



MINI-RECIPE EBOOK

START YOUR JOURNEY TO
HEALTH



**NUTRITION FACTS: 1 PANCAKE**

110 calories - 9 protein/ 10 carb/ 2 fat / 1 fiber/ 2 sugar

AMISH OATMEAL

Makes 10 Servings

INGREDIENTS

1 cup old fashioned oats
 1 cup quick quaker oats
 3 tablespoon light nectar agave
 2/3 cup unsweetened almond milk
 3 tablespoon grass-fed butter
 1 cup egg whites
 1 egg
 1/2 teaspoon salt
 2 teaspoon vanilla extract

DIRECTIONS

- ❶ Preheat oven to 350 degrees and grease 13x9 pan with coconut oil
- ❷ Combine all ingredients in a large mixing bowl
- ❸ Stir well then pour into greased pan
- ❹ Bake for 25-30 minutes or until edges are golden brown
- ❺ Let cool then break up into little crumbles

PROTEIN PANCAKES

Makes 5 Servings

INGREDIENTS

3 tbsp unsweetened applesauce
 1 egg
 2 egg whites
 3/4 cup old fashioned oats
 1 scoop Ascent vanilla protein powder
 1/2 tsp vanilla extract
 1/2 tsp cinnamon

DIRECTIONS

- ❶ Beat Eggs and Egg whites
- ❷ Mix in applesauce, cinnamon, vanilla, oats and protein powder
- ❸ Place skillet on LOW heat
- ❹ Cook each side for 3-4 minutes

**NUTRITION FACTS: 3/4 CUP**

140 calories - 6 protein/ 17 carb/ 6 fat/
 3 fiber/ 9 sugar



NUTRITION FACTS: 1 EGG MUFFIN

99 calories - 10 protein/ 3 carb/ 5 fat/1 fiber/ 1 sugar

EGG MUFFINS

Makes 10 Servings

INGREDIENTS

5 eggs
5 egg whites
1 cup broccoli diced
1/2 cup onion diced
1 cup mushrooms diced
1/2 cup bell peppers diced
1 handful spinach
6 ounces ham

DIRECTIONS

- 1 Preheat oven to 350 degrees
- 2 Dice up all vegetables
- 3 In a large mixing bowl, whisk eggs then add in all diced vegetables
- 4 Pour mixture in greased muffin pan (10 muffins)
- 5 Bake for 18-20 minutes or until toothpick inserted in the middle comes out clean

SAM'S ENERGY BALLS

Makes 12 Servings

INGREDIENTS

1 cup old fashioned oats
4 tbs. almond butter
3 tbs.. unsweetened applesauce
2 tbs. chia seeds
2 tbs, dry roasted cocoa nibs
3 scoops Ascent protein
1 teaspoon cinnamon

DIRECTIONS

- 1 Mix all ingredients together
- 2 If too dry, add a small drop of water to moisten
- 3 Refrigerate for 15-20 minutes
- 4 Remove and make into 12 balls



NUTRITION FACTS: 1 BALL

110 calories - 9 protein/ 8 carb/ 5 fat/2 fiber/ 1 sugar



MEATLOAF MUFFINS

Makes 12 Servings

INGREDIENTS

- 1 pound 99% fat free ground turkey
- 1 pound 93% fat free ground turkey
- 2 brown eggs
- 1/2 cup almond milk
- 1 packet low sodium McCormick Meatloaf Mix
- 1/3 cup chopped veggies (celery, peppers, onions)
- 1/3 cup panko

DIRECTIONS

- 1 Preheat oven to 375 degrees
- 2 Mix all ingredients together
- 3 Evenly proportion into muffin pan (makes 12)

NUTRITION FACTS: 1 MEATLOAF MUFFIN

120 calories - 18 protein/ 5 carb/ 4 fat/ 1 sugar

PECAN CRUSTED CHICKEN

Makes 6 Servings

INGREDIENTS

- 2 pounds organic chicken breasts
- 1/2 cup spicy brown mustard
- 2 tbsp organic honey
- 1 cup pecans

DIRECTIONS

- 1 Preheat oven to 350 degrees
- 2 In a mixing bowl, whisk together honey and mustard
- 3 Place pecans in food processor and pulse until the nuts are finely chopped
- 4 Pour chopped pecans in a large mixing bowl
- 5 Remove any excess moisture from the chicken breasts with a paper towel
- 6 Coat chicken breast with mustard-honey mixture then place in the chopped pecan bowl
- 7 Coat the chicken breast with pecans
- 8 Place crusted chicken breasts in glass baking dish - bake for 45 minutes



NUTRITION FACTS: 1 /6 OF RECIPE

280 calories - 27 protein/ 8 carb/ 13 fat/ 5 sugar

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