg
- 1/4 tsp. Baking Soda
- Dash of Salt

### Nutritional Info

**Calories:** 44; **Carbs:** 2 grams;

**Fat:** 3 grams; **Protein:** 3 grams

### Directions

1. Preheat your oven to 325 degrees and line a cookie sheet with parchment paper or a silpat.
2. In a large, microwave-safe bowl, melt the Natural Peanut Butter until creamy and smooth, about 1 minutes.
3. Add the Sugar Substitute into the Peanut Butter and beat, using an electric hand mixer, until well combined.
4. Add in the Egg and beat until well combined.
5. Add the Premier Protein® Chocolate Milkshake Protein Powder, Baking Soda and Salt into the bowl and stir until well mixed and a sticky, wet dough forms.
6. Roll the dough into 1 tbsp. sized balls and place on baking sheet. The dough will be a bit messy at first to roll, just keep rolling. Repeat until all the dough is used.
7. Press the cookies down flat, about 1/3 of an inch thick, and bake until the top feels just set and the cookies rise, about 12-13 minutes. Let cool completely on the pan.







# Pumpkin Cream Cheese Swirl Bars

MAKES NINE SERVINGS



1 HR & 10 MINS



SHAKE



POWDER

## Ingredients for Pumpkin Protein Bars

- 1 Premier Protein® Vanilla Protein Shake
- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 15 oz. can 100% Pumpkin Puree
- 2 large Eggs
- 2 tsp. Pumpkin Pie Spice
- Sugar Substitute of choice optional (to taste)
- 1/4 tsp. Salt

## Ingredients for Cream Cheese Swirl

- 1 tbsp. Premier Protein® Vanilla Protein Shake
- 4 oz. Low-Fat Cream Cheese
- 1 tsp. Sugar Substitute of choice
- 1 tsp. Vanilla Extract

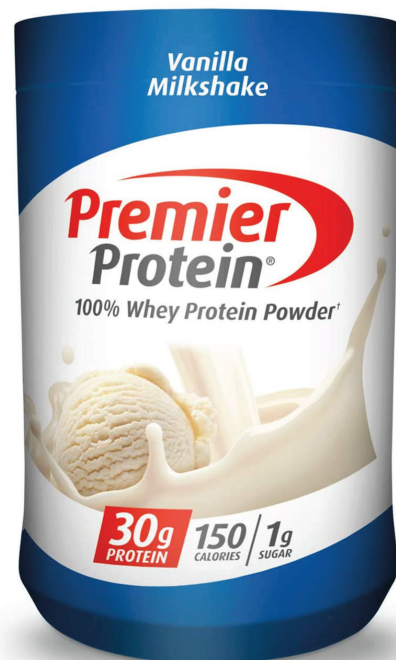


## Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix Pumpkin Puree, Premier Protein® Vanilla Protein Shake, Premier Protein® Vanilla Milkshake Protein Powder, Salt, and Pumpkin Pie Spice until evenly mixed. Taste the mixture and add sweetener if desired.
3. When pumpkin mixture is at the desired taste, mix the Eggs into the pumpkin mixture.
4. Line a 9x9 square baking dish with parchment paper and pour the filling into it.
5. Beat together softened Cream Cheese, Sugar Substitute, Vanilla Extract and Vanilla Premier Protein® Protein Shake until smooth. Pour it on top of the pumpkin mixture and then drag a knife through it to get a marbled look.
6. Bake at 350 degrees F for about 50 minutes.
7. Cool for 1 hour, then refrigerate or slice into bars to serve.

## Nutritional Info (one bar)

**Calories:** 37; **Carbs:** 11 grams; **Fat:** 3 grams; **Protein:** 2 grams





## Pumpkin Cheesecake Mousse

MAKES SIX SERVINGS



1 HR & 25 MINS



POWDER

### Ingredients

- 1 scoop Premier Protein® Vanilla Milkshake Protein Powder
- 1/2 cup Pumpkin Puree
- 1 tsp. Vanilla Extract
- 1/2 tsp. Pumpkin Pie Spice
- 8 oz. Fat-Free Cream Cheese (softened)
- 2 tsp. Stevia (or your choice of sugar substitute)
- 1/4 cup Heavy Whipping Cream

### Nutritional Info

**Calories:** 115; **Carbs:** 7 grams;  
**Fat:** 5 grams; **Protein:** 11 grams

### Directions

1. Place the Pumpkin Puree in a bowl and pour half of the Protein Powder into the Pumpkin and stir.
2. Once combined, pour the remaining half of the of the Premier Protein® Vanilla 100% Whey Powder into the pumpkin mixture and stir well.
3. Add the Vanilla Extract and Pumpkin Pie Spice into the mixture and stir until it is mixed well.
4. In another bowl, place the softened Cream Cheese and beat with a mixer until creamy. Gradually incorporate the pumpkin mixture into the Cream Cheese and mix on medium until well combined.
5. Add the Stevia (or the sugar substitute you're using) into the mixture and mix on low.
6. Clean the beaters so you can use them for the Heavy Whipping Cream.
7. Pour the Heavy Whipping Cream into a separate bowl. Beat on medium and gradually move to a high setting moving the mixer back and forth. Continue beating the Heavy Whipping Cream on high until you have peaks that separate in the bowl.
8. Fold the Heavy Whipping Cream mixture into the pumpkin mixture, then place into serving cups and chill until served.





## One Minute Mug Brownie

MAKES ONE SERVING



2 MINS



POWDER

### Ingredients

- 1/2 cup Premier Protein® Chocolate Milkshake Protein Powder
- 1 tbsp. Coconut Flour
- 1 tsp. Sugar Substitute of choice (to taste)
- 1/2 tsp. Baking Powder
- 1 tbsp. Cocoa Powder
- 1/4 cup Egg Whites
- 1/4 cup Almond Milk

### Optional Toppings

Sugar-Free Whipped Topping With Nuts  
Sugar-Free Chocolate or Caramel Syrup  
Sugar-Free Chocolate chips

### Directions

1. Spray a small cereal bowl or deep mug with coconut spray.
2. In a mixing bowl, combine the Premier Protein® Chocolate Milkshake Protein Powder, Coconut Flour, Baking Powder, Sugar Substitute and mix well.
3. In a separate bowl, whisk the Egg Whites with the Almond Milk and pour into the dry mixture and mix until fully incorporated.
4. Microwave for 60 seconds and remove from microwave. Enjoy.

### Nutritional Info

**Calories:** 189; **Carbs:** 15 grams; **Fat:** 4 grams; **Protein:** 29 grams





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