

The background features a light-colored, possibly white, surface with a subtle texture. It is decorated with several festive elements: a sprig of evergreen with gold bells in the upper left, another sprig with gold bells in the upper right, and a large, circular wreath of greenery with white berries in the lower half. A thin, vertical gold line runs down the center of the page. The entire scene is framed by a dark green border.

Holiday Recipe Book

Soft/Regular Foods

Breakfast

Spinach Pesto and Chicken Sausage Egg Bake

Recipe courtesy foodcoach.me

Ingredients:

- ¼ cup red onion diced
- ¼ cup red pepper, diced
- 2 cloves garlic, chopped
- ¼ cup jarred pesto
- 6 oz fresh spinach
- 1 lb Italian chicken sausage (may substitute turkey sausage)
- 12 eggs
- ¾ cup cottage cheese
- ¾ cup 2% shredded mozzarella cheese
- Cooking spray

Preparation:

1. Preheat oven to 350 F.
2. In a skillet on medium high heat, spray with cooking spray and add red onion, red pepper, garlic and pesto. Toss until soft and add spinach. Heat until wilted, stirring it all together. Transfer to a 9x13 casserole dish sprayed with cooking spray. Re-spray the skillet and brown the chicken sausage.
3. While the chicken sausage is browning, whisk eggs and cottage cheese in a mixing bowl and set aside. Add sausage to baking dish and mix around with onion mixture.
4. Spread out mixture at the bottom of the casserole dish and pour in the egg mixture. Top with shredded cheese.
5. Bake in preheated oven for 30 minutes. Remove, let rest 5-10 minutes then cut and serve.

Spinach and Red Pepper Frittata

Recipe courtesy foodcoach.me

Ingredients:

- 1 small onion, diced
- 1 red bell pepper, diced
- 4 strips turkey bacon, diced
- ½ tsp each salt and pepper
- 1 cup loosely packed baby spinach, chopped
- 8 large eggs
- 2 oz shredded parmesan cheese

Preparation:

1. Heat oven to 375 F.
2. Heat a non-stick skillet to medium high heat. Make sure skillet is oven safe.
3. Sauté onion, bell pepper and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir.
4. Add spinach and stir. Cook 30-60 seconds or until spinach starts to wilt.
5. Whisk and add eggs, moving pan around a bit for eggs to surround the pan evenly.
6. Sprinkle with cheese and move to oven for 8-10 minutes or until eggs look set.
7. Remove with hot pad and let cool before serving.

Appetizers

Garlic Herb Roasted Shrimp with Homemade Cocktail Sauce

Recipe adapted from www.joyfulhealthyeats.com

Ingredients:

- 2 lbs. of shrimp, peeled and deveined
- 3-4 garlic cloves, minced
- 4 tbsp of olive oil
- ½ tsp of red pepper flakes
- 1 tsp of dry basil
- Salt and pepper

Cocktail Sauce

- ½ cup of ketchup (choose reduced sugar ketchup for an even lower sugar option)
- 2 heaping tbsp of horseradish

Preparation:

1. Preheat oven to 400 degrees.
2. In a large bowl, toss shrimp, garlic cloves, red pepper flakes, dry basil, salt, pepper, and olive oil. Toss until all coated.
3. Spread shrimp out in a single layer on a baking sheet.
4. Bake for 8 to 10 minutes.
5. Remove and let cool a bit.
6. In a small bowl mix ketchup and horseradish. Serve with shrimp.

BLT Deviled Eggs

Recipe courtesy of bariatriceating.com

Ingredients:

- 1 dozen large eggs
- 8 slices bacon
- ¼ cup plain greek yogurt
- ¼ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- ½ tsp fine sea salt

- 1/8 tsp ground black pepper
- 1 shallot, minced
- 12 grape tomatoes, cut into quarters, or 1 medium ripe Roma tomato, cut into small cubes
- A few medium romaine lettuce leaves, halved and very thinly sliced

Preparation:

1. Put eggs in a medium pot, cover with water by 1 inch and bring to a boil over medium-high heat. Cover, remove from heat and leave undisturbed for 12 minutes. Drain, fill with cool water, add ice and set aside until chilled, about 5 minutes. Peel and cut eggs in half transferring whites to a platter and yolks to a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp, 8-10 minutes. Transfer to a paper-towel-lined plate. Coarsely chop when cool enough to handle.
3. Combine the cooked yolks, yogurt, mayonnaise, mustard, lemon juice, salt, pepper, and shallot – mash with a fork until well combined and smooth.
4. Just before serving, fold in the tomato and half of the bacon. Put a few shreds of lettuce into each egg and add a dollop of yolk mixture into the middle. Garnish with a little more of the bacon.

Stuffed Mushrooms with Laughing Cow Cheese

Recipe courtesy foodcoach.me

Ingredients:

- 12 mushroom caps, stems removed, washed
- Cooking spray
- 3 garlic cloves, chopped
- ½ cup parsley, chopped (can also use chopped fresh spinach)
- Butter spray
- 4 wedges Laughing Cow Cheese, Light Swiss

Preparation:

1. Preheat oven to 350 degrees F.
2. Put a large skillet on medium high heat. After wiping the mushrooms off with a wet paper towel; spray the tops with butter spray for added flavor.
3. Add mushroom caps, bottoms down, into the skillet and let sear for about 2 minutes.
4. Remove mushroom caps to a pie plate. Spray still heated pan with cooking spray and add garlic and parsley.
5. Remove wrapping from Laughing Cow Cheese wedges and add to bowl. Once parsley and garlic have been sautéed add to cheese mixture in the bowl and incorporate well with the back of a fork.
6. Add mixture to mushroom caps and put in oven for 12-15 minutes. Let cool slightly and serve. (6 servings, 1 serving = 2 mushroom caps. Per serving: Protein 8 g, Carbohydrate 11 g, Fat 2 g).

Side Dishes

Oven-Roasted Squash with Garlic and Parsley

From www.EatingWell.com

10 servings, about $\frac{3}{4}$ cup each

Ingredients:

- About 5 pounds winter squash (such as butternut, buttercup, kabocha or hubbard), peeled, seeded and cut into 1-inch chunks.
- 2 tbsp extra-virgin olive oil, divided
- 1 $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp freshly ground pepper, divided
- 3 cloves garlic, minced
- 2 tbsp chopped Italian parsley

Preparation

1. Preheat oven to 375°F.
2. Toss squash with 4 teaspoons oil, salt and $\frac{1}{4}$ teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30-45 minutes (depending on the variety of the squash).

Lemon-Dill Green Beans

From www.EatingWell.com

4 servings, about 1 cup each

Ingredients:

- 1 pound green beans, trimmed
- 4 tsp chopped fresh dill
- 1 tbsp minced shallot
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp whole-grain mustard
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp freshly ground pepper

Preparation:

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Cauliflower Mash (also available “pre-mashed” in the freezer section of grocery stores)

Ingredients:

- One 1.5 pound head cauliflower, cut into large florets
- 3 garlic cloves
- 3 cups chicken broth

- Sea salt and freshly ground black pepper
- Butter

Preparation:

1. Combine cauliflower, garlic, and broth in a large saucepan. Add water to cover if vegetable is not completely covered by broth. Bring to a boil, reduce heat to medium, and simmer until cauliflower is tender, 12 to 14 minutes.
2. Drain cauliflower, reserving a cup of the cooking liquid. Transfer cauliflower and garlic to food processor and process until very smooth adding a tablespoon or two of cooking liquid if necessary. Season with salt, pepper and a tablespoon of butter to taste.

Cauliflower Stuffing

Recipe courtesy of www.delish.com

Ingredients:

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 cup chopped mushrooms
- Kosher salt
- Freshly ground black pepper
- ¼ cup chopped fresh parsley
- 2 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh sage (or 1 tsp ground sage)
- ½ cup vegetable or chicken broth

Preparation:

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
4. Serve.

Cranberry Sauce

Recipe courtesy of bariatriceating.com

Ingredients:

- One jar sugar free preserves, any flavor
- One 12 oz bag whole fresh cranberries
- ¼ tsp ground cinnamon
- Truvia or Splenda if needed for additional sweetness

Preparation:

1. Empty the preserves into a heavy saucepan and heat over medium low for 3 to 4 minutes until they soften and melt.
2. Add the cranberries and cinnamon; stirring constantly while mixture comes to a boil; cook until berries begin to pop. Reduce heat to low and simmer 15 to 20 minutes until the sauce is glossy and thick.
3. Crush some of the berries against the side of the pot with your wooden spoon. Stir in the Truvia or Splenda to taste and cook 5 more minutes before removing from heat to cool.
4. For a smooth sauce, place in blender and pass through a wire strainer using a rubber spatula.
5. Transfer cooled mixture to a covered bowl and chill until ready to serve.

Main Dish

Rolled Boneless Turkey Breast with Apples & Sage

Recipe courtesy of bariatriceating.com

Ingredients:

- One 2 ½ to 3 pound boneless turkey breast half, butterflied (have a butcher remove the bones and butterfly – ask him for some butchers string!)
- Olive oil
- 1 tsp Bell's Seasoning, or your favorite prepared poultry blend
- ½ tsp garlic powder
- Kosher salt and freshly ground black pepper
- 2 Granny Smith apples, peeled, cored, and thinly sliced
- 1 medium onion, peeled and very thinly sliced
- 1 tbsp butter
- ¼ cup chopped flat leaf parsley, optional
- 1 cup chicken broth

Preparation:

1. Preheat the oven to 350°F.
2. With the skin side down, lightly coat the meat with olive oil, then sprinkle generously with Bell's Seasoning, garlic powder, salt, and pepper.
3. Sauté half of the apples and onions in butter in a nonstick skillet until softened, 3-4 minutes – season with salt and pepper. Add parsley.
4. Spoon apple onion mixture down center of seasoned flattened turkey and fold up both sides, so the filling is encased in the center of meat. Tie with cotton kitchen string in several places.
5. Create a bed of remaining apples and onions in roasting pan and place the roast seam side down.
6. Lightly drizzle the turkey with olive oil and season with salt and pepper.
7. Roast until a meat thermometer inserted into the center of the meat reads 165°F, about 1 hour.
8. Remove the roast from the pan to a platter.
9. Mash the onion and apple into the pan juices using a fork, adding enough chicken broth to scrape up the bits, creating a moist and delicious sauce for the sliced turkey.

Chicken Parmesan Mini Meatloaf

Recipe courtesy of bariatriceating.com

Ingredients:

- 3 garlic cloves, minced
- 1 medium onion, diced
- 2 medium carrots, freshly grated
- 1 tbsp olive oil
- 1 ¼ pounds ground chicken or turkey
- 1 large egg
- ½ cup Progresso Italian Seasoned bread crumbs
- 1 bottle marinara sauce
- ½ cup freshly grated Parmesan or Romano cheese
- 1/3 cup fresh chopped basil and flat leaf parsley
- 2 tsp salt
- ½ tsp black pepper

Preparation:

1. Preheat oven to 375°F. Sauté the garlic, onion, and carrot in olive oil in a small frying pan, 4-6 minutes, until lightly golden and softened. Set aside to cool.
2. Mix the chicken, eggs, bread crumbs, ½ cup marinara sauce, Parmesan, basil and parsley, salt, pepper and about 2/3 of the cooled onion/carrot mixture.
3. Pour the remaining sauce and the rest of the sautéed vegetables into a square or oblong baking dish and using a metal ice cream scoop to portion, nestle the mini loaves into the sauce. Bake 30-40 minutes until done in center – 165 degrees on a meat thermometer.

Desserts

Crustless Pumpkin Cheesecake

Recipe courtesy of foodcoach.me

Ingredients:

- 8 oz fat free cream cheese
- ½ cup canned pumpkin
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 8 oz cool whip, light (thawed)

Preparation:

1. In a mixing bowl, cream together cream cheese, pumpkin and spices. Mix on high until well blended.
2. Fold in light cool whip until well blended. Pour into a pie plate and let chill in the refrigerator for a few hours to set. (Or scoop into wine glasses for a fun presentation!)

Pumpkin Whip

Recipe courtesy of bariatriceating.com

Ingredients:

- ½ pint heavy cream
- One, 1 oz package Jell-O Sugar Free Instant Butterscotch or Vanilla Pudding mix
- 1 cup milk – do not use soy or almond milk as mousse will not set properly
- 1 cup pumpkin puree (NOT pumpkin pie filling)
- 1 ½ tsp pumpkin pie spice

Preparation:

1. In a small deep bowl, whip the cream using a hand mixer, until stiff – set aside.
2. In a large bowl beat together the pudding mix, milk, pumpkin puree and spices until thick and smooth. Fold in the whipped cream – using low setting on mixer and finishing with rubber spatula.
3. Cover and chill. Scoop into dessert dishes and serve with additional whipped cream.

Pumpkin Pudding

Recipe courtesy Iowa State University Extension

Ingredients:

- 1 can (15 oz) pumpkin
- ½ tsp cinnamon or ½ teaspoon pumpkin pie spice
- 1 ½ cups nonfat milk
- 1 package (1 oz) instant sugar free vanilla pudding

Preparation:

1. Wash hands
2. Mix pumpkin and cinnamon together with a wooden spoon in a large mixing bowl.
3. Slowly stir in milk and mix well.
4. Add instant pudding mix and stir slowly for about 1 minute until it thickens.
5. Refrigerate until serving time.

Serves: 8

Serving size: ½ cup

Beverages

Protein Hot Chocolate

Recipe courtesy of foodcoach.me

Ingredients:

- 1 scoop chocolate whey protein powder
- 1 cup unsweetened vanilla almond milk
- ¾ cup water
- 1 tsp unsweetened cocoa powder

Preparation:

1. Combine all ingredients in a small sauce pan and put on medium heat.
2. Stir consistently while mixture heats thoroughly, about 3 minutes. Scoop out a tiny portion to taste and test heat. Remove from heat and pour into mug. Sip and enjoy!

Apple Pie Protein Shake

Ingredients:

- 2 scoops unflavored protein powder
- ½ cup water
- ¼ cup unsweetened applesauce
- ½ tsp cinnamon
- 5 ice cubes

Preparation:

1. Blend all together and enjoy!

Pumpkin Protein Smoothie

Ingredients:

- 1 cup unsweetened vanilla almond milk
- ¼ cup pumpkin puree (NOT pumpkin pie filling)
- Ice
- 1 serving vanilla protein powder
- Couple shakes of ground ginger, cinnamon and nutmeg OR couple shakes pumpkin pie spice

Preparation:

1. Blend all together and enjoy!

Pumpkin Spice Latte

Ingredients:

- 1 cup nonfat milk
- 1 tbsp pumpkin puree
- 4 drops vanilla crème stevia, or adjust to taste (can also use vanilla extract and stevia to taste)
- 1/8 tsp ground cinnamon
- Tiny pinch ground nutmeg
- Tiny pinch ground ginger
- ¾ cup coffee

Preparation:

1. Add the milk and pumpkin to a small pot. Heat over medium-low heat, stirring constantly with a whisk, until the mixture begins to simmer. Add in the stevia, cinnamon, nutmeg, and ginger. Whisk the mixture until it become frothy.
2. Add the coffee to a large mug, and pour the milk mixture on top.

Notes: Any milk, including all non-dairy varieties may be substituted for the nonfat milk.

Any sweetener may be substituted for the vanilla crème stevia. Adjust the amount to suit your tastes.

High Protein Peppermint Mocha

Ingredients:

- 1 Premier Protein chocolate shake
- 3 tsp sugar free chocolate syrup or topping
- 1 serving instant coffee
- ½ tsp peppermint extract, more or less to taste (optional 1 dollop of sugar free whip cream)

Preparation:

1. Pour Premier protein chocolate shake and sugar free chocolate syrup or topping into a large microwave safe mug and microwave on high for approximately 45 seconds.
2. Note: do not bring to a boil. Remove from microwave and add instant coffee and peppermint extract. Stir to combine.

Candy Cane Protein Shake

Recipe courtesy foodcoach.me

Ingredients:

- 2 cups ice
- 1 scoop vanilla whey protein powder
- ½ cup low-fat cottage cheese
- ¾ cup light almond milk
- 1 tbsp sweetener
- ½ tsp peppermint extract (adjust to your preference)
- Light whipped topping (optional)

Preparation:

1. Blend together and serve with light whipped cream.

Caramel Apple Smoothie

Recipe courtesy Premierprotein.com

Ingredients:

- 1 cup Premier protein caramel shake
- 1 green apple peeled and cored
- 1 frozen banana
- ¼ - ½ tsp cinnamon to taste preferences
- ½ - 1 cup ice depending on desired thickness

Preparation:

1. Add all ingredients to blender. Blend all ingredients until smooth, and enjoy!

Fall Spice Latte

Recipe courtesy unjury.com

Ingredients:

- 1 packet or 1 scoop vanilla protein powder
- ½ cup skim milk
- ½ cup brewed coffee (decaf or regular depending on time since surgery)
- 1 tsp cinnamon
- ¼ tsp ginger

Preparation:

1. Measure milk into a microwave-safe mug.
2. Place in microwave and heat until liquid reaches 140 F.
3. Stir ½ cup of coffee into warmed milk.
4. Slowly mix in protein powder and stir until well blended.
5. Sprinkle cinnamon and ginger, and mix well.

Pureed Foods

Oven-Roasted Squash with Garlic and Parsley

Adapted from www.EatingWell.com

10 servings, about $\frac{3}{4}$ cup each

Ingredients:

- About 5 pounds winter squash (such as butternut, buttercup, kabocha or hubbard), peeled, seeded and cut into 1-inch chunks.
- 2 tbsp extra-virgin olive oil, divided
- 1 $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp freshly ground pepper, divided
- 3 cloves garlic, minced
- 2 tbsp chopped Italian parsley

Preparation

3. Preheat oven to 375°F.
4. Toss squash with 4 teaspoons oil, salt and $\frac{1}{4}$ teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30-45 minutes (depending on the variety of the squash).
5. Put into blender or food processor and blend to applesauce consistency.

Cauliflower Mash (also available “*pre-mashed*” in the freezer section of grocery stores)

Ingredients:

- One 1.5 pound head cauliflower, cut into large florets
- 3 garlic cloves
- 3 cups chicken broth
- Sea salt and freshly ground black pepper
- Butter

Preparation:

3. Combine cauliflower, garlic, and broth in a large saucepan. Add water to cover if vegetable is not completely covered by broth. Bring to a boil, reduce heat to medium, and simmer until cauliflower is tender, 12 to 14 minutes.
4. Drain cauliflower, reserving a cup of the cooking liquid. Transfer cauliflower and garlic to food processor and process until very smooth adding a tablespoon or two of cooking liquid if necessary. Season with salt, pepper and a tablespoon of butter to taste.

Cranberry Sauce

Recipe courtesy of bariatriceating.com

Ingredients:

- One jar sugar free preserves, any flavor
- One 12 oz bag whole fresh cranberries
- ¼ tsp ground cinnamon
- Truvia or Splenda if needed for additional sweetness

Preparation:

1. Empty the preserves into a heavy saucepan and heat over medium low for 3 to 4 minutes until they soften and melt.
2. Add the cranberries and cinnamon; stirring constantly while mixture comes to a boil; cook until berries begin to pop. Reduce heat to low and simmer 15 to 20 minutes until the sauce is glossy and thick.
3. Crush some of the berries against the side of the pot with your wooden spoon. Stir in the Truvia or Splenda to taste and cook 5 more minutes before removing from heat to cool.
4. Place in blender and pass through a wire strainer using a rubber spatula.
5. Transfer cooled mixture to a covered bowl and chill until ready to serve.

Desserts

Crustless Pumpkin Cheesecake

Recipe courtesy of foodcoach.me

Ingredients:

- 8 oz fat free cream cheese
- ½ cup canned pumpkin
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 8 oz cool whip, light (thawed)

Preparation:

1. In a mixing bowl, cream together cream cheese, pumpkin and spices. Mix on high until well blended.
2. Fold in light cool whip until well blended. Pour into a pie plate and let chill in the refrigerator for a few hours to set. (Or scoop into wine glasses for a fun presentation!)

Pumpkin Whip

Recipe courtesy of bariatriceating.com

Ingredients:

- ½ pint heavy cream
- One, 1 oz package Jell-O Sugar Free Instant Butterscotch or Vanilla Pudding mix
- 1 cup milk – do not use soy or almond milk as mousse will not set properly
- 1 cup pumpkin puree (NOT pumpkin pie filling)
- 1 ½ tsp pumpkin pie spice

Preparation:

1. In a small deep bowl, whip the cream using a hand mixer, until stiff – set aside.
2. In a large bowl beat together the pudding mix, milk, pumpkin puree and spices until thick and smooth. Fold in the whipped cream – using low setting on mixer and finishing with rubber spatula.
3. Cover and chill. Scoop into dessert dishes and serve with additional whipped cream.

Pumpkin Pudding

Recipe courtesy Iowa State University Extension

Ingredients:

- 1 can (15 oz) pumpkin
- ½ tsp cinnamon or ½ teaspoon pumpkin pie spice
- 1 ½ cups nonfat milk
- 1 package (1 oz) instant sugar free vanilla pudding

Preparation:

1. Wash hands
2. Mix pumpkin and cinnamon together with a wooden spoon in a large mixing bowl.
3. Slowly stir in milk and mix well.
4. Add instant pudding mix and stir slowly for about 1 minute until it thickens.
5. Refrigerate until serving time.

Serves: 8

Serving size: ½ cup

Beverages

Protein Hot Chocolate

Recipe courtesy of foodcoach.me

Ingredients:

- 1 scoop chocolate whey protein powder
- 1 cup unsweetened vanilla almond milk
- ¾ cup water
- 1 tsp unsweetened cocoa powder

Preparation:

1. Combine all ingredients in a small sauce pan and put on medium heat.
2. Stir consistently while mixture heats thoroughly, about 3 minutes. Scoop out a tiny portion to taste and test heat. Remove from heat and pour into mug. Sip and enjoy!

Apple Pie Protein Shake

Ingredients:

- 1 scoop unflavored protein powder
- ½ cup water
- ¼ cup unsweetened applesauce

- ½ tsp cinnamon
- 5 ice cubes

Preparation:

2. Blend all together and enjoy!

Pumpkin Protein Smoothie

Ingredients:

- 1 cup unsweetened vanilla almond milk
- ¼ cup pumpkin puree (NOT pumpkin pie filling)
- Ice
- 1 serving vanilla protein powder
- Couple shakes of ground ginger, cinnamon and nutmeg OR couple shakes pumpkin pie spice

Preparation:

1. Blend all together and enjoy!

Pumpkin Spice Latte

Ingredients:

- 1 cup nonfat milk
- 1 tbsp pumpkin puree
- 4 drops vanilla crème stevia, or adjust to taste (can also use vanilla extract and stevia to taste)
- 1/8 tsp ground cinnamon
- Tiny pinch ground nutmeg
- Tiny pinch ground ginger
- ¾ cup **decaf** coffee

Preparation:

1. Add the milk and pumpkin to a small pot. Heat over medium-low heat, stirring constantly with a whisk, until the mixture begins to simmer. Add in the stevia, cinnamon, nutmeg, and ginger. Whisk the mixture until it become frothy.
2. Add the **decaf** coffee to a large mug, and pour the milk mixture on top.

Notes: Any milk, including all non-dairy varieties may be substituted for the nonfat milk.

Any sweetener may be substituted for the vanilla crème stevia. Adjust the amount to suit your tastes.

High Protein Peppermint Mocha

Ingredients:

- 1 Premier Protein chocolate shake
- 3 tsp sugar free chocolate syrup or topping
- 1 serving instant **decaf** coffee
- ½ tsp peppermint extract, more or less to taste (optional 1 dollop of sugar free whip cream)

Preparation:

1. Pour Premier protein chocolate shake and sugar free chocolate syrup or topping into a large microwave safe mug and microwave on high for approximately 45 seconds.
2. Note: do not bring to a boil. Remove from microwave and add instant **decaf** coffee and peppermint extract. Stir to combine.

Candy Cane Protein Shake

Recipe courtesy foodcoach.me

Ingredients:

- 2 cups ice
- 1 scoop vanilla whey protein powder
- ½ cup low-fat cottage cheese
- ¾ cup light almond milk
- 1 tbsp sweetener
- ½ tsp peppermint extract (adjust to your preference)

Preparation:

1. Blend together and serve with light whipped cream.

Caramel Apple Smoothie

Recipe courtesy Premierprotein.com

Ingredients:

- 1 cup Premier protein caramel shake
- 1 green apple peeled and cored
- 1 frozen banana
- ¼ - ½ tsp cinnamon to taste preferences
- ½ - 1 cup ice depending on desired thickness

Preparation:

1. Add all ingredients to blender. Blend all ingredients until smooth, and enjoy!

Fall Spice Latte

Recipe courtesy unjury.com

Ingredients:

- 1 packet or 1 scoop vanilla protein powder
- ½ cup skim milk
- ½ cup brewed **decaf** coffee
- 1 tsp cinnamon
- ¼ tsp ginger

Preparation:

1. Measure milk into a microwave-safe mug.
2. Place in microwave and heat until liquid reaches 140 F.
3. Stir ½ cup of **decaf** coffee into warmed milk.

4. Slowly mix in protein powder and stir until well blended.
5. Sprinkle cinnamon and ginger, and mix well.

Full Liquids

Protein Hot Chocolate

Recipe courtesy of foodcoach.me

Ingredients:

- 1 scoop chocolate whey protein powder
- 1 cup unsweetened vanilla almond milk
- $\frac{3}{4}$ cup water
- 1 tsp unsweetened cocoa powder

Preparation:

1. Combine all ingredients in a small sauce pan and put on medium heat.
2. Stir consistently while mixture heats thoroughly, about 3 minutes. Scoop out a tiny portion to taste and test heat. Remove from heat and pour into mug. Sip and enjoy!

High Protein Peppermint Mocha

Ingredients:

- 1 Premier Protein chocolate shake
- 3 tsp sugar free chocolate syrup or topping
- 1 serving instant **decaf** coffee
- $\frac{1}{2}$ tsp peppermint extract, more or less to taste

Preparation:

1. Pour Premier protein chocolate shake and sugar free chocolate syrup or topping into a large microwave safe mug and microwave on high for approximately 45 seconds.
2. Note: do not bring to a boil. Remove from microwave and add instant coffee and peppermint extract. Stir to combine.

Fall Spice Latte

Recipe courtesy unjury.com

Ingredients:

- 1 scoop vanilla protein powder
- $\frac{1}{2}$ cup skim milk
- $\frac{1}{2}$ cup brewed **decaf** coffee
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp ginger



Preparation:

1. Measure milk into a microwave-safe mug.
2. Place in microwave and heat until liquid reaches 140 F.
3. Stir ½ cup of **decaf** coffee into warmed milk.

4. Slowly mix in protein powder and stir until well blended.
5. Sprinkle cinnamon and ginger, and mix well.

Shelly's How the Grinch Stole Christmas Protein Shake

Recipe adapted from theworldaccordingtoeggface.com

Ingredients:

- 8 oz milk (skim or 1% or unsweetened non-dairy milk)
- 1 scoop vanilla protein powder
- 1 tbsp sugar free pistachio pudding mix, dry
- Ice cubes

Preparation:

1. Add all ingredients to blender and blend until smooth.

Chocolate Candy Cane Protein Shake

Recipe courtesy angelenamarie.com

Ingredients:

- 1 Premier Protein Chocolate shake
- 1 tbsp cocoa powder
- ¼ tsp peppermint extract
- Ice

Preparation:

1. Blend protein, ice, cocoa powder and peppermint extract in blender until smooth.
- 