










Grab & Go Snacks

Athletes Portables

Volume 2 - 16 recipes



The table of

CONTENTS

PECAN BANANA MUFFINS 04

Sweet and moist muffins with ripe bananas, crunchy pecans, and a touch of honey, perfect for any time of day.

PEANUT BUTTER & CHOC CHIP COOKIES 06

Soft, chewy cookies with crunchy peanut butter and gooey milk chocolate chips for an indulgent snack.

PEANUT BUTTER PROTEIN CUPS 08

Creamy peanut butter layered with Greek yogurt and enrobed in rich chocolate for a high-protein sweet treat.

POTATO BREAD 10

Soft, golden, and comforting — these traditional Irish potato farls are a Sunday breakfast classic.

POWER BAGELS 12

Protein-packed bagels made with cottage cheese for a smooth texture, perfect for a healthy breakfast or snack.

PROTEIN BROWNIES 14

Dense, fudgy chocolate brownies enriched with peanut butter and chocolate whey protein for a nutritious treat.

PROTEIN POWER BUNS 16

Soft, chocolatey buns made with casein protein and cocoa powder, perfect for a high-protein snack.

QUICK HONEYCOMB CRUNCH 18

This microwave honeycomb is a fun and fast treat made with just three ingredients.



The table of

CONTENTS

RASPBERRY & DATE BALLS 20

Tasty energy balls with pitted dates, raspberries, and oats, rolled in coconut and crushed almonds for a crunchy finish.

RASPBERRY CHIA OAT BARS 22

Packed with fiber and natural sweetness, these Raspberry Chia Oat Bars are the perfect balance of chewy, fruity, and nutty.

STICKY RICE ENERGY BARS 24

Nutritious energy bars made with sticky rice, dates, and almonds, perfect for a pre-workout or on-the-go snack.

STRAWBERRY SHORTCAKE CUPCAKES 26

Light and fluffy cupcakes made with skyr yogurt and fresh strawberries, ideal for a healthier dessert option.

STUFFED FLATBREADS 28

Delicious flatbreads filled with sundried tomatoes, basil, and cheeses, cooked to crispy perfection in an air fryer.

SWEET AND SAVORY BACON MUFFINS 30

Unique muffins with crispy bacon bits and a sweet rice base, offering a delightful balance of flavors.

SWEET POTATO BROWNIES 32

Moist brownies made with roasted sweet potato, cocoa powder, and dark chocolate for a healthy, sweet treat.

ZESTY COCONUT CASHEW ENERGY BALLS 34

Tropical energy balls combining Medjool dates, cashews, and lemon zest, rolled in coconut for a zesty finish.



KCAL 152.5

PRO 4.6g

CARB 20.4g

FAT 5.8g

FIBER 0.7g

Per serving

Pecan Banana Muffins

Low Carb

Living+

These Pecan Banana Muffins are a healthier twist on the classic muffin, featuring the natural sweetness of bananas and honey with a light crunch from pecans. Ideal for breakfast, a pre-workout snack, or a satisfying afternoon treat, these muffins pack a blend of complex carbohydrates, healthy fats, and protein to fuel your day!

Prep: 10 min | Cook: 18 min | Fresh: 3 days | Beginner

Makes 12

Banana 2, medium

Self-Rising Flour 200g or 7oz

Eggs 2

Greek Yogurt 100g or 3.5oz, 0% fat

Honey 75g or 2.6oz

2% Milk 4 tbsp

Pecans 50g or 1.7oz

Olive Oil 20g or 0.7oz

Vanilla Extract 1 tsp

Pecan Banana Muffins

Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

In a large mixing bowl, add the self-rising flour. In a separate bowl, mash the ripe bananas. Add honey, olive oil, eggs, vanilla extract, milk, and Greek yogurt to the mashed bananas. Mix until well combined.

Gradually pour the banana mixture into the bowl of dry ingredients. Stir gently until just combined, being careful not to overmix.

Gently fold in the chopped pecans to the muffin batter. Evenly distribute the batter between the 12 muffin liners.

Bake in the preheated oven for approximately 18-20 minutes, or until the muffins have risen and are golden on top. A toothpick inserted in the center should come out clean.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat, tree nuts.



Peanut Butter & Choc Chip Cookies

Low Carb | Low Calorie

Living+

Are you ready to indulge in a delicious and satisfying treat that's both healthy and indulgent? Then you've got to try our Peanut Butter & Choc Chip Cookies!

Prep: 5 min | Cook: 13 min | Fresh: 5 days | Beginner

Makes 15 cookies

Oats 100g or 3.5 oz

All-Purpose Flour 100g or 3.5 oz

Crunchy Peanut Butter 4 tbsp

Honey 70g or 2.5 oz

Eggs 1

Milk Chocolate Chips 50g or 1.7 oz

Vanilla Extract 1 tsp

Baking Soda 1/2 tsp

Baking Powder 1/2 tsp

Salt 1/2 tsp

Peanut Butter & Choc Chip Cookies

Low Carb | Low Calorie

livingplusrx.com

Method

To a large mixing bowl combine the oats, flour, baking powder, baking soda and salt. Mix well then set aside.

Next to a separate bowl, combine the egg, peanut butter, honey, and vanilla extract. Mix until well combined.

Now transfer the wet ingredients to the dry ingredients along with the chocolate chips. Mix until you have a stiff dough.

Make 15 balls, each with a large tbsp of dough. Place the balls on a baking sheet and press them down into a cookie formation. Repeat this 15 times before transferring the baking sheet to the oven for 10 to 13 minutes at 350°F (180°C).

MFP Barcode



Living+

Allergen Information

Contains eggs, peanuts, wheat, lactose.



Peanut Butter Protein Cups

Low Carb

Living+

Indulge in creamy and nutty flavors with these Peanut Butter Protein Cups. Featuring a rich protein base and a sumptuous layer of peanut butter, all enrobed in silky chocolate, they offer a delightful texture and a burst of energy. These cups are a perfect post-workout snack or a healthy alternative to satisfy sweet cravings.

Prep: 5 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 6

- **0% Fat Greek Yogurt** 250g or 8.8oz
- **Peanut Butter Powder** 4 tbsp
- **Chocolate Chips** 30g or 1oz
- **Whey Protein** 1 scoop, vanilla
- **Coconut Oil** 1/2 tsp
- **Water** 4 tbsp

Peanut Butter Protein Cups

Low Carb

livingplusrx.com

Method

In a bowl, whisk together the Greek yogurt and vanilla whey protein powder until smooth.

Pour the protein mixture into silicone cup molds, filling them halfway. Tap the molds gently on the counter to remove any air bubbles.

Place the molds in the freezer for about 30 minutes, or until the protein mixture is firm. Once the protein base is set, sprinkle an even layer of the peanut butter mix (powder mixed with water) over each cup.

Return the molds to the freezer for an additional 20 minutes to set the peanut butter layer. Melt the chocolate chips with coconut oil in the microwave, using 20-second bursts and stirring in between until smooth.

Take the molds out of the freezer and pour the melted chocolate over the peanut butter layer, filling the molds to the top. Place the molds back into the freezer for a final 10 minutes, or until the chocolate has completely hardened.

Gently pop the protein cups out of the molds. They're ready to eat or can be stored in the freezer in an airtight container.

MFP Barcode



Living+

Allergen Information

Contains lactose, peanuts.



Potato Bread

Low Carb

Living+

Soft, golden, and comforting — these traditional Irish potato farls are a Sunday breakfast classic. Made with simple ingredients, they're perfect served with a hearty cooked breakfast or enjoyed on their own with a bit of butter.

Prep: 10 min | Cook: 35 min | Fresh: 3 days | Beginner

Makes 10 slices

Potatoes 600g or 21oz

Bread Flour 120g or 4.2oz

Butter 50g or 1.7oz, low fat

Salt ½ tsp

Baking Powder 1 tsp

Potato Bread

Low Carb

livingplusrx.com

Method

Place the peeled potatoes in a pot of water. Boil for 20–25 minutes, until very soft. Drain well.

Mash the potatoes with the butter until smooth. Allow the mash to cool for 5–10 minutes so it's easier to handle. Add the flour, baking powder, and salt to the mashed potatoes. Mix with a spoon or your hands until a soft dough forms.

Dust a clean surface with flour. Roll out the dough to about 1/2 inch (1cm) thick, similar to pancake thickness. Cut into squares.

Heat a dry non-stick pan over medium heat. Cook each farl for 4–5 minutes on each side, until golden and slightly crisp.

MFP Barcode

5 5 7 9 4 1 2 2 5 0 1 1

Living+

Allergen Information

Contains lactose, wheat.



Power Bagels

Med Carb

Living+

A protein-packed twist on your classic bagel recipe. Blending cottage cheese into the dough adds a smooth texture and boosts the protein content, making them perfect for a healthy and satisfying breakfast or snack. With minimal ingredients, they're easy to make and are a nutritious option to fuel your day.

Prep: 10 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 4

Cottage Cheese 250g or 9oz, fat free

All-Purpose Flour 120g or 4.2oz

Egg 1

Sesame Seeds 1 tsp

Baking Powder 1 tsp

Salt 1 pinch

Power Bagels

Med Carb

livingplusrx.com

Method

Set your oven to 350°F (180°C) to preheat while you prepare the dough.

In a large bowl, combine the flour, baking powder, salt, and blended cottage cheese. Stir until a dough begins to form. If the dough feels too dry, gradually add warm water, a little at a time, until the dough comes together.

Transfer the dough to a floured surface and knead it for a few minutes until smooth and elastic.

Roll the dough into a ball and cut it into 4 equal parts. Take each quarter and roll it into a ball. Use your fingers to make a hole in the center of each ball, gently pulling the dough apart to create a bagel shape.

Place the bagels on a prepared baking sheet lined with parchment paper. Brush the top of each bagel with the beaten egg and sprinkle sesame seeds (or your favorite toppings) over the top.

Bake the bagels in the preheated oven for 25 minutes, or until they are golden brown and firm on the outside.

MFP Barcode

5 5 7 9 4 1 2 2 3 8 0 2

Living+

Allergen Information

Contains eggs, lactose, wheat, sesame.



Protein Brownies

Low Carb

Living+

These Protein Brownies are a delicious chocolate snack that are also high in protein. They are perfect for anyone looking for a guilt-free treat that will help keep them feeling full and satisfied. The brownies are rich, chocolatey, and fudgy, with a texture that is both dense and moist.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Intermediate

Makes 10 squares

Eggs 4

Whey Protein 3 scoops, chocolate

85% Dark Chocolate 150g or 5.3 oz

Peanut Butter 100g or 3.5 oz

Honey 3 tbsp

Olive Oil 1 tbsp

Protein Brownies

Low Carb

livingplusrx.com

Method

Combine the dark chocolate, honey, peanut butter, and olive oil in a saucepan and melt together, making sure to mix well.

In a large bowl, beat 4 eggs and mix in the protein powder. Add the melted mixture to the eggs and protein powder, and mix until well combined.

Line a small baking pan with parchment paper and pour in the mixture. Bake at 350°F (180°C) for 12-15 minutes.

Once baked, let it cool before serving. For best results, refrigerate overnight before serving.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, peanuts.



Protein Power Buns

Low Carb

Living+

A tasty treat, packed with the richness of cocoa and the punch of casein protein. These soft buns serve as a delicious way to boost your protein intake while satisfying your sweet cravings.

Prep: 5 min | Cook: 25 min | Fresh: 5 days | Beginner

Makes 5

- **0% Fat Greek Yogurt** 130g or 4.6 oz
- **2% Milk** 110ml or 3.7 fl oz
- **Casein Protein** 2 scoops, chocolate
- **Egg** 1
- **All-Purpose Flour** 50g or 1/3 cup
- **Cocoa Powder** 2 tbsp
- **Baking Powder** 1/2 tsp

Protein Power Buns

Low Carb

livingplusrx.com

Method

Begin by preheating your oven to 350°F (175°C), setting the stage for baking.

In a mixing bowl, whisk together the egg and Greek yogurt until they form a smooth, creamy base.

Gradually incorporate the flour, chocolate casein protein powder, baking powder, and cocoa into the creamy base. Stir gently but thoroughly to ensure a uniform mixture.

Gradually add your choice of milk, mixing well until the batter reaches a thick yet pourable consistency.

Carefully spoon the batter into your bun molds, filling each one evenly to ensure consistent baking.

Place the molds in your preheated oven and bake for 20 to 25 minutes. The buns are done when they have risen and a toothpick inserted into the center comes out clean.

After baking, let the buns cool in the molds. The cooling process will help them firm up a bit, making them easier to remove from the molds. Once cooled, enjoy your protein-packed, chocolatey treat!

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat, eggs.



Quick Honeycomb Crunch

High Carb

Living+

This microwave honeycomb is a fun and fast treat made with just three ingredients. Crunchy, golden, and lightly caramelized with a bubbly texture, it's perfect on its own or crumbled over desserts like ice cream or yogurt. Perfect for adding some extra carbs on training days.

Prep: 2 min | Cook: 3 min | Fresh: 5 days | Beginner

Makes 5

Sugar 100g or 3.5oz

Water 50ml or 1.7fl oz

Baking Soda 1 tsp

Quick Honeycomb Crunch

High Carb

livingplusrx.com

Method

Line a bowl or small baking sheet with parchment paper, ensuring it's ready before you start – the mixture sets fast.

Combine the sugar and water in a large microwave-safe bowl. Stir well to dissolve the sugar.

Microwave in 30-second bursts, watching closely. It should take around 2–3 minutes total for the mixture to bubble and turn a deep golden orange. (Be cautious – it gets very hot.)

Remove from the microwave and let it sit for 30 seconds. Then quickly stir in the baking soda. The mixture will foam up instantly – do not overmix. Let it naturally settle and rise.

Cool in the fridge for 10–15 minutes or until completely set and crisp. Break into chunks and enjoy!

MFP Barcode

5 5 7 9 4 1 2 2 5 1 9 6

Living+

Allergen Information

Contains none.



Raspberry & Date Balls

Low Carb

Living+

If you struggle to find suitable snacks to have on game day or when you are on the go, then energy balls are a super alternative. They are tasty, transportable and effective.

Prep: 10 min | Cook: 0 min | Fresh: 5 days | Beginner

Makes 12 balls

Medjool Dates 7, pitted

Oats 100g or 3.5oz

Raspberries 2 handfuls

Honey 1 tbsp

Cocoa Powder 1 tbsp

Almonds 20g or 0.7oz

Desiccated Coconut 20g or 0.7oz

Raspberry & Date Balls

Low Carb

livingplusrx.com

Method

Add the pitted dates to a blender or food processor with the oats, raspberries, honey and cocoa powder. Blitz them in short spurts until well combined. You may need to physically mix/move the mixture from the wall of the blender to continue blending.

Once well mixed, use a tablespoon to make each portion. Spoon out some of the mixture and roll them into a ball.

Finally, roll the ball in a mixture of desiccated coconut and crushed almonds. This will make up to 12 balls. However, you can make them as big or as small as you wish.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, sulfites.



Raspberry Chia Oat Bars

Med Carb

Living+

Packed with fiber and natural sweetness, these Raspberry Chia Oat Bars are the perfect balance of chewy, fruity, and nutty flavors. With the added benefit of homemade chia jam, they're a wholesome snack option that keeps you fueled throughout the day. These bars are nutrient-dense, portable, and easy to make!

Prep: 10 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 6

Rolled Oats 200g or 7oz
Banana 1, large
Vanilla Extract 1 tsp
Sweetener 2 tbsp
Peanut Butter 2 tbsp
Baking Powder 1 tsp
Milk 5 tbsp
Salt pinch

Frozen Raspberries 300g or 10.5oz
Chia Seeds 1 tbsp
Vanilla Extract 1 tsp (jam)

Raspberry Chia Oat Bars

Med Carb

livingplusrx.com

Method

Add the frozen raspberries to a saucepan and simmer over medium heat until they defrost and release their juices. Stir in the chia seeds and vanilla extract, mixing well. Allow the jam to cool and thicken as the chia seeds absorb the liquid. Set aside.

In a large mixing bowl, mash the ripe banana until smooth. Mix in the vanilla extract, peanut butter, sweetener, baking powder, salt, and milk. Gradually fold in the rolled oats to form a sticky batter.

Preheat the oven to 375°F (190°C) or the air fryer to 325°F (160°C). Line a baking pan with parchment paper or use a non-stick baking dish (a 7-inch skillet works well). Press just over half of the oat mixture into the base of the pan, ensuring it's evenly spread. Spoon the raspberry chia jam over the base layer, spreading it evenly. Crumble the remaining oat mixture over the jam layer, pressing gently to form clusters.

Place the assembled bars in the oven and bake for 20 minutes or air fry at 325°F (160°C) for the same duration. Bake until the top is golden.

Allow the bars to cool completely in the pan. This ensures they firm up for slicing. Once cooled, cut into 6 bars. Serve with an optional dollop of Greek yogurt.

MFP Barcode

5 5 7 9 4 1 2 2 4 0 8 3

Living+

Allergen Information

Contains lactose, peanuts.



Sticky Rice Energy Bars

Med Carb

Living+

These bars harness the natural stickiness of rice, combined with the nutritional benefits of dates and almonds. A touch of brown sugar provides a gentle sweetness, making them perfect for a pre-workout boost or a midday snack. Not only are they packed with energy, but they're also a great source of fiber and healthy fats.

Prep: 20 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 9 Bars

Water 350ml or 11.8 fl oz

Calrose Rice 180g or 6.5oz

Dates 75g or 2.65oz

Ground Almonds 75g or 2.65oz

Brown Sugar 1 tsp

Salt 0.5 tsp

Sticky Rice Energy Bars

Med Carb

livingplusrx.com

Method

Place the rice and water in a rice cooker and cook according to the manufacturer's instructions until sticky and fully cooked.

Once the rice is cooked, combine it in a food processor with dates, almonds, brown sugar, and salt. Pulse until the mixture forms a thick, crumbly paste. If the mixture feels too dry, add a splash of water to achieve the desired consistency.

Transfer the mixture to an 8-inch or 9-inch square baking pan. Press down firmly to form a compact layer about 1 inch thick.

Leave in the freezer to cool for 30 minutes. Using a sharp knife, cut the pressed mixture into 9 equal bars. Wrap each bar individually for easy on-the-go snacks.

MFP Barcode

5 5 7 9 4 1 2 2 3 7 2 7

Living+

Allergen Information

Contains tree nuts.



Strawberry Shortcake Cupcakes

Med Carb

Living+

Delight in these nutritious yet indulgent cupcakes, blending the creamy richness of skyr yogurt with the sweetness of fresh strawberries. Crafted with oats and whey protein, these cupcakes are a perfect choice for a healthier dessert or a splendid treat at any time of the day.

Prep: 10 min | Cook: 18 min | Fresh: 1 day | Beginner

Makes 12

Skyr Yogurt 450g or 16oz
Eggs 2
Rolled Oats 120g or 4.2oz
Sugar 100g or 3.5oz
Strawberries 8
Whey Protein 60g or 2oz
All-Purpose Flour 50g or 1.8oz
Olive Oil 1 tbsp
Baking Powder 2 tsp
Vanilla Extract 1 tsp

Strawberry Shortcake Cupcakes

Med Carb

livingplusrx.com

Method

Start by preheating your oven to 350°F (180°C). Prepare your muffin tins or cupcake molds.

In a large mixing bowl, combine the skyr yogurt, eggs, vanilla extract, sugar and olive oil. Whisk until the mixture is smooth. Fold in the baking powder, then gradually mix in the oats, whey protein and flour. Stir just until the batter comes together to avoid overmixing.

Distribute the batter evenly among the prepared muffin tins or cupcake molds, filling each about three-quarters full.

Sprinkle the diced strawberries over the batter of each cupcake. The strawberries will slightly sink into the batter as it bakes, adding moisture and flavor.

Bake in the preheated oven for 15-18 minutes, or until a toothpick inserted into the center of a cupcake comes out clean. If the cupcakes start to brown too quickly on top, cover them loosely with foil to prevent burning.

Let the cupcakes cool in the pan for 15 minutes, then transfer to a wire rack to cool completely. Enjoy the cupcakes as they are, or garnish with additional yogurt, fresh strawberries, or a light dusting of powdered sugar if desired.

MFP Barcode

5 5 7 9 4 1 2 2 2 8 2 9

Living+

Allergen Information

Contains lactose, eggs, wheat.



Stuffed Flatbreads

Low Carb | Low Calorie

Living+

Experience the rich, tangy, and aromatic flavors of these stuffed flatbreads. Made from a simple Greek yogurt and self-rising flour dough, they're filled with a delectable mix of sun-dried tomatoes, fresh basil, and cheeses. Pan-cooked for a crisp finish and then air-fried for perfection, these flatbreads are a delightful twist on traditional fare.

Prep: 15 min | Cook: 15 min | Fresh: 1 day | Intermediate

Makes 8 flatbreads

Self-Rising Flour 200g or 7 oz

Greek Yogurt 250g or 9 oz

Sundried Tomatoes 80g or 3oz

Light Feta 50g or 1.7 oz

Light Mozzarella 50g or 1.7 oz

Fresh Basil Leaves 2 tbsp chopped

Salt pinch

Stuffed Flatbreads

Low Carb | Low Calorie

livingplusrx.com

Method

In a mixing bowl, combine 200g/7oz self-rising flour with 170g/6oz Greek yogurt. Mix until it forms a soft dough. If the dough is too sticky, add a bit more flour until the right consistency is reached. Divide the dough into equal portions and set aside.

In a separate bowl, finely chop the sun-dried tomatoes and mix them with chopped basil. Add 80g 0% fat Greek yogurt, 50g light mozzarella, and 50g light feta to the bowl. Mix well to combine. Season the stuffing mixture with a pinch of salt.

Take each portion of dough and roll it into a flat circle. Place a generous amount of the stuffing mixture in the center. Fold the dough over the stuffing to create a semi-circle, sealing the edges well.

Heat a pan over low heat. Once hot, place each stuffed flatbread on the pan. Cook for 3-5 minutes on each side or until golden brown and slightly crispy.

After pan-cooking, transfer the flatbreads to an air fryer. Set the temperature to 400°F (200°C) and cook for 3 minutes until they have a crispy exterior.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose.



Sweet and Savory Bacon Muffins

Low Carb

Living+

Perfect for breakfast, brunch, or a snack, these muffins incorporate crispy bacon into a sweet base, offering a satisfying crunch with every bite. They're an excellent source of energy, combining proteins from the eggs and bacon with carbs from the rice and honey.

Prep: 10 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 12 small muffins

2% Milk 240ml or 8.1 fl oz

Eggs 2

Cooked Rice 120g or 4.3oz

Canadian Bacon 3

Honey 2 tsp

Rice Flour 1 tbsp

Salt 0.5 tsp

Sweet and Savory Bacon Muffins

Low Carb

livingplusrx.com

Method

Set your oven to 325°F (160°C).

In a blender, combine the cooked rice, eggs, honey, flour, and salt. Blend briefly to mix. Gradually add the milk, pulsing to create a thick batter.

Cook and chop the bacon, then fold it in. Spoon the batter into greased or lined muffin tins, filling each about ¾ full. Bake for 15-20 minutes, or until a toothpick inserted into the center comes out clean. Note that these muffins will not rise significantly.

Allow the muffins to cool in the pan before loosening them with a knife. Store in an airtight container in the refrigerator.

MFP Barcode

5 5 7 9 4 1 2 2 3 7 3 4

Living+

Allergen Information

Contains lactose, eggs.



Sweet Potato Brownies

Low Carb

Living+

These sweet potato brownies are a guilt-free treat. The moist, fiber-rich sweet potato adds natural sweetness and a creamy texture. Smooth peanut butter and vanilla protein powder create a decadent richness. Cocoa powder and melted dark chocolate provide an irresistible chocolaty depth.

Prep: 10 min | Cook: 30 min | Fresh: 5 days | Beginner

Makes 12

Sweet Potato 300g or 10.6 oz

Peanut Butter 100g or 3.5 oz

70% Dark Chocolate 30g or 1oz

Vanilla Whey Protein 30g or 1oz

Cocoa Powder 3 tbsp

Sweet Potato Brownies

Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Peel and cube the sweet potatoes and roast for 20-25 minutes until soft. Allow them to cool.

After cooling, mash the sweet potatoes and add them to a mixing bowl. To the same bowl, incorporate the smooth peanut butter, a scoop of vanilla protein powder, cocoa powder, and the melted dark chocolate. Ensure all the ingredients are thoroughly combined.

Lower the oven to 350°F (180°C) and lightly grease a small baking pan.

Transfer the brownie mixture into the prepared pan, spreading it evenly.

Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center comes out clean.

Allow the brownies to cool in the pan before cutting into squares. Enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, peanuts.



Zesty Coconut Cashew Energy Balls

Low Carb

Living+

Energize your day with these Energy Balls, perfect for a quick snack or a pre-workout boost. Combining the natural sweetness of Medjool dates with the creamy texture of cashews and the tropical flair of coconut, these energy balls are not only delicious but also packed with nutrients.

Prep: 20 min | Cook: 0 min | Fresh: 7 days | Beginner

Makes 12 balls

Medjool Dates 12

Cashews 150g or 5.3oz, dry

Desiccated Coconut 120g or 4.2oz

Desiccated Coconut 30g or 1oz (coating)

Lemon Juice 1 lemon

Lemon Zest 1 lemon

Zesty Coconut Cashew Energy Balls

Low Carb

livingplusrx.com

Method

Begin by placing the Medjool dates in a bowl of hot water and allow them to soak for 1 hour to soften.

Drain the dates and add them to a food processor along with the cashews. Pulse until the mixture starts to come together into a sticky dough.

Incorporate the lemon juice, lemon zest, and 120g of the desiccated coconut into the mixture. Pulse again until all ingredients are well combined and the mixture is uniform.

Scoop out the mixture and roll into 12 even balls. For ease, wet your hands slightly to prevent sticking.

Roll each ball in the remaining 30g of desiccated coconut, ensuring an even coat around each ball.

Place the energy balls on a baking sheet and refrigerate for at least 30 minutes to firm up before serving.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, sulfites.