

# AN IDEAL TREAT FOR THE *Sweet Lovers*

**21 IDEAL PROTEIN RECIPES TO  
SATISFY YOUR SWEET CRAINGS**



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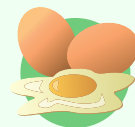


# VANILLA COOKIES

## INGREDIENTS

- 1 packet of Ideal Protein Crispy Cereal - crushed
- 1 packet of Ideal Protein Vanilla Drink mix
- 2 egg whites
- ½ cup water
- 1 tsp. baking powder
- 2 tsp. olive oil
- 1 tsp. Walden farms caramel syrup

**25**  
**Mins**



## PREPARATION

1. Preheat oven to 350°F
2. Combine all ingredients in a bowl and let sit for three minutes to thicken.
3. Divide into 12 equal portions.
4. Use a pan, such as a whoopee pan, and spray with pam.
5. Bake 12-15 minutes.
6. Remove from pan and let cool for five minutes.
7. You can also use this recipe for a cake, baking at 350°F for 14 minutes





## IDEAL PROTEIN CHOCOLATE CARAMEL CAKE

### INGREDIENTS

- 1 IP Chocolate Pudding
- 1 IP Chocolatey Caramel Mug Cake
- 1 tsp. baking soda
- 1 packet of Splenda or Stevia
- 1/3 cup liquid egg whites
- 2 tsp. olive oil
- 2 tbsp. water
- 2 tbsp. Walden Farms Chocolate or Caramel Syrup
- Cooking spray

**40**  
**Mins**



### PREPARATION

1. Preheat oven to 350°F
2. Combine all ingredients in a bowl.
3. Add the liquid ingredients and mix well.
4. Spray a muffin tin or a small cake pan/loaf pan.
5. Bake for 10-12 minutes.
6. Top with Walden Farms Chocolate or Caramel Syrup. Enjoy!





## CHOCOLATE ZUCCHINI PIE SQUARE

### INGREDIENTS

- Ideal Protein Chocolate Shake
- 2 egg whites
- 1/8 tsp. Ideal Protein salt
- 1/4 tsp. baking powder
- 1 cup zucchini
- 1/4 tsp. Cinnamon
- 1/8 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1/16 tsp. ground All Spice
- 1 packet of Stevia sweetener
- Olive Oil Pam Spray

**1**  
**Hour**



### PREPARATION

1. In a medium mixing bowl, place IP Chocolate Shake, egg white, salt, baking powder, Cinnamon, ground ginger, ground nutmeg, ground All Spice, and Stevia and whisk together.
2. Shred the peeled zucchini with a cheese grater onto a piece of paper towel.
3. Once finished grating, place another paper towel on top of the zucchini shreds to absorb the moisture/juice.
4. Add shredded zucchini to the mixture and mix all together.
5. Keep adding water gradually to get a pancake mix like consistency.
6. Pre-heat oven to 350°F, spray Olive Oil Pam Spray over rectangular cake pans.
7. Pour the mixture into the cake pan.
8. Once baked to perfection, remove from oven and let cool.
9. Once cooled, cut into squares.
10. Serve and enjoy!







## CHOCOLATE PEANUT BUTTER ICE CREAM SAMMIE

### INGREDIENTS

- 1 Ideal Protein Brownie
- 1 tbsp. Walden Farms Chocolate Peanut Spread
- 1 tbsp. Walden Farms Marshmallow Cream

**1**  
**Hour**



### PREPARATION

1. Cut IP Brownie in half so you have 2 equal squares
2. With a sharp thin knife, butterfly the 2 halves so you have 4 equal pieces
3. Whip Chocolate Peanut Spread & Marshmallow Cream in a bowl
4. Spread the mixture on 2 of the brownie halves & place the other 2 on top to make a sandwich
5. Leave in refrigerator for 20 minutes
6. Take out the sammies & ENJOY!





## APPLE RHUBARB CRUMBLE

### INGREDIENTS

- 1 Ideal Protein Apple Flavoured Oatmeal Mix
- 6 cups frozen rhubarb
- 2 tsp cinnamon
- 3 tsp vanilla extract
- 4 tsp Stevia
- Dash of salt
- 1 oz. water

**50  
Mins**



### PREPARATION

1. Preheat oven to 400°F and grease a mini pie dish.
2. Place a medium-sized pot over medium heat.
3. Add rhubarb and cook until tender - keep stirring frequently.
4. Add cinnamon, vanilla, and salt and stir well.
5. Once cooked, add stevia and stir to make sure it mixes in and dissolves completely.
6. Spoon 1 cup of rhubarb compote into the pie dish and freeze the remaining.
7. Open Ideal Protein Apple Oatmeal and mix with 1 oz. of water and stir with a fork just until moist.
8. Crumble it over compote and spritz with "I can't believe it's not butter" to brown.
9. Bake for 20 to 30 minutes until brown and bubbles are seen.
10. Allow cooling for 10 minutes. Serve and enjoy!





## CHOCOLATE CHIP COOKIES

### INGREDIENTS

- 1 packet IP chocolate chip pancake mix

1 tbsp. of each of the following ingredients:

- Olive oil
- Baking powder
- Egg white
- Stevia
- Vanilla extract
- IP vanilla drink mix

**30  
Mins**



### PREPARATION

1. In a mixing bowl combine all ingredients. Start with the dry ingredients.
2. Line a baking sheet with parchment paper and spoon the mixture onto the sheet. Leave about 2 inches of space between each scoop.
3. Bake for 10 minutes at 350 °F.
4. Remove from oven and let cool off.
5. Enjoy!





## APPLE DANISH

### INGREDIENTS

- 2 packets Ideal Protein apple oatmeal
- 2 eggs
- 1 tsp. baking powder
- 1 packet Stevia (or the sweetener allowed by coach)
- ½ tsp. cinnamon
- ½ - 1 cup grated zucchini
- 2 tbsp. Walden Farms Apple Butter

**30  
Mins**



### PREPARATION

1. Beat eggs in a glass bowl or measuring cup
2. Add the rest of the ingredients except Apple Butter and use a spatula to combine until mixed.
3. Divide evenly among a 6 count whoopie pan and flatten the batter.
4. Using a spoon, make a small well or indentation in the middle of each one.
5. Bake at 350°F for 10 minutes.
6. Before serving, fill each depression with 1 tsp. Apple Butter.
7. Enjoy!







## CRISPY CHOCOLATE BARK

### INGREDIENTS

- Ideal Protein Dark Chocolate Pudding Mix
- Ideal Protein Crispy Cereal
- 1 tbsp Instant Coffee
- 6 oz of water
- 2 Splenda packets

**50  
Mins**



### PREPARATION

1. Mix IP Dark Chocolate Pudding mix with IP Crispy Cereal, coffee, and 6 oz of water.
2. Cover a cookie sheet or large pyrex dish with parchment paper
3. Pour mixture on top of the parchment paper, spreading well to form a thin layer of chocolate and crispies.
4. Freeze for 30-40 minutes.
5. Take out of the freezer and break into half
6. Break each half into smaller pieces and save in a container.
7. Enjoy!





# CINNAMON BREAD

## INGREDIENTS

- 1 Ideal Protein Crispy Cereal
- 2 egg whites
- ¼ tsp. baking powder
- Cinnamon to taste
- 1 packet Splenda

**40  
Mins**



## PREPARATION

1. Preheat the oven to 350 degrees Fahrenheit
2. Beat the egg whites in a bowl
3. Crush the cereal and beat in with the eggs.
4. Add cinnamon, Splenda, and baking powder
5. Wait about 2 minutes allowing the baking powder to work.
6. Then mix well until it forms a batter
7. Spray a pie plate with a non-stick cooking spray and spread batter evenly
8. Baking in the oven for 12-15 minutes or until golden.





## INGREDIENTS

- 1 Chocolatey Caramel Flavored Mug Cake Packet
- 3 tbsp. Liquid Egg Whites
- ½ tsp. baking powder
- 3 tbsp. cold water
- 1 tbsp. Walden Farm's Blueberry Syrup

## BLUEBERRY PANCAKES WITH CHOCOLATE CHIP AND CARAMEL

**30  
Mins**



## PREPARATION

1. Add liquid egg whites to a medium-sized mixing bowl and whisk until it becomes velvety smooth (i.e. right before the point of stiff peaks)
2. Add and combine the rest of the ingredients gently.
3. Pour the batter on a greased and warmed skillet on medium heat into desired pancakes sizes. Flip when bubbles form and golden brown.
4. Drizzle over Walden Farm's Blueberry or Caramel Syrup.
5. Enjoy!





## INGREDIENTS

- 1 packet IP Crispy Cereal
- 1 packet IP Chocolate Drink Mix
- 2 Egg whites
- 2 cups of shredded Zucchini
- 1 tsp. Baking Soda
- 1 ½ tsp. Olive oil
- 1 packet Splenda or Stevia
- A dash of Cinnamon
- A dash of Sea Salt
- 1 tsp. Vanilla Extract

## CHOCOLATE ZUCCHINI COOKIES

**25  
Mins**



## PREPARATION

1. Preheat oven to 350°F
2. Use a rolling pin to crush the IP Crispy Cereal - this can be done while cereal is in unopened pack
3. Mix all ingredients together except zucchini until thoroughly mixed
4. Shred zucchini and make sure to dry off using a paper towel
5. Add shredded zucchini to the mixture
6. Take a non-stick muffin pan and spray with non-stick spray
7. Evenly add mixture - should make 10-12 cookies
8. Place in an oven for 12-15 minutes
9. Let cool - serve and enjoy each bite!







## CREAM FILLED PUFFS

### INGREDIENTS

- Ideal Protein Potato Puree
- Ideal Protein Vanilla Pudding
- Water
- 2 eggs
- 1/2 tsp. Vanilla extract
- 1/4 tsp. Sea Salt
- 1/8 tsp. baking powder
- Pam Spray

**50  
Mins**



### PREPARATION

1. Preheat oven to 400°F
2. Mix the Ideal Protein Vanilla Pudding with 4 oz. of water and leave in the refrigerator
3. Beat egg whites until foamy but make sure they are not stiff
4. Mix in the Potato Puree, Sea Salt, Baking Powder, and Vanilla Extract
5. Take a cupcake pan and spray Pam
6. Use a spoon to fill cupcake pan holes with batter. Fill holes to about 1/2 or 3/4.
7. Bake for 10-11 minutes or until it's golden with a bread consistency.
8. Take out and let it cool for 30-40 seconds
9. Use a knife to make a hole in the rolls to make room for the fillings.
10. Use a turkey baster to pour the Ideal Protein Pudding in the rolls.
11. Serve and enjoy.





## FLAVORFUL GUMMIES

### INGREDIENTS

- 1 Ideal Protein water enhancer  
(Any flavor can be used - exotic fruit, lemon, tangerine, or raspberry lemonade)
- 2.5 tbsp. of unflavored gelatin
- 3/4 cup of water

1  
Hour



### PREPARATION

1. Heat water on medium heat and add ingredients.
2. Mix until consistency is smooth and gelatin has dissolved.
3. Pour mixture into gummy bear molds, using a dropper or teaspoon can make it easier.
4. Leave in refrigerator for 30 minutes to an hour.
5. Enjoy!





## CHOCOLATE CHIP COOKIE DOUGH BITES

### INGREDIENTS

- Ideal Protein Chocolate Caramel Mug Cake
- 1 egg
- 1-2 tbsp water
- 1/2 teaspoon baking powder

**25  
Mins**



### PREPARATION

1. Preheat oven to 350°F
2. Add all of the ingredients into a small bowl
3. Stir them together with a fork until combined well
4. Divide mixture into 10-12 bite-size molds
5. Bake for 6-7 minutes
6. Serve, taste, and enjoy!





## BLUEBERRY CLOUD BISCUIT

### INGREDIENTS

- 1 Blueberry Muffin Mix packet
- 1 tsp. baking powder
- 4 tbsp. cold water
- 1 tbsp. Walden Farms Blueberry Syrup
- 8 tbsp. Liquid Egg Whites

**25  
Mins**



### PREPARATION

1. Preheat oven to 375°F.
2. Whip egg whites using an electric hand mixer to make a stiff velvety texture.
3. Add in the rest of the ingredients and gently fold to combine.
4. Use a ½ cup to scoop the batter onto 2 parchment paper-lined baking sheets (should make 8). Leave plenty of room between scoops to rise and expand.
5. Bake for 12 minutes.
6. Serve and Savor!







# ZUCCHINI APPLE PIE

## INGREDIENTS

- 1 Ideal Protein Apple Cinnamon Puffs packet
- 4 cups of Zucchini
- 1 tsp Cinnamon
- 3 tbsp Walden Farms Apple Butter

**1  
Hour**



## PREPARATION

1. Peel zucchini
2. Slice zucchini into 1/4 inch slices
3. Place zucchini slices in a large bowl
4. Microwave Walden Farms Apple Butter for a short time to soften it
5. Add to these ingredients
6. Add the liquid ingredients to the zucchini and mix very well
7. Place mixture in a pie pan
8. Crush Ideal Protein Apple & Cinnamon Puffs
9. Spread the puffs as the top layer of the "pie"
10. Bake it uncovered for 30 to 45 minutes at 350°F
11. Make sure the pie does not burn
12. Serve and enjoy





## INGREDIENTS

- 4 + 1 packets of True Lime flavoring (approx. 1 level teaspoon)
- A little Splenda or Stevia to taste
- 1 packet of Ideal Protein Vanilla Pudding
- 1 packet of Ideal Protein Maple Oatmeal
- 1 egg white
- Mini-muffin baking tin
- Non-stick spray

# KEY LIME TARTS

**50  
Mins**



## FILLING

1. Dissolve one teaspoon of True Lime flavoring in approx. 3 oz. of water.
2. Add a little Stevia or Splenda to taste. The taste should be sweet but tart.
3. Add the contents of one Ideal Protein Vanilla pudding and mix well until smooth. No lumps.
4. The consistency should be thicker than your normal pudding.
5. Cover and refrigerate.

## PREPARATION

1. Preheat the oven at 350° F
2. Mix 1 packet of Ideal Protein Maple Oatmeal with the egg white and 1-1 ½ oz (30-45 ml) of water, just enough for a stiff but manageable dough to form.
3. Lightly coat your muffin tins with non-stick spray.
4. Moisten your hands (if you don't, the 'dough' will stick to your fingers) and form little balls using approx. 2-3 teaspoons of dough.
5. Place one dough ball in each baking cup.
6. Press dough down as thinly as possible across the bottom and the sides forming a little 'cup' (the dough will "poof" a little during baking).
7. Bake for approx. 5 minutes or longer, if necessary.
8. For crispy tart shells, remove them from the muffin tin and place them upside down on top of the tin and bake for a few more minutes until golden brown.
9. If the cup cake shells are too thick, don't bother as they will be too hard.
10. Cool on a wire rack.
11. Take key lime filling out of the refrigerator and stir in the last packet of True Lime flavoring to give you an extra tangy flavor.
12. Enjoy through Ideal Protein phase 1 to 3.





## INGREDIENTS

- 1 Ideal Protein Vanilla Pudding Mix
- Sugar-free eggnog syrup
- 2 Splenda packets
- 4 eggs - divided
- 1 oz milk
- 1/4 tbsp. cinnamon (optional)
- 7 oz water

## CHOCOLATE BROWNIES

**30  
Mins**



## PREPARATION

1. In a bowl, beat the egg yolks until they lighten in color.
2. Gradually add Splenda and continue to beat until dissolved. Set aside.
3. Mix the IP vanilla pudding with water and milk.
4. Take a medium saucepan over high heat and combine prepared pudding mix with nutmeg and cinnamon, and bring it to boil. Keep stirring occasionally.
5. Remove pudding mix from heat and gradually add the hot mixture into the egg and Splenda mixture.
6. Once mixed, return everything to the pot and cook until the mixture reaches 160°F.
7. Pour mix into a medium mixing bowl, and set in the refrigerator to chill.
8. In a separate medium mixing bowl, beat the egg whites to soft peaks.
9. With the mixer running gradually, add the sugar-free eggnog syrup.
10. Whisk the egg whites into the chilled mixture.
11. Serve and enjoy!





## INGREDIENTS

- 1 Ideal Protein Chocolate Pudding
- Water
- Vanilla Extract
- Sweetener (optional) Stevia or Splenda
- 5 Ice Cubes

## CHOCOLATE MILKSHAKE

**10  
Mins**



## PREPARATION

1. In a blender, combine the 5 ice cubes, about 4-6oz of water, and the Ideal
2. Protein Chocolate Pudding Mix. (Milk Chocolate, Dark Chocolate or Vanilla)
3. Add a dash of Vanilla extract to taste and sweetener if desired.
4. Blend well until you have a smoothie consistency.
5. Serve and Enjoy!
6. Phase Approved: Phases 1-3, Servings: 1







## CHOCOLATE CHIP MUFFINS

### INGREDIENTS

- 1 Ideal Protein Chocolate Chip Pancake Mix
- 1 tsp. Olive Oil
- 1 tsp. Baking Powder
- A splash of Vanilla Extract
- 1 ounce of Water
- PAM Spray
- 1 pinch Ground Cinnamon

**30  
Mins**



### PREPARATION

1. Preheat the oven to 350 degrees.
2. In a bowl, mix all the ingredients, except the PAM Spray.
3. Spray PAM on a muffin pan or souffle cup.
4. Pour mixture into muffin pan or souffle cup.
5. Bake for 15 minutes.
6. Let cool for about 2 minutes.
7. Serve and Enjoy





## CINNAMON TAPIOCA PUDDING

### INGREDIENTS

- 2 packets of Ideal Protein Vanilla Pudding
- 1 packet Miracle Rice
- 2 - 4 packets of Stevia
- 1 tbsp. of Vanilla Extract
- 1 dash of Cinnamon

**3**  
**Hours**



### PREPARATION

- 1.Put the miracle rice in a strainer and rinse
- 2.Prepare the Ideal Protein Vanilla Pudding packets as directed in the instructions
- 3.Combine the Vanilla Pudding with Miracle Rice
- 4.Add Stevia as per your taste
- 5.Add a little Vanilla Extract as per your taste
- 6.Add Cinnamon to taste and stir
- 7.Pour into two Dessert dishes and leave in the refrigerator for 2 to 3 hours
- 8.Take out of the refrigerator and serve with a dash of Cinnamon garnishing

