

CHOCOLATE PEPPERMINT PROTEIN BITES

Ingredients

1 c no-added sugar creamy salted peanut butter
1 packet of chocolate protein powder (I used Garden of Life RAW protein – single packet)
2T flaxseed meal
¼ c unsweetened cocoa powder
½ c almond flour
2T honey
1/8 tsp peppermint extract
Pinch of salt
½ c unsweetened cocoa nibs

Directions

In a large mixing bowl, combine peanut butter, protein powder, flaxseed meal, cocoa powder, almond flour, honey, peppermint extract, salt, and cocoa nibs with a rubber spatula until a doughy ball is formed. Using a small cookie scoop or soup spoon, form a dough ball by forming/rolling the dough in between your hands. The final product should resemble a smaller version of a golf ball. Place bites onto a parchment lined baking sheet and let bites sit in the freezer for up to 1 hour. Remove from freezer and enjoy. Store protein bites in an air-tight container in the refrigerator for up to 7-10 days.

**ok to substitute your preferred nut butter and/or choose an unsalted version if desired. Feel free to omit the flaxseed meal or peppermint extract if desired.*

FESTIVE GREEK YOGURT BARK

Ingredients

1.5 c plain 2% Greek yogurt
½ tsp vanilla extract
¼ c pomegranate seeds
¼ c dry roasted unsalted pistachios
¼ c dark chocolate pieces
Sprinkle of cinnamon

Directions

Line a small baking sheet with parchment paper or a silicone baking mat and set aside. In a medium size bowl, mix greek yogurt with vanilla extra until combined. Pour yogurt onto the lined baking sheet and spread yogurt mixture with a spatula or back of a spoon until a yogurt is in a half inch thick layer. Sprinkle pomegranate seeds, pistachios, and chocolate pieces over the top, evenly dispersing each topping. Sprinkle cinnamon over the top of the yogurt bark and place into the freezer. Once completely hardened (can leave in overnight or at least 6 hours), break apart into pieces and enjoy. Store bark in the freezer in an air-tight container for 10-14 days. If serving for a party, do not leave bark out for >5 minutes as yogurt will melt.

**ok to use vanilla flavored yogurt but opt for an option with sugars <10 g and protein >10 g to maximize nutrient quality. Feel free to substitute a plant-based yogurt if desired but recommend adding a plant-based protein powder to it to increase the protein content*

CRAN-ROSEMARY ORANGE FIZZ MOCKTAIL

Ingredients

1 can sparkling blood orange with orange juice seltzer (I bought this from Trader Joe's but any brand with this flavor profile can be used)

1 bag of fresh cranberries

1 large navel orange, sliced and diced into cubes

2-3 sprigs of fresh rosemary

32 fl oz bottle 100% cranberry juice

Ice cube tray

Directions

Start by adding 2-3 fresh cranberries to each ice cube mold. Next, add 1-2 orange pieces and 1-2 small sprigs of rosemary to each ice cube mold. Fill up each ice cube mold with 100% cranberry juice and place into the freezer. Let mold sit overnight to completely freeze. Remove ice cube tray from the freezer and remove ice cubes from the mold. Add 2-3 ice cubes to a 4-6 oz cocktail glass and pour a splash of juice over the ice cubes. Fill up the remainder of the cup with seltzer water and top with a rosemary spring, orange peel garnish or cranberries. Enjoy!