

SUMMER

Sweets & Drinks

— RECIPE GUIDE —



Welcome to the Summer Sweets & Drinks Recipe Guide!

With the summer months upon us, it is time for cookouts, grilling, picnics, parties, long holiday weekends, travel and plain old relaxing by the pool.

As most, you relish the chance to relax, unwind, and enjoy yourself during the summer.

At the same time, you also are trying to stay on the road to good health and a trim body.

That's why I have put together this sweets and drinks recipe guide for it will provide you with tasty and more supportive options so you can enjoy yourself this summer without having to stress out about counting carbs and calories.

Still, you must remember to keep indulgences in moderation. These sweets and drinks are great for limiting your carb and calorie intake when intake is moderated.

With that in mind, I want to welcome you to kick back, relax, and have fun this summer!

Disclaimer & Guidelines

The recipes in the The Summer Drinks section contain alcohol. This guide is intended only for those aged 21 and over. It is illegal to consume alcohol under the age of 21 in the United States of America.

If you are currently pregnant, you should not consume any of the drinks listed in this guide. Remember that alcohol can be an addictive substance. Please consume these drinks only in moderation. It is not recommended for you to include these drinks as part of your daily diet.

If you have any pre-existing conditions (such as heart disease, diabetes, etc.), it is in your best interest to consult with your doctor and/or nutritionist before beginning a new diet. Please consult with your physician if you have any concerns over incorporating these drinks into your diet.

Also, be advised that nothing included in this ebook constitutes a medical guideline. If any of the advice listed conflicts with your doctor's orders, always give preference to the word of your doctor. Your doctor will know your body's specific needs better than I will.

You Cannot Out-Train a Bad Diet

As I'm sure you know, DIET - what and how you eat - is the single most important factor when it comes to losing fat. There is a saying that fit pros frequently toss around when working with their clients: "you can't out-train a bad diet." It is simply not possible to enjoy indulgent foods with frequency and have the expectation that working out more will erase all the excess calories consumed. This is neither healthy nor a productive use of your time.

I want to let you know that it is OKAY to have a drink and enjoy sweet treats... if you eat the right things and follow some simple eating for fat loss rules. Like I said, moderation is key. If you make an effort to eat clean 80-90% of the time, you can enjoy your favorite indulgences guilt free.

I have created a number of recipe guides to give you ideas and guidelines that will satisfy your sweet tooth and allow you to indulge in your favorite drinks without derailing all the progress you've made along your journey to a healthy lifestyle. For your convenience, many recipes include instructions as well as nutritional information, which you must note will vary based on the ingredients and portion sizes used.

Before you begin, remember-

- Consume alcohol in moderation
- Desserts are a treat, they are meant to be enjoyed on special occasions... NOT after every meal. Moderation is key.
- Desserts are not meal replacements. These recipes should by no means make up the bulk of the foods you eat on a given day.
- Some sweet recipes make more than one serving. Make sure you read how many servings the recipe yields in the "Nutrition" section before consuming more than you actually want. Calories and nutrients are based on each serving when indicated.
- Please Experiment & Adapt As Needed
- Nutrition facts for many - may change as ingredients are altered.

Lastly, allow yourself the opportunity to enjoy an occasional dessert or drink. It's ok to indulge once in a while. That's why I designed this recipe guide - to give you more supportive options when you're craving a dessert or a refreshing drink. So please enjoy!

Sweets Recipes

Sweet Cookies, Cakes, Bars & Breads

Peanut Butter Cookies

- 1 cup natural, organic peanut butter
- 1 large egg
- 1 egg white
- 2 tbsp applesauce
- 1/4 cup vanilla Prograde Protein Powder
- 1 cup old fashioned oats
- 1/2 cup baking Stevia
- 1/8 tsp salt
- 1 tsp baking soda

After preheating oven to 350 degrees F, line sheet with parchment paper. Soften peanut butter in microwave, and then mix with egg, egg white, and applesauce until smooth. Separately, mix the remaining ingredients. Now, combine both sets of mixed ingredients together. Roll resulting cookie dough into balls, press fork into balls to create the classic cross peanut butter cookie marks and bake for 8-10 minutes. Let cool and then enjoy!

24 servings- 85 calories, 7g protein, 7g carbohydrate, 6g fat

Cookie Dough Bars

- 3/4 cup navy beans or chickpeas, drained and rinsed
- 1/4 cup plain low fat Greek yogurt
- 1/4 cup unsweetened applesauce
- 5 egg whites
- 1/4 cup natural, organic peanut butter, melted 1/2 tsp vanilla extract
- 1/2 cup vanilla Prograde Protein Powder
- 1/3 cup old fashioned oats
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup baking Stevia
- 2 tbs chocolate chips

While preheating oven to 350 degrees F, grease an 8 inch by 8 inch pan and set aside. Blend all ingredients minus chocolate chips until smooth. Stir in chocolate chips and pour batter into pan. Bake for 25 minutes or until ready. Cut into 9 equal sized bars, serving right away. 9 servings- 129 calories, 11.5g protein, 11g carbohydrate, 5g fat

No-Flour Blondies

- 1 cup natural, organic, and unsalted creamy peanut butter
- 1/2 tsp baking soda
- 1 whole egg
- 1/4 tsp sea salt
- 1/3 cup honey
- 1/2 cup dark chocolate chips

While preheating oven to 350 degrees F, grease a square pan (8") – I prefer using coconut oil. Separately, combine the honey, peanut butter, egg, baking soda, and salt in a bowl before folding in chocolate chips. Put the cookie batter in the pan, using a spatula to make everything smooth. Let bake for 25 minutes at 350 degrees F. The top of the blondies should be golden brown. Now, allow the dessert to cool. Once cooled, slice into 16 squares. Serve and enjoy!

16 servings- 156 calories, 4 g protein, 13 g carbohydrate, 11g fat

Mango Muffins

Makes 3 Dozen

- 2 cups almond flour
- Cup unsweetened finely flaked coconut
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1/3 cup unsweetened coconut milk
- 3 eggs, whites & yolks separated
- 2 tbsp honey
- 2 tbsp melted coconut oil
- 1 tbsp lime juice
- 1/2 cup finely chopped fresh mango

Preheat oven to 350 degrees F. Spray a mini muffin pan with nonstick spray, brush with melted butter or line with paper liners. In a large bowl, mix together almond flour, coconut, baking soda, and salt. Stir in coconut milk, egg yolks, honey, melted coconut oil, lime juice, and mango until just combined. In a separate bowl, beat egg whites until peaks form. Fold into muffin batter. Spoon batter into muffin pan. Bake for 12-15 minutes or until golden brown and inserted toothpick comes out clean. Enjoy!

Blueberry Cheesecake Muffins

- 1/2 cup low-fat cottage cheese
- 1/2 cup unsweetened applesauce
- 4 egg whites
- 1 1/2 cup old fashioned oats
- 1/2 cup vanilla Prograde Protein Powder
- 1/2 cup baking Stevia or 1 cup sweetener of choice
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup blueberries (fresh)

While allowing oven to preheat to 350 degrees F, line 12 muffin tins and spray with non-stick cooking spray. Next, blend all ingredients except the blueberries together in a blender. After pouring into a bowl, fold in 3/4 cup of blueberries. Now, pour batter into each muffin cup equally and sprinkle the leftover blueberries atop the muffins. Bake for a half hour or until you can tell the muffins are ready.

12 servings- 75 calories., 8g protein, 10g carbohydrate, 1g fat

Peanut Butter Brownies

- 3/4 cup black beans, drained and rinsed
- 1/4 cup plain low fat Greek yogurt
- 1/4 cup applesauce
- 4 egg whites
- 1/4 cup natural, organic peanut butter, melted
- 1/3 cup unsweetened cocoa powder
- 1/2 cup vanilla Prograde Protein Powder
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup baking Stevia

While preheating oven to 350 degrees F, grease a baking pan (8" by 8") with non-stick cooking spray, and then place to the side. Mix all ingredients save chocolate chips in a food processor and blend until smooth. Now, add in chocolate chips as you pour into pan. Bake for 25 minutes, or until ready. Allow time to cool before cutting into 9 equal size bars. Enjoy!

9 servings- 105 calories, 13g protein, 8g carbohydrate, 4g fat

Apricot Almond Cocoa Balls

- 2 cups whole almonds
- 1/2 cup cut-up dried apricots
- 1 tbsp cocoa powder
- 1/4 cup honey
- 1/3 cup dried coconut for rolling

In a food processor, process almonds until chopped. Add the apricots, cocoa and honey. Pulse until mixture clumps up, adding more honey, a tsp at a time, if necessary. Wet hands in cold water and shake off excess. Roll mixture into balls about an inch in diameter. Repeat wetting hands as needed. Roll in coconut and place on serving platter. Sprinkle with cocoa powder and enjoy. Will keep up to one week in refrigerator. Makes 22-24 one-inch balls.

Angel Food Cake

- 1/2 tsp almond extract
- 1/2 tsp butter extract
- 5-7 pkts Stevia or sweetener of choice to taste
- 1/4 cup vanilla Prograde Protein Powder
- 8 egg whites
- 1/2 tsp cream of tartar
- Assorted berries for topping

While preheating oven to 350 degrees F, coat an 8 inch spring form pan with nonstick cooking spray. Next, combine butter and almond extracts in a small bowl. Meanwhile, combine protein powder and sweetener in another small bowl. Mix egg whites and cream of tartar and beat until stiff peaks form. Slowly add extracts and then turn off egg beater. Sprinkle in protein powder and fold with spatula to mix in. Place egg whites and cream of tartar in a metal bowl. Using a stand mixer, beat egg whites on high speed until peaks form. Continue to beat on high JUST until stiff peaks form. Turn speed down to medium-low and slowly add the extracts, and turn mixer off immediately after extracts are just mixed in. Spoon batter into pan and bake for 20 minutes or until ready. Let cool and cut into 6 pieces. Top with fresh berries.

6 servings- 39 calories, 9.5g protein, 0g carbohydrate, 0g fat

Berry Banana Coconut Bread

- 1 3/4 cup whole wheat flour
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1 cup ripe mashed banana (about 2-3 bananas)
- 1 tbsp coconut oil, melted and cooled
- 1/3 cup packed dark brown sugar
- 2 tsp vanilla extract
- 1 egg
- 1/4 cup plain Greek yogurt
- 2-3 tbsp unsweetened almond or coconut milk
- 3/4 cup diced organic ripe strawberries
- 1/4 cup organic raspberries - mashed
- 1/2 cup unsweetened coconut, plus 3 tbsp for topping
- 2 tbsp chia seeds
- 2-4 strawberries, sliced and 2-4 raspberries - for topping

Preheat oven to 350 F. Grease 9-inch loaf pan with cooking spray. In a large bowl, whisk together flour, baking powder, baking soda, and salt; set aside. In a separate large bowl, beat together banana, brown sugar, egg, coconut oil vanilla, yogurt, and almond milk until smooth and creamy. Slowly add dry mixture to wet ingredients and mix until combined. Gently fold strawberries, raspberries, coconut and chia seeds into the batter. Place batter in prepared loaf pan. Sprinkle top evenly with 3 tbsp of coconut. Place sliced strawberries over the top of the bread.

Bake for 50-65 minutes or until toothpick inserted into center comes out clean. Cool on wire rack for 20 minutes, then remove from pan and return to wire rack to finish cooling. Bread is even better the next day (they always are).

Bread will stay fresh for a few days when wrapped tightly. I love this bread with strawberry jam and peanut butter.

Serves 12; Serving size: 1 slice- Calories: 157 Fat: 3.8g Carbohydrates: 27.5g Protein: 3.8g

Zucchini Banana Bread

- 1/2 cup ripe banana, mashed
- 3/4 cup egg whites
- 1/2 cup plain low fat Greek yogurt
- 1 1/2 cup oats
- 1/2 cup vanilla Prograde Protein Powder
- 1/4 cup baking Stevia
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon
- Pinch Salt
- 1 cup shredded zucchini, packed

While preheating oven to 350 degrees F, spray bread pan with nonstick cooking spray. Blend all ingredients (minus zucchini) until smooth. Stir in shredded zucchini. Pour into pan and bake for 50 minutes or until ready. Allow time to cool before serving.

8 servings- 122 calories, 13g protein, 25g carbohydrate, 1g fat

PB & J Bars

- 1/2 cup vanilla Prograde Protein powder
- 1/4 cup PB2 from Bell's Plantation (powdered peanut butter)
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 tbs applesauce, unsweetened
- 1/4 cup milk - your choice
- 1/4 cup egg whites
- 4-5 packets Stevia
- 1/4 cup low sugar/ No sugar added strawberry jelly or jam

While preheating oven to 350 degrees F, spray a loaf pan with nonstick cooking spray and put aside. Whisk all ingredients save strawberry jelly in a bowl. Pour into baking pan, dropping jelly on top and swirling. Bake for 20 minutes or until ready. Cut into 8 equal sized bars.

8 servings- 53 calories, 9g protein, 3g carbohydrate, .5g fat

Peanut Butter Fudge

- 2 (Individually wrapped, 1 oz) squares semi sweet baking chocolate
- 1/4 cup natural, organic peanut butter
- 1 (8oz) package 1/3 less fat cream cheese
- 2 tbs unsweetened cocoa powder
- 1/2 cup baking Stevia
- 1 1/2 tbs natural, organic peanut butter

Melt chocolate in microwave. Add peanut butter and stir. Now add cream cheese and microwave again for half a minute. Stir until smooth and creamy. Mix in sweetener and cocoa powder. Spoon into loaf pan and place in freezer until chilled. Remove from freezer and cut into 24 equal squares. Microwave remaining peanut butter for 30 seconds. Drizzle peanut butter onto fudge. Refrigerate until ready to eat.

24 servings- 51 calories, 2g protein, 3g carbohydrate. 4g fat

Almond Butter Cups

- 1 tbsp melted coconut oil
- 2 tbsp cocoa powder
- Pinch of salt
- 3 tbsp almond butter
- 1/2 scoop chocolate Prograde Protein Powder

Whisk coconut oil, cocoa powder, and salt in a bowl and use to fill in 3 mini-cupcake liners. Harden in freezer. Add 1 tbsp almond butter to each cup. Cover almond butter with remaining chocolate and place in freezer. When ready, serve and enjoy!

3 servings- 175 calories, 9g protein 6.4g carbohydrate, 14.4g fat

Peanut Butter Brownies

- 1/2 cup natural, organic, and creamy peanut butter
- 3/4 cup low fat plain yogurt
- 1/4 cup milk of your choice
- 1 egg
- 1/4 tsp salt
- 1 tsp baking powder
- 1/2 cup baking Stevia
- 1/2 cup cocoa powder
- 1/2 cup rolled oats (not quick or instant oats)

At the same time you preheat an oven to 350 degrees F, spray an 8x8 pan with nonstick cooking spray. Blend all ingredients, except peanut butter, until smooth. Pour into brownie pan. Microwave peanut butter for half a minute, then drizzle over brownie batter. Swirl to make a marble pattern. Bake for 25 minutes or until ready. Once you let cool, cut into 9 equal sized brownies and serve.

9 servings- 130 calories, 7g protein, 13g carbohydrate, 9g fat

Sweet Smoothies

Piña Colada Protein Shake

- 1/2 cup fat-free cottage cheese
- 1 scoop Vanilla Prograde Protein Powder
- 2-4 pkts Stevia
- 5-10 ice cubes
- 1/2-1 cup water
- 1/2 cup pineapple chunks (fresh)
- 1/2 tsp coconut extract

Blend all ingredients together in blender until it reaches your desired shake consistency. Enjoy!

1 serving- 218 calories, 40g protein, 15g carbohydrate, 1g fat

Blueberry Cheesecake Protein Shake

- 1/2 cup fat-free cottage cheese
- 1 scoop vanilla Prograde Protein Powder
- 2-4 pkts Stevia
- 5-10 ice cubes
- 1/2-1 cup water
- 1/2 cup blueberries (fresh)
- 1 tbs sugar-free instant cheesecake pudding mix

Blend all ingredients together in blender until it reaches your desired shake consistency. Enjoy!

1 serving- 250 calories. 33g protein, 23g carbohydrate, 3g fat

Ginger Banana Zinger Smoothie

- 1 extra large organic banana, ripe with a few black spots
- 2 cups coconut water ice cubes
- 1 cup mango or orange juice
- 2 tbsp fresh ginger, chopped

Blend all ingredients, but only half the portion of ice cubes, on high. As smoothie becomes blendable and thin, add in the remaining ice cubes.

Frozen Frapp Smoothie

- 2 cups milk of choice
- 1/2 tsp pure vanilla extract
- 2 tsp instant coffee (I use Mt. Hagen decaf, but regular is ok too)
- 1/16 tsp salt (don't omit)
- Stevia to taste
- 1-2 tsp fruit pectin for even extra thickness (optional)

Mix the ingredients together in 1 or 2 shallow plastic containers. Freeze. (You could also use an ice cube tray.) Once frozen, pop the blocks out of the containers. Thaw until just soft enough for your blender to be able to handle it. Blend each serving individually, until desired slushiness is reached. Add extra sweetener if needed, but do NOT add ice! It will dilute the flavor. Pour into two glasses and enjoy.

Frozen Sweets

Mint Chocolate Chip Fudgesicles

- 1 cup Greek Yogurt
- 1 cup full-fat coconut milk
- 1/4 tsp pure peppermint extract to taste
- 1/4 tsp pure vanilla extract
- 1-3 Stevia packets or 1-3 tbsp sugar to taste
- Dash of salt
- 1/2 cup spinach packed
- Handful of dark chocolate chips

Blend all ingredients until completely smooth. Pour into popsicle molds or paper cups with spoons as the sticks. Freeze completely, then pop out and enjoy.

Makes about 6 molds- 25 calories, 3.5 carbohydrates, 1 g protein, .5 g fat

Peanut Butter Fudgesicles

- 1/2 cup low-fat Greek yogurt (plain)
- 1/2 cup low-fat cottage cheese
- 1 1/4 cup unsweetened almond milk
- 3 tbs unsweetened cocoa powder (or chocolate Prograde protein powder)
- 2 tbs natural, organic peanut butter
- Pinch salt
- 6 pkts Stevia

Mix all ingredients together in a food processor. Process until totally smooth. Pour into popsicle molds. Be sure to leave some room at the top where you can place the popsicle stick without having the mixture overflow. Now, place the popsicle sticks into each mold and freeze until frozen like a Fudgesicles. Remove from mold when ready to eat and enjoy!

6 servings- 66 calories, 6g protein, 4g carbohydrate 4g fat

Dreamy Orange Creamsicles

- 1 cup fresh orange juice
- 1 cup full fat coconut milk
- 1 tbsp honey (to taste)
- ¼ tsp orange extract
- 1 scoop vanilla Prograde protein

In a medium bowl, whisk all ingredients together.

Pour mixture into popsicle molds. Let set for 30-60 minutes, then add popsicle sticks. Freeze for another 4-6 hours or until frozen. When you're ready to serve, run some warm water along your popsicle mold to loosen the popsicles and serve immediately. Serves 6.

How to make homemade frozen yogurt or ice cream:

Stir all ingredients together. If you have an ice cream maker, pour the mix into the machine and process according to your machine's directions. (A Cuisinart takes 12-20 minutes. They run about \$30 - \$60 depending on brand. I picked mine up at a Bed Bath and Beyond and used a coupon.)

To make it swirly, poured finished mixture into a piping bag, set it in the freezer for about 20 minutes to firm up and then squeezed it out. Homemade ice cream is best served the day it's made, but will keep up to one month in the freezer.

No Ice Cream Machine?

Option #1: Freeze the mixture, then re-blend in a high-powered blender NutriBullet, Vita-mix or Blend-tech work great.

Option #2: Freeze the mixture in a shallow container. Every 45 minutes (for up to 4 hours), stir the slush. This option is time consuming and does not yield a very creamy ice cream. If that is your goal, consider investing in an ice cream maker – you know you will use it over and over again.

Option #3: Freeze in Popsicle molds. Pour the liquid mixture into popsicle molds (or paper cups).

Peanut Butter and Banana Ice Cream

- 2 frozen bananas, in chunks
- 2 tbsp natural peanut butter
- Water (as needed)
- Cacao nibs & chopped pistachios for sprinkles

Blend bananas and peanut butter in a blender or food processor. Once creamy and spoonable, serve sprinkles with cacao nibs and enjoy!

2 servings- 200 calories, 5g proteins, 30 g carbohydrate, 9g fat

Pistachio Ice Cream

- 1 medium banana, frozen into chunks
- 1/2 cup raw spinach
- 1 medium avocado, diced
- 2 packets of Stevia
- 1/4 tsp pure almond extract
- 1/8 tsp xanthan gum (optional)
- 1 tbsp pistachios, shelled (plus more for garnishing)
- 4-5 ice cubes

In a blender or food processor, blend together yogurt, frozen banana, spinach, avocado, Stevia, almond extract, xanthan gum, ice, and pistachios. You may need to pulse, and grind a few times. Once well blended, pour mixture into a loaf pan and sprinkle with pistachios (or pour into ice cream maker and finish according to manufacturer's instructions). Freeze for 2-3 hours until firm enough to scoop with an ice cream scoop!

Avocado Frozen Yogurt

- 1 large, ripe avocado
- 2 cups plain Greek yogurt of choice
- 1/2 cup milk of choice - I like unsweetened coconut milk
- 1/2 tsp pure vanilla extract (2g)
- 1/8 tsp salt
- pinch pure Stevia extract, or 3-4 tbsp sugar of choice

Scrape out the flesh of the avocado and discard the peel and pit. Blend all ingredients until completely smooth, in a blender or food processor. Transfer mixture into ice cream machine and churn according to manufacturer's directions. Eat immediately as soft-serve or freeze for 20-30 minutes for a firmer texture.

Yes, I Want S'more Ice Cream!

- 1 cup almond milk
- 1 cup fat free cottage cheese
- 3 tbs cocoa powder
- 2 tbs light cool whip
- 4 pkts Stevia
- 1 graham cracker square, crushed into fine crumbs

Blend all ingredients, minus graham crackers, until smooth. Let churn in ice cream maker 25 minutes until texture is right. Scoop into dishes and crumble graham crackers on top.

2 servings- 160 calories, 16g protein, 20g carbohydrate, 3g fiber, 5g fat

Brownie Batter Frozen Yogurt

- 3 cups Greek yogurt
- 1/4 cup plus 1 tbsp cocoa powder
- 1/8 tsp baking soda
- 1/4 tsp salt
- 1 tbsp pure vanilla extract
- 3-4 tbsp xylitol or sugar (or more to taste)
- 1/16 tsp pure Stevia, or 2 tbsp brown sugar (to taste)
- 2 tbsp dark chocolate chips

Combine all ingredients in a large bowl and stir until completely combined. Transfer to an ice-cream maker. Churn according to directions and enjoy!

70 calories 1.5 g fat, 15 carbohydrates, 2.5 protein

Melon Rosemary Sorbet

- Half Melon, seeded, cut into chunks (about 3-4 cups chunks)
- 3 tbsp agave sweetener
- 3/4 tsp finely minced fresh rosemary
- Garnish: a fresh rosemary sprig (optional)
- Fresh Berries

Place melon chunks on a plastic plate or tray in a single layer and freeze overnight. When you are ready to eat the sorbet the next day, place the frozen melon chunks in the food processor, add the agave and rosemary, and whirl until it comes together and begins to look like thick ice cream. Water may be added to help the process along. Avoid making it slushy, stop when it is just spoonable. Scoop into bowls and stick in a sprig of fresh rosemary. Serves 4.

Pina Colada Sorbet

- 3 1/2 cups fresh pineapple juice
- 1/2 cup coconut milk
- 1/4 to 1/3 cup agave nectar to taste

Pour into your ice cream maker and churn according to directions. Serve or Freeze until firm as you prefer.

Strawberry Lime Sorbet

- 4 cups frozen strawberries
- 1/4-1/3 cup lime juice
- 1/2 cup water
- 1/2 tbsp lime zest
- 1/8-1/4 cup honey

Place all ingredients into high powered blender and blend until smooth. The consistency may be perfect as is to serve or for a more frozen treat, run it through an ice cream maker. Store in an airtight container in the freezer and let it sit out for about 15 minutes before serving.

Creamy Dreamy Sweets

Chocolate Soufflé

- 12 egg whites
- 1/2 tsp cream of tartar 1
- 1/4 cup cocoa powder
- 8-12 pkts Stevia 2

PEANUT BUTTER SAUCE:

- 1/4 cup PB2 (powdered peanut butter)
- 1/4 cup + 2 tbs water
- pinch salt and sweetener

After preheating oven to 425 degrees F, grease a pan (8 inch by 8 inch). Put egg whites and cream of tartar into a bowl and beat eggs on high speed until peaks appear. Keep beating until peaks are stiff. Sprinkle sweetener and cocoa powder on egg whites, mixing in with spatula. Spoon batter into pan, baking for a half hour. Let cool and cut into six pieces. Serve with peanut butter sauce and enjoy!

6 servings- 42 calories, 8.7g protein., 2g carbohydrate, .5g fat

Mousse

- 2 tbs peanut flour
- 1/4 tsp vanilla extract
- 2-4 pkts Stevia
- 1/2 cup low fat cottage cheese

Put all ingredients in food processor and blend for a couple minutes. Once it is at the consistency of a mousse, serve in a serving glass.

1 serving- 120 calories, 25g protein, 5g carbohydrate, .5g fat

Healthy Chocolate Pudding

- 1 ripe avocado, pitted
- 3/4 cup frozen cherries
- 2 tbsp cocoa powder or chocolate Prograde protein powder
- 2-3 tbsp water
- 1/2 tsp vanilla extract
- Pinch of sea salt
- 12-15 drops liquid Stevia

Process ingredients in a food processor until creamy and smooth. Serve right away and enjoy!

2 servings- 187 calories, 3.2g protein, 17.6g carbohydrate, 14.1g fat

Minty Orange Yogurt Parfait

- 6 tbsp Greek yogurt
- 1 large orange, peeled and quartered
- 1 1/2 tsp honey
- 4 fresh mint leaves, sliced thinly

Pour honey into yogurt and stir. Place orange slices into a bowl. Spoon yogurt and honey mixture over the orange slices, then top with mint.

171 calories, 11g protein, 34g carbohydrate, 0g fat

Drinks Recipes

Strawberry Daiquiri

- 1 cup sliced strawberries
- 1 tbsp lime juice
- 1.5 oz. rum
- Packet of Stevia (optional)
- Handful of ice

Blend in a blender, pour into a glass add a sliced lime to the rim and enjoy!

1 serving- 123 calories, 6g carbohydrate

Coconut Limeade

- 5 1/2 cups ice
- Cup coconut rum
- 4-5 tbsp frozen limeade concentrate
- Cup water

Add all ingredients to blender and blend until smooth. Makes about 3 servings.

Cosmo

- 1.5 oz Citron vodka
- 1 oz (2 tbsp) diet cranberry juice
- 1 tbsp lime juice (juice from fresh limes is best)
- 2 to 3 drops orange extract
- 2 tsp liquid Stevia

In a cocktail shaker half-filled with ice, shake up the vodka, diet cranberry juice, lime juice, orange extract, and Stevia. Strain into a martini glass. You can garnish your drink with lime.

1 serving- 111 calories, 1.5g carbohydrate

Mojito

- 1 oz lime juice
- 8 mint leaves
- 1 tbsp liquid Stevia
- 1 1/2 oz white rum
- Club soda

In a highball glass, muddle (mash) together mint, lime juice, and Stevia. Fill the glass 3/4 with ice and add rum. Fill with club soda. Stir and drink up!

1 serving- 111 calories, 3.6g carbohydrate

Spiked Punch

- 1.5 oz. vodka, fruit flavored, your choice
- 1 tbsp lime juice
- 1 tbsp lemon juice
- 1/4 tsp orange extract
- 2 tbsp sugar-free pineapple syrup, such as Da Vinci brand
- 1/2 cup club soda
- Ice

Stir together vodka, lime juice, lemon juice, orange extract, pineapple syrup, and club soda. Serve on the rocks, and garnish with lemon or lime slices.

1 serving- 128 calories, 8.1g carbohydrates

Watermelon Gin Fizz

- 3 oz gin
- 1 sprig fresh tarragon
- 3 oz watermelon puree (from about a cup of watermelon chunks, any seeds removed)
- 2 oz lemonade
- 1 oz triple sec
- Ice

Pour gin in cocktail shaker. Add tarragon and crush with back of spoon. Add remaining ingredients, allow to sit for a minute to let flavors blend. Add ice to the cocktail shaker and shake vigorously. Strain into two glasses and serve immediately. Serves 2.

Beach Bloody Mary

- 1 oz cucumber flavored vodka
- 1 oz shot lime flavored vodka
- 3 dashes hot sauce – to taste
- 2-3 tsp of Worcestershire sauce – to taste
- 1 tsp green olive juice
- 1 tsp lime juice
- 6 oz Tomato juice
- Chili lime salt for rim

Wet the rim of a 12-oz glass with lime juice. Dip rim into the chili lime salt. Fill glass with ice if desired. Combine the vodkas, hot sauce, Worcestershire, olive juice, lime juice and tomato juice in the glass and stir. Serves 1.

The Perfect Margarita

- 1 1/2 oz tequila (Patrón recommended)
- 1 oz orange liqueur (Triple sec, Cointreau or Grand Marnier)
- 1 oz lime or lemon juice (or a mix of both)

Combine in glass, stir and enjoy! Serves 1.

Sunburnt Margaritas

- 5 oz freshly squeeze citrus juice, try blood oranges for color and flavor
- 5 oz tequila
- 3 oz freshly squeeze lime juice
- 1 oz agave nectar
- 1 jalapeño pepper

Place everything in a large cocktail mixer. Using a wooden spoon, muddle the jalapeño in the bottom of the shakers so it breaks up a bit. Add some ice and place the cocktail shaker lid on and shake! Strain out the jalapeño and ice and serve the margaritas over ice with or without salt. Serves 4-5.

Lime Margarita

- 1.5 oz tequila (Patrón recommended)
- 2 tbsp lime juice (juice from fresh limes is best)
- 1/4 cup water
- 1/4 tsp orange extract
- 1 tbsp Stevia
- Ice
- Margarita salt

After first wetting the rim of your glass, dip it into a small plate of margarita salt. Add ice to the glass. Now, mix tequila, lime juice, water, orange extract, and Stevia together. Pour into glass and serve on ice.

1 serving- 104 calories, 2.7g carbohydrates

Coconut Mango Margarita

- 1.5 oz of tequila
- 1 tbsp triple sec (or orange flavored liqueur)
- 1 tbsp coconut milk (full fat)
- 1 tsp fresh lime juice
- 1 cup fresh mango, cubed
- ½ cup ice

For rim: lime juice, salt, finely grated unsweetened coconut, lime zest

Place the tequila, triple sec, coconut milk, lime juice, mango, and ice into blender. Process until smooth. Rub lime juice along glass rim. Dip rim into mixture of salt, unsweetened coconut, and/or lime zest as desired. Pour drink into prepared glass. Serves 1.

Basilrita

- 1 1/2 oz tequila (Patrón recommended)
- 1 oz orange liqueur (Triple sec, Cointreau or Grand Marnier)
- 3/4 oz lemon juice
- 1/4 oz agave syrup
- 4-5 basil leaves, chopped

Mix all ingredients in a tall cup, and, using an immersion blender, whirl for a minute or so until basil is very finely chopped into the liquid. Pour into an ice-filled cocktail shaker, and shake for 30 seconds until well chilled. Pour through a strainer into a martini glass. Float a fresh basil leaf on top and serve. Serves 1.

The Paloma

- 1/4 cup freshly squeezed grapefruit juice
- 1 tbsp freshly squeezed lime juice
- 1/4 cup tequila
- 1 tsp sugar (can sub in agave or honey, just adjust the amount as necessary)
- Ice
- Club Soda
- Sugar for the rim

Using a leftover squeezed lime, coat the rim of a tall glass with juice. Dip the rim of the glass in a small dish filled with sugar, turn, then tap the glass to remove the excess sugar. Fill the glass with ice, then add grapefruit, lime juice, and sugar. Stir well, then top with tequila. Add club soda to fill the glass. Garnish with a slice of lime.

Lime Pomegranate Fizz

- 3 tbsp pomegranate vodka
- 2 tbsp pomegranate juice
- 1½ tsp lime juice
- Cup ginger ale
- 1 cup ice
- Garnish lime slices.

Place pomegranate vodka, pomegranate juice, and lime juice in blender. Slowly add ginger ale then ice. Blend until smooth. Pour into martini or desired glass.

Hurricane

- 1.5 oz light rum
- 1.5 oz dark rum
- 1.5 oz freshly squeezed orange juice
- 1 oz freshly squeezed lime juice
- 1 oz grenadine
- Agave nectar, optional
- Maraschino cherries and orange slices to garnish ice

Add ice cubes to two hurricane shaped glasses and set aside. Add all of the ingredients to large glass and mix well. Taste and add additional grenadine or agave nectar if desired. Pour drinks over ice. Garnish with maraschino cherries and orange slices. Serves 2-3.

Strawberry-Infused Vodka

- 3 cups vodka
- 2 pints (about 1 1/4 lbs) strawberries, rinsed and hulled
- 20 peppercorns
- 1 vanilla bean, split in half
- 1 strip peel from an organic orange

Place strawberries in a large glass container with lid. Add vodka and all other ingredients, stir and cover. Store in cool, dark place (such as a kitchen cabinet) for 3-7 days. Swirl once a day. After 3-7 days, strain with a colander or cheese cloth. For super clear result, strain again through coffee filter. Store in a bottle in the refrigerator. Enjoy straight up well chilled, or over crushed ice, or in a glass of sparkling wine or Champagne.

Infused Waters

Infused water, often referred to as aguas frescas, is a refreshing and light non-alcoholic summer drink that is easy to make.

It's also a delicious and healthy way to stay hydrated and add some fun to a plain glass of water.

Standard directions - Slice up some fruit, add some veggies or herbs, place it in a pitcher, add cold water – typically about a gallon - and chill for a few hours. Pour over ice, garnish with a piece of fruit, and enjoy.

For an adult drink, you can add a background of vodka in each glass and replace the water with tonic (+ a little sugar for those with a sweet tooth). Yum!

Here are a few super tasty combinations:

- **Cucumber Lime & Basil**
 - 1 half cucumber, sliced
 - 1 cup basil leaves
 - 2-3 limes
- **Watermelon & Cilantro**
- **Blackberry & Mint**
- **Cucumber, Cilantro & Dill**
- **Cucumber & Melon**
 - 1 large cucumber, sliced
 - 1/4 honeydew melon, cubed
 - 1/4 cantaloupe, cubed
- **Orange Mint**
 - 3 oranges
 - 10 mint leaves
- **Strawberry & Basil**

...Or Create Your Own!