

EMPOWERED LIFE FAMILY

Protein Bite

COOKBOOK





Strawberry Lemonade Protein Bites

INGREDIENTS

- 1/2 cup Shaklee Strawberry Life Shake
- 1/2 cup coconut flour
- 1/3 cup almond butter
- 1/3 cup honey or maple syrup
- 1/2 tsp. lemon extract
- 1/4 cup fresh squeezed lemon juice
- Zest from 1 lemon
- 1/4 cup freeze dried strawberries, crushed + extra for rolling

NOTES

- Substitution: instead of almond butter, you can use any nut or seed butter
- Make sure to use ORGANIC lemons, if possible

DIRECTIONS

- 01** Mix all ingredients together in a bowl (except the extra crushed frozen strawberries).
- 02** Use a teaspoon to measure out dough and roll into balls. Hint: Keep your hands wet in order to form smooth balls.
- 03** Put extra crushed freeze dried strawberries into a small bowl and roll protein bites in it until well coated.
- 04** Refrigerate until ready to eat!



YOGURT-PEACH PROTEIN BITES

Recipe by Suni F.

INGREDIENTS

- 1 cup plain greek yogurt
- 1/2 cup almond flour
- 1/2 cup oats
- 4 scoops Shaklee Vanilla Life Shake
- 3 tbsp maple syrup
- 1/2 cup almond butter
- 1/4 cup white chocolate chips
- Fresh peaces, cut into small pieces (optional)
- Pinch of salt
- Vanilla extract

NOTES:

- To keep this a low-sugar recipe, use Stevia-sweetened chocolate chips
- Any nut or seed butter can replace almond butter

DIRECTIONS

01

Mix all ingredients in a bowl.

02

Using a teaspoon, measure out dough and roll into bites. Tip: If you have any difficulty rolling into bites, wet your hands before so the dough doesn't stick.

03

Store in freezer, and take out whenever you're ready to eat!



LEMON COCONUT CHIA BITES

INGREDIENTS

- 1/4 cup Shaklee Vanilla Life Shake
- 1 cup pitted dates, soaked
- 1 cup raw cashews
- 1 cup unsweetened shredded coconut, divided in half
- 1/4 cup chia seeds
- Zest & juice of 1 lemon

NOTES

- Make sure to soak the dates long enough until they're soft.

DIRECTIONS

01

Add dates to food processor and process until broken up into pea-sized bits. If your dates are not sticky, be sure to soak them in hot water for 15 minutes to soften and then drain

02

Add cashews, 1/2 cup of coconut, Vanilla Life Shake, and chia seeds and process until well combined.

03

Add lemon zest, juice, and sea salt and process for 1 more minute until dough comes together into a large ball (add a tablespoon or two of warm water if needed).

04

Roll into 18 balls and then roll balls in remaining 1/2 cup coconut. Store in freezer until ready to eat.



CHOCOLATE CHIP COOKIE DOUGH

INGREDIENTS

- 1/2 cup almond flour
- 1/2 cup Shaklee Vanilla Life Shake
- 1/2 cup almond butter
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of salt
- 1/4 cup chocolate chips
- Water, as much as is needed to make dough sticky

NOTES

- For lower sugar content, choose stevia-sweetened chocolate chips. We like the ones by the brand Lily.
- Any nut or seed butter works here.

DIRECTIONS

01

Put all ingredients except for the chocolate chips and water into the food processor. Pulse until it comes together. Add water until dough is sticky enough to form.

02

Last add in chocolate chips and pulse again.

03

Using a teaspoon, scoop out dough and form into balls.

04

Place on a plate and freeze for later or enjoy right away!



CHOCOLATE ESPRESSO TAHINI BITES

Recipe by Dana D.

INGREDIENTS

- 1-2 tbsp. instant coffee
- 1-2 tbsp. milk alternative
- 1 1/4 cup oats
- 1/4 cup raw cacao powder
- 1/4 cup Shaklee vanilla or chocolate life shake
- 1 tbsp. chia seeds
- 2/3 cup tahini
- 1/4 cup raw honey
- 1 tsp. vanilla extract
- 1/3 cup mini chocolate chips
- Sprinkle coarse sea salt

NOTES

- Maple syrup can be used as a substitute for honey.
- Unsweetened cocoa powder can be used instead of raw cacao powder

DIRECTIONS

01

Combine instant coffee + milk in small bowl. Stir until coffee is dissolved.

02

In a large bowl combine all dry ingredients. In a small bowl combine tahini, honey and vanilla, stir until combined. Add tahini mixture to bowl of dry ingredients. Add coffee milk. If mixture seems dry add another tablespoon of milk

03

Use rounded tablespoon to scoop dough and roll into balls. Optional, I like to sprinkle with coarse sea salt before cooling.

04

Store in airtight container in fridge for up to 2 weeks or in freezer for about 1-2 months. Enjoy!



PANTRY ITEM PROTEIN BITES

Recipe by Amber S.

INGREDIENTS

- 1 cup peanut butter
- 1/3 cup granola
- 1/3 cup chia seeds
- 1/2 tbsp. honey
- 1-2 scoops Shaklee Life Shake (any flavor)

NOTES

- If you don't have any granola, use oats as a substitute.

DIRECTIONS

01

Mix all ingredients in a bowl.

02

take chunks at a time and shape into balls.

03

Chill in the refrigerator for an hour, and enjoy!



ALMOND JOY PROTEIN BITES

Recipe by Dana D.

INGREDIENTS

- 1 cup almonds
- 1 cup Shaklee Vanilla Life Shake
- 1/4 cup cacao powder
- 1/8 teaspoon salt
- 2 tbsp. coconut oil, melted
- 1/4 cup maple syrup
- 1/2 cup coconut milk, canned
- 1 tsp. almond extract
- 1/2 cup unsweetened coconut flakes + more for coating

NOTES

- For best health benefits, organic virgin unrefined coconut oil is ideal.

DIRECTIONS

01

In a food processor, add nuts, protein powder, cacao, salt, and process until fine powder forms.

02

In a small bowl, stir together coconut oil, honey, coconut milk, almond extract, and add to the food processor. Process until smooth dough forms. Add 1/2 cup of coconut flakes and process until combined.

03

Place some coconut flakes on a plate, scoop bite-sized dough, roll into balls, and coat in flakes. Freeze until ready to enjoy!