**Healthy Shaklee Protein Snack**

*Ingredients:*

1/2 c. Instant Soy Protein

1/2 c. Shaklee 180 smoothee mix (chocolate)

1 c. rolled oats

1/3 c. organic flax meal (ground)

1 c. organic peanut butter or almond butter

2/3 c. raw organic agave or honey

1 tsp. vanilla

Optional:

1 c coconut flakes

½ c mini-Chocolate chips

*Directions:*

1. Combine all dry ingredients and set aside.
2. Heat agave on stove until it comes to a rolling boil (approximately 1 minute).
3. Remove from heat.
4. Add in peanut butter and vanilla immediately to hot agave. Stir until peanut butter melts.
5. Add to dry ingredients. Kneed all together.
6. Press into ungreased pan. Sprinkle with chocolate chips. Place under broiler for 30-45 seconds. Smooth out chocolate.
7. Cool in refrigerator.

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**Peanut Butter Fudge**

No refrigeration required. Great for picnics and snacks. Terrific way to get more high quality protein in the diet by camouflaging it so no one actually knows what they are eating.

1 cup peanut butter (or any nut butter) – organic is best

1 cup Energizing Soy Protein – vanilla or coco, you choose

1/3 cup honey – look for locally grown

Mix together in round balls. Serve chilled or at room temperature.

Little hands can help in preparation. ☺

To help you provide healthy snacks for yourself and your children, here's a list of several soy-free snack ideas, all simple to make, portable and a great option for an afternoon energy break.

**Peanut Butter Munchies**

A favorite after school snack for you or your kids!

• **1.5 tbsp. Natural Low-fat Peanut Butter**

• **3 pieces Whole Wheat Melba Toast**

**Yogurt Parfait**

Mix this up in a cup and take it along with you

for a sweet afternoon treat.

• **2/3 C Fat-free Plain Yogurt**

• **1/4 C Fresh Raspberries**

• **1/4 C Whole Grain Cereal**

**Cheesy Apple Slices**

A super quick sweet and crunchy apple treat.

• **1 fresh apple, sliced**

• **1 oz. Low-fat Cheddar Cheese**

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**REUSE THOSE PUMPKIN SEEDS—Here are some “tasty” recipes…**

For **Salted Pumpkin Seeds**: Preheat oven to 350 and grease a baking sheet. Wash pumpkin seeds. (Don’t need to remove all the pulp.) Place seeds on the baking sheet and sprinkle with sea salt. Bake for 10 – 15 minutes or until light brown. Serve warm or cool.

Make **Italian Pumpkin Seeds** by sprinkling salt, garlic, and Italian seasoning over the seeds.

For **Fried Pumpkin Seeds** use coconut oil…heat oil in a frying pan. Add washed pumpkin seeds and fry for 5 – 10 minutes or until light brown. The coconut oil will leave a slightly sweet flavor that your kids will love. Serve warm or cool.

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**Morning Glory Muffins:**   
2 1/2 cups almond flour 3 large eggs  
1 tablespoon cinnamon 2 TBs honey  
2 teaspoons baking soda ½ cup coconut oil  
1/2 teaspoon salt 1 tsp vanilla  
2 cups carrots, peeled and grated  
1 large apple, peeled, cored and grated  
1 cup shredded coconut  
1 cup raisins

Preheat oven to 350 degrees and grease a standard-sized muffin pan or line with papers  
Combine almond flour, cinnamon, baking soda and salt in a large bowl.    
Add carrot, apple, coconut and raisins and combine well.  
In a separate bowl, whisk eggs, honey, oil and vanilla extract together.  
Pour the wet mixture over the dry ingredients and mix very well. The batter will be very thick.  
Spoon the batter out into muffin pan and place on upper/middle rack of your oven for 40-50 minutes.  
When a toothpick inserted into the top of a muffin comes out clean, the muffins are done.  
Cool muffins in the pan for 8-10 minutes and then remove to a rack to finish cooling.

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