

## ARBONNE CHOCOLATE PROTEIN POWDER PANCAKES



3 Scoops of Arbonne Chocolate Protein Powder  
1 tbsp Cocoa  
1 tsp Baking Powder  
1/4 cup Egg Whites  
1/2 cup Almond Milk  
Mix and bake at 350 for 15-20 mins.  
Makes 4 per batch

## ARBONNE VANILLA PROTEIN POWDER PANCAKES

1 Scoop of Arbonne  
Vanilla Protein Powder  
1 Egg  
1/4 cup Water  
Mix and fry up like  
a regular pancake in coconut  
oil or with non-stick spray



## ARBONNE VANILLA BLUEBERRY PANCAKES

2 Scoops of Arbonne Essentials Vanilla Protein  
1 Scoop of Arbonne Fibre Boost  
1 Large Egg  
1 tsp Baking Powder  
1 Packet of Stevia Sweetener  
1 cup Blueberries

### Directions:

1. Stir and combine protein powder, fibre boost, egg and stevia packet. Add water and whisk to desired consistency until all lumps are gone. Gently fold in blueberries.
2. Grease griddle with coconut oil or spray with cooking spray. Heat griddle to medium.
3. Pour batter onto heated griddle. Let cook for 2 minutes or so until sides look like they're starting to set and bubbles start to form. Flip over and let cook for another 2 minutes or so.



## ARBONNE VANILLA OR CHOCOLATE MUFFINS

4 Scoops of Arbonne Meal Replacement Vanilla Shake Mix  
1 tsp baking powder – 1 tsp vanilla extract – 1 egg,  
1/4 cup egg whites – 1/4 cup unsweetened vanilla almond milk

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

Line Muffin tins and Bake at 350 for 15-18 minutes

## ARBONNE CARROT CAKE MUFFINS



2 Scoops of Arbonne Vanilla Protein Powder  
1 1/2 tsp baking powder – 1 tsp cinnamon – sprinkle of nutmeg  
2 tbsp chopped walnuts – 1/4 cup pureed carrots  
1/8 cup chopped pineapple – 1/4 cup egg whites (or 1 egg) Scoop into  
silicone muffin mold.  
Makes 4 Muffins. Microwave for 2 mins 30 sec.

## ARBONNE BANANA PROTEIN MUFFINS

1 tsp baking powder    3/4 cup very ripe bananas  
1 tsp baking soda    1/2 cup plain low-fat greek yogurt  
1 tsp cinnamon    3/4 cup oats (I used old-fashioned)  
foil liners    2 scoops vanilla protein powder  
cooking spray    1/4 cup baking stevia  
3/4 cup egg whites



  
ARBONNE.  
INDEPENDENT  
CONSULTANT

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.

## ARBONNE BLUEBERRY PROTEIN MUFFINS

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



Makes 4 Muffins  
Mix all ingredients  
together in a bowl.

## ARBONNE CARROT CAKE POWER BALLS

1 cup chopped cashews  
1/2 cup chopped pecans  
1 scoop of Arbonne vanilla protein powder  
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)



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 be 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, one 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. Lastly, 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.

## ARBONNE NUT BUTTER CHOCOLATE SQUARES



3 tbsp of coconut oil (melt in microwave if solid)  
2 tbsp of Arbonne Chocolate Protein Powder  
Organic Almond Butter

1. 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.
2. Freeze for 10 mins.
3. 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)
4. Freeze for 15 mins.



## ARBONNE ESSENTIALS PROTEIN BARS OR BALLS

2 cups or 1-16oz. jar of natural peanut butter or almond butter.  
1 3/4 cups honey or agave nectar (may be able to use a little less)  
2 cups chocolate protein powder (can mix choc. & van.)  
2 1/2 cups dry uncooked oatmeal – Bob's Red Mill has gluten free.

### Directions:

1. In a microwave-safe bowl, combine peanut butter and honey, heat in microwave for 70-90 seconds until it easily stirs
2. ADD PROTEIN POWDER AND OATMEAL AND MIX THOROUGHLY - it will be VERY THICK!
3. Press into a 9 by 16 in. pan. Refrigerate 1 hour, or until solid enough to cut into bars. Wrap each bar in foil or plastic wrap and store in the refrigerator.

MAKES 24 SERVINGS: CALORIES-190, FAT - 7 GRAMS, PROTEIN-20 GRAMS, CARBS-8 GRAMS, SODIUM-86 MG. FIBER - 5 GRAMS, SUGAR-10 GRAMS

**Variations:** Using 1/2 vanilla & 1/2 chocolate powder gives more of a peanut butter fudge taste. All chocolate protein with rolled oats gives the taste of no-bake cookies..sort of. To adapt to the 30 Days to Fit Plan: Use gluten free oatmeal, agave nectar & almond butter



## ARBONNE LEMON CRUNCH PROTEIN BARS

2 1/4 cups Arbonne Essentials  
Vanilla Protein Powder

- 1/2 cup Arbonne Essentials Daily Fiber Boost
- 16 oz Almond Butter
- 1 1/2 cup Agave Sweetener (use 1 1/4 cups if making without the fiber boost)
- Zest from two lemons (If you are new to zesting lemons, make sure to only get the yellow part – if you get any of the white part underneath it will be bitter.)
- 1/4 tsp lemon extract – 1/4 tsp vanilla extract
- 1 1/2 cups sliced almonds (1/2 c in mixture & 1/2 c for topping)
- 3 cups brown rice crispy cereal (or more if you like them crispier - Sprouts or Whole Foods Market)

### Directions:

- Put almond butter & agave in large bowl, microwave together for about 30 to 60 seconds (just until it's easy to stir to combine). Immediately stir in lemon and vanilla extract.
  - Add the liquid ingredients to all of the dry ingredients that have been placed in a large mixing bowl.
  - Blend well with clean hands. Press into 9 x 13 pan.
  - Refrigerate until firm. Cut squares and enjoy!
- YOU CAN ALSO CUT THIS RECIPE IN HALF, or just freeze half of the bars for later!
- You can also make a delicious CHOCOLATE version of these!! Just use the chocolate protein powder, and eliminate the lemon extract and lemon zest. Use 1/2 tsp of Vanilla Extract instead of 1/4 tsp. I like to use less brown rice cereal in the chocolate version so that they are more of a brownie consistency.

## ARBONNE CHOCOLATE ALMOND COCONUT MUFFINS



Makes 5 muffins

- 4 scoops Chocolate Arbonne Protein Powder
- 1 scoop of Cocoa
- 1/2 cup egg whites
- 1/4 cup Almond Meal
- 1/4 cup unsweetened almond milk (vanilla)
- 1/4 cup coconut milk (if you don't have increase almond milk to 1/2 a cup)
- (Recommend Silk Brand Coconut Milk) - 40 calories a half a cup
- 1 tsp almond extract
- 1 tsp baking powder
- Shredded coconut and slivered almonds for topping

### Directions:

- Preheat oven to 350
- Mix all ingredients by hand or mixer in a medium bowl.
- Spoon into 5 lined muffin tins.
- Sprinkle with almonds and coconut
- Bake for 15-18 minutes.

Per Muffin:

- 8 grams of protein
- 5 grams of sugar
- 105 calories