

WITHLOVE COOKBOOK



TASTY & healthy

INCLUDES 30+ RECIPES
OF DELICIOUS & HEALTHY SMOOTHIES,
BAKED GOODS, & SNACKS





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RECIPES



SMOOTHIE RECIPES





Berry Bliss Smoothie

SERVING:

1 serving

PREP TIME:

10 minutes

INGREDIENTS:

- One scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 banana
- 1/2 cup almond milk (or any milk of choice)
- One tablespoon of honey or maple syrup (optional)
- 1/4 ripe avocado

INSTRUCTIONS:

- Add the protein powder, mixed berries, banana, almond milk, avocado, and honey or maple syrup (if using) into a blender.
- Blend until smooth.
- Pour into glasses and enjoy!

TIPS:

- Frozen Berries: To create a thicker and more excellent smoothie, choose frozen mixed berries rather than fresh ones. Additionally, you can freeze banana pieces in advance to enhance the smoothie's consistency.
- Adjusting Sweetness: If you want a sweeter smoothie, start with a small amount of honey or maple syrup and taste as you go. You can always add more if needed.
- Blender Efficiency: Ensure your blender is strong enough to handle frozen fruit and achieve a smooth blend. If complex, allow the berries and banana to thaw slightly before blending.
- Easy Cleanup: For a hassle-free cleanup, blend warm water with a bit of dish soap in the blender immediately after use, then rinse thoroughly.

Calories: 290 Fat: 8g | Carbs: 46g | Protein: 18g



Tropical Sunshine Smoothie

SERVING:

1 serving

PREP TIME:

6-9 minutes

INGREDIENTS:

- One scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup pineapple chunks
- 1/2 cup mango chunks
- 1/2 orange (peeled)
- 1/2 cup coconut water
- One tablespoon shredded coconut (optional)
- One tablespoon flaxseeds (optional)

INSTRUCTIONS:

- To make the smoothie, peel and cut the orange. Measure out the pineapple and mango chunks, and if you're using them, also measure the shredded coconut and flaxseeds.
- Put all the ingredients into a blender: protein powder, pineapple, mango, orange, coconut water, and any optional ingredients. Blend until smooth.
- If the smoothie is too thick, add more coconut water and blend again.
- Pour into a glass and enjoy immediately.

TIPS:

- Frozen Fruit: Using frozen pineapple and mango chunks will make the smoothie colder and thicker. You can also freeze banana pieces for a smoother texture.
- Adjusting Sweetness: If you prefer a sweeter smoothie, start with a small amount of honey or maple syrup. Blend, then taste and add more if needed.
- Blender Tips: Ensure your blender can handle and blend frozen ingredients well. If it has trouble, let the fruit thaw a bit before blending.
- Cleaning Up: To simplify cleanup, blend warm water with a bit of dish soap in the blender right after use, then rinse thoroughly.

Calories: 300 Fat: 11g | Carbs: 43g | Protein: 19g



Chocolate Banana Dream

SERVING:

1 serving

PREP TIME:

4-5 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 banana
- One tablespoon cocoa powder
- 1/2 cup milk of choice
- 1/2 tablespoon almond butter (optional)
- 1/4 teaspoon vanilla extract
- One tablespoon of chia seeds

INSTRUCTIONS:

- Peel and cut the banana into slices. Measure the cocoa powder, milk, almond butter, vanilla extract, and chia seeds.
- Place all the ingredients into a blender: protein powder, banana, cocoa powder, milk, almond butter, vanilla extract, and chia seeds. Blend until the mixture is smooth and creamy.
- Pour the smoothie into a glass and, if you like, add a light sprinkle of cocoa powder on top before serving.

TIPS:

- Frozen Banana: Opting for a frozen banana can make the smoothie thicker and colder.
- Adjusting Sweetness: If the smoothie needs more sweetness, add a bit of honey or maple syrup to taste.
- Blender Efficiency: Make sure your blender can blend all the ingredients smoothly. If necessary, combine for a bit longer to get the right texture.
- Easy Cleanup: For easier cleanup, blend some warm water with a bit of dish soap in the blender immediately after use, then rinse well.

Calories: 365 Fat: 20g | Carbs: 34g | Protein: 26g



Green Monster Smoothie

SERVING:

1 serving

PREP TIME:

5-7 minutes

INGREDIENTS:

- One 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup spinach leaves (fresh or frozen)
- 1/2 apple (cored and chopped)
- 1/2 banana
- 1/2 cup unsweetened almond milk
- 1/4 avocado (optional for extra creaminess)

INSTRUCTIONS:

- Start by coring and chopping the apple and slicing the banana. Measure the spinach, unsweetened almond milk, and avocado.
- Add all the ingredients to a blender: protein powder, spinach, apple, banana, almond milk, and avocado. Blend until smooth and creamy.
- Pour the smoothie into a glass and enjoy it immediately for the freshest taste and best texture.
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TIPS:

- Frozen Spinach: Frozen spinach can make the smoothie thicker and colder. Adding a few ice cubes can help achieve a similar result if you're using fresh spinach.
- Adjusting Sweetness: If you prefer a sweeter smoothie, add a small amount of honey or extra apple slices.
- Blender Performance: Ensure your blender can handle all the ingredients effectively. Blend a bit longer to achieve a smooth, creamy texture if necessary.
- Cleanup Tip: To make cleaning easier, blend warm water with a bit of dish soap in the blender immediately after use, then rinse it thoroughly.

Calories: 229 Fat: 9g | Carbs: 30g | Protein: 17g



Peachy Keen Smoothie

SERVING:

1 serving

PREP TIME:

4-6 minutes

INGREDIENTS:

- One scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup peach slices (fresh or frozen)
- 1/2 banana
- 1/2 cup Greek yogurt
- 1/2 cup almond milk
- one teaspoon of flaxseeds

INSTRUCTIONS:

- Start by slicing the peach if it's fresh and cutting the banana into pieces. Measure out the Greek yogurt, unsweetened almond milk, and flaxseeds.
- Add all the ingredients to a blender: protein powder, peach slices, banana, Greek yogurt, almond milk, and flaxseeds. Blend until everything is smooth and well-mixed.
- Pour the smoothie into a glass and enjoy it right away.

TIPS:

- Frozen Peaches: Frozen peaches will make the smoothie thicker and colder. Adding a few ice cubes can help achieve a similar texture for fresh peaches.
- Adjusting Sweetness: If you like a sweeter smoothie, increase the amount of honey or maple syrup, then blend again to incorporate.
- Blender Efficiency: Ensure your blender is strong enough to blend all the ingredients smoothly. If needed, blend a bit longer to ensure a creamy consistency.
- Cleaning Tip: For easier cleanup, blend warm water with a bit of dish soap in the blender right after use, then rinse it thoroughly.

Calories: 280 Fat: 8g | Carbs: 33g | Protein: 29g



Strawberry Shortcake Smoothie

SERVING:

1 serving

PREP TIME:

4-6 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup strawberries (fresh or frozen)
- 1/2 cup greek yogurt
- 1/4 cup chia seeds
- 1/2 cup almond milk
- 1/2 teaspoon vanilla extract

INSTRUCTIONS:

- If the strawberries are fresh, slice them. Measure the Greek yogurt, almond milk, and chia seeds.
- Add all the ingredients to a blender: protein powder, strawberries, Greek yogurt, almond milk, chia seeds, and vanilla extract. Blend until everything is smooth and thoroughly mixed.
- Pour the smoothie into a glass and, if you like, garnish with a strawberry slice on top.

TIPS:

- Frozen Strawberries: Frozen strawberries can make your smoothie thicker and colder. Adding a few ice cubes can help achieve a similar texture if you're using fresh strawberries.
- Adjusting Sweetness: If you'd like a sweeter smoothie, add a small amount of honey or maple syrup to taste.
- Blender Efficiency: Ensure your blender is strong enough to blend all the ingredients smoothly. If needed, blend a bit longer to get a creamy consistency.
- Cleaning Tip: For easy cleanup, blend some warm water with a bit of dish soap in the blender right after use, then rinse it well.

Calories: 301 Fat: 11g | Carbs: 26g | Protein: 31g



Mango Tango Smoothie

SERVING:

1 serving

PREP TIME:

4-6 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup mango chunks (fresh or frozen)
- 1/2 banana
- 1/2 cup orange juice
- 1/4 cup Greek yogurt
- one tablespoon chia seeds (optional)

INSTRUCTIONS:

- If the banana still needs to be sliced, start by cutting it. Then, measure the mango chunks, orange juice, Greek yogurt, and chia seeds.
- Add all the ingredients to a blender: protein powder, mango chunks, banana, orange juice, Greek yogurt, and chia seeds. Blend until smooth and thoroughly combined.
- Pour the smoothie into a glass and refrigerate it if you prefer it chilled before serving.

TIPS:

- Frozen Mango: Opting for frozen mango chunks will give your smoothie a thicker and colder texture. Adding a few ice cubes can help achieve a similar effect for fresh mango.
- Adjusting Sweetness: If you like your smoothie sweeter, stir in a small amount of honey or maple syrup, then blend again to mix.
- Blender Efficiency: Make sure your blender can process all ingredients smoothly. If necessary, blend a little longer to ensure a creamy consistency.
- Cleaning Tip: To simplify cleanup, blend some warm water with a bit of dish soap immediately after use, then rinse the blender thoroughly.

Calories: 295 Fat: 7g | Carbs: 46g | Protein: 29g



Blueberry Banana Blast

SERVING:

1 serving

PREP TIME:

4-6 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup blueberries (fresh or frozen)
- 1/2 banana
- 1/2 cup milk of choice
- 1/4 cup plain or vanilla yogurt
- one teaspoon of honey or maple syrup (optional)

INSTRUCTIONS:

- If the banana is not already prepared, slice it. Measure the blueberries, milk, yogurt, and honey or maple syrup.
- Combine all the ingredients in a blender: protein powder, blueberries, banana, milk, yogurt, and honey or maple syrup, if desired. Blend until smooth and thoroughly mixed.
- Pour the smoothie into a glass and enjoy it right away.

TIPS:

- Frozen Blueberries: Frozen blueberries can make your smoothie colder and thicker. Adding a few ice cubes can help achieve a similar texture if you're using fresh blueberries.
- Adjusting Sweetness: For a sweeter smoothie, stir in more honey or maple syrup, then blend again to mix.
- Blender Efficiency: Ensure your blender can handle all the ingredients smoothly. If needed, blend for a bit longer to get a creamy consistency.
- Cleaning Tip: To make cleaning easier, blend warm water with a small amount of dish soap right after use, then rinse thoroughly.

Calories: 288 Fat: 7g | Carbs: 44g | Protein: 23g



Apple Pie Smoothie

SERVING:

1 serving

PREP TIME:

5-7 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 apple (peeled and chopped)
- 1/2 banana
- 1/2 teaspoon cinnamon
- 1/2 cup milk of choice
- 1/4 cup Greek yogurt (optional)
- One tablespoon flaxseeds

INSTRUCTIONS:

- Start by peeling and chopping the apple and slicing the banana. Measure out the milk, Greek yogurt (if you're using it), and flaxseeds.
- Combine all the ingredients in a blender: protein powder, apple, banana, cinnamon, milk, and oats (or Greek yogurt and flaxseeds if you choose to use them).
- Blend until the mixture is smooth and thoroughly combined.
- Pour the smoothie into a glass and, if desired, sprinkle extra cinnamon before serving.

TIPS:

- Frozen Apple: Frozen apple chunks can make your smoothie colder and thicker. Adding a few ice cubes can help you achieve a similar consistency if you're using fresh apples.
- Adjusting Sweetness: If you'd like a sweeter smoothie, stir in more honey or maple syrup, then blend again to combine.
- Blender Efficiency: Ensure your blender is powerful enough to handle all the ingredients. Blend for a bit longer to achieve a smooth, creamy texture.
- Cleaning Tip: To simplify cleaning, blend some warm water with a small amount of dish soap right after using the blender, then rinse it thoroughly.

Calories: 310 Fat: 11g | Carbs: 38g | Protein: 25g



Chocolate Peanut Butter Smoothie

SERVING:

1 serving

PREP TIME:

4-6 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- one tablespoon of peanut butter
- one tablespoon cocoa powder
- 1/2 banana
- one tablespoon of chia seeds
- 1/2 cup milk of choice
- one teaspoon honey (optional)

INSTRUCTIONS:

- Begin by slicing the banana. Measure out the peanut butter, cocoa powder, milk, and honey if you plan to use it.
- Combine all the ingredients in a blender: protein powder, peanut butter, cocoa powder, banana, milk, and honey (or swap in almond butter and chia seeds if preferred). Blend until the mixture is smooth and creamy.
- Pour the smoothie into a glass and, if desired, drizzle a bit of extra peanut butter on top before serving.

TIPS:

- Frozen Banana: For a thicker and colder smoothie, opt for a frozen banana. To achieve a similar texture, add a few ice cubes using a fresh banana.
- Sweetness Adjustment: If you prefer a sweeter taste, stir in additional honey or maple syrup, then blend again.
- Blender Efficiency: Make sure your blender can blend all the ingredients smoothly. If necessary, blend for a bit longer to reach a creamy texture.
- Cleaning Tip: For easier cleanup, blend some warm water with a bit of dish soap immediately after use, then rinse it thoroughly.

Calories: 363 Fat: 20g | Carbs: 39g | Protein: 26g

BAKED GOODS RECIPES





Protein-Packed Chocolate Chip Cookies

SERVING:

1 cookie

PREP TIME:

15 minutes

COOKING TIME:

10-12 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour (all-purpose or whole wheat)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup coconut oil
- 1/4 cup honey/maple syrup
- 1/4 cup brown sugar
- one egg
- one teaspoon vanilla extract
- 1/2 cup chocolate chips

INSTRUCTIONS:

- Preheat your oven to 350°F (175°C).
- Cream the coconut oil, brown sugar, and honey in a bowl.
- Mix the egg and vanilla extract until smooth.
- Stir in the WithLove Protein & Probiotic Powder, flour, baking soda, and salt until combined.
- Fold in the chocolate chips.
- Drop spoonful of dough onto a baking sheet.
- Bake in the oven for 8-10 minutes or until the edges are golden brown.
- Allow cookies to cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

Calories: 1641kcal Fat: 56g | Carbs: 250g | Protein: 37g



Banana Protein Muffins

SERVING:

1 muffin

PREP TIME:

15 minutes

BAKING TIME:

20-25 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 cup greek yogurt
- 1/4 cup maple syrup
- one egg
- one teaspoon vanilla extract
- two ripe bananas (mashed)

INSTRUCTIONS:

- Preheat your oven to 350°F (175°C).
- In a large bowl, whisk together the flour, WithLove Protein & Probiotic Powder, baking soda, salt, and cinnamon.
- In another bowl, combine the Greek yogurt, maple syrup, egg, vanilla extract, and mashed bananas.
- Add the wet and dry ingredients and mix until combined.
- Spoon the Greek yogurt into muffin cups.
- Bake for 15-18 minutes, or until a toothpick inserted into the center comes out clean.

Calories: 906kcal Fat: 7g | Carbs: 168g | Protein: 37g



Blueberry Protein Pancakes

SERVING:

1 pancake

PREP TIME:

10 minutes

COOKING TIME:

15-20 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- one tablespoon sugar
- one teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- one egg
- 1 cup unsweetened almond milk
- 1/2 cup blueberries (fresh or frozen)
- One tablespoon of coconut oil

INSTRUCTIONS:

- Set your grill to medium heat.
- In a bowl, whisk together the flour, WithLove Protein & Probiotic Powder, sugar, baking powder, baking soda, and salt.
- In a separate bowl, beat the egg and mix in the almond milk and melted coconut oil.
- Pour the wet ingredients into the dry ingredients and stir until just combined. Gently fold in the blueberries.
- Pour the batter onto the preheated grill. Cook each pancake until golden brown on both sides.

Calories: 838 kcal Fat: 28g | Carbs: 120g | Protein: 35g



Peanut Butter Protein Bars

SERVING:

1 bar

PREP TIME:

10 minutes

CHILLING TIME:

1-2 hours

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup oats
- 1/2 cup peanut butter
- 1/4 cup maple syrup
- 1/4 cup milk
- 1/2 teaspoon vanilla extract
- 1/4 cup dried fruit (like raisins/chopped dates) (optional)

INSTRUCTIONS:

- Set your oven to 350°F (175°C).
- In a bowl, mix the peanut butter, maple syrup, milk, and vanilla extract.
- Stir love protein, probiotic Powder, and oats until thoroughly combined.
- Press the mixture evenly into a greased baking dish.
- If desired, sprinkle dried raisins/chopped dates over the top.
- Bake in the preheated oven for 10-12 minutes.
- Allow the mixture to cool completely before cutting it into bars.

Calories: 1060kcal Fat: 46g | Carbs: 112g | Protein: 41g



Chocolate Protein Brownies

SERVING:

1 brownie

PREP TIME:

10 minutes

BAKING TIME:

20-25 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1/2 cup flour
- 1/4 cup cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup coconut sugar
- 1/4 coconut oil (melted)
- 1/4 cup greek yogurt
- one egg
- one teaspoon vanilla extract

INSTRUCTIONS:

- Set your oven to 350°F (175°C).
- In a bowl, combine the flour, WithLove Protein & Probiotic Powder, cocoa powder, baking powder, and salt.
- In a separate bowl, mix the coconut sugar, coconut oil, greek yogurt, egg, and vanilla extract.
- Add the wet ingredients to the dry ingredients and stir until the batter is smooth and well blended.
- Pour the batter into a greased baking pan and spread it evenly. Bake for 15-20 minutes or until a toothpick inserted into the center comes clean.
- Allow the brownies to cool before cutting into squares.

Calories: 1045kcal Fat: 20g | Carbs: 124g | Protein: 28g



Apple Cinnamon Protein Muffins

SERVING:

1 muffin

PREP TIME:

10 minutes

BAKING TIME:

20-25 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 cup coconut sugar
- 1/4 cup greek yogurt
- one egg
- 1/2 cup unsweetened almond milk
- one apple (peeled and diced)

INSTRUCTIONS:

- Preheat your oven to 350°F (175°C).
- In a bowl, whisk together the flour, WithLove Protein & Probiotic Powder, baking powder, baking soda, salt, and cinnamon.
- In a separate bowl, mix the coconut sugar, greek yogurt, egg, and almond milk until well combined.
- Add the wet and dry ingredients and stir until mixed. Gently fold in the diced apple.
- Spoon the batter into the muffin cups, filling each about 2/3 full.
- Bake for 15-18 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Calories: 908kcal Fat: 3g | Carbs: 186g | Protein: 31g



Protein-Packed Banana Bread

SERVING:

1 slice

PREP TIME:

15 minutes

BAKING TIME:

50-60 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 cup maple syrup
- 1/4 cup coconut oil (melted)
- one egg
- one teaspoon vanilla extract
- two ripe bananas (mashed)

INSTRUCTIONS:

- Set your oven to 350°F (175°C).
- In a large bowl, beat the coconut oil and maple syrup until light and fluffy.
- Add the egg, vanilla extract, and mashed bananas to the bowl, mixing until well combined.
- Stir in the WithLove Protein & Probiotic Powder, flour, baking soda, salt, and cinnamon until the mixture is just combined.
- Pour the batter into a greased loaf pan, spreading it evenly.
- Bake in the preheated oven for 45-50 minutes or until a toothpick inserted into the center comes out clean.
- Allow the banana bread to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.

Calories: 991kcal Fat: 20g | Carbs: 165g | Protein: 33g



Chocolate Protein Donuts

SERVING:

1 donut

PREP TIME:

10 minutes

BAKING TIME:

12-15 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- 1/4 cup cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup coconut sugar
- 1/4 cup greek yogurt
- 1/4 cup unsweetened almond milk
- one egg
- one teaspoon vanilla extract

INSTRUCTIONS:

- Set your oven to 350°F (175°C).
- In a bowl, whisk together the flour, WithLove Protein & Probiotic Powder, cocoa powder, baking powder, baking soda, salt, and coconut sugar.
- In a separate bowl, blend the Greek yogurt, almond milk, egg, and vanilla extract.
- Add the wet ingredients to the dry ingredients, stirring until the batter is smooth and well combined.
- Spoon the batter into a greased donut pan, filling each cavity about 2/3 full.
- Bake for 10-12 minutes or until a toothpick inserted into the center comes out clean.
- Allow the donuts to cool in the pan for a few minutes before transferring them to a wire rack to cool completely.

Calories: 945kcal Fat: 9g | Carbs: 175g | Protein: 39g



Protein-Packed Oatmeal Cookies

SERVING:

1 cookie

PREP TIME:

15 minutes

BAKING TIME:

10-12 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup oats
- 1/2 cup flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup coconut oil (melted)
- 1/4 cup coconut sugar
- one egg
- one teaspoon vanilla extract
- 1/4 cup chopped walnuts

INSTRUCTIONS:

- Set your oven to 350°F (175°C). Line a baking sheet with parchment paper or lightly grease it.
- In a mixing bowl, beat the softened coconut oil and coconut sugar until creamy and well combined.
- Incorporate the egg and vanilla extract into the mixture, stirring until smooth.
- Gradually add the WithLove Protein & Probiotic Powder, oats, flour, baking soda, cinnamon, and salt. Mix until all ingredients are evenly combined.
- If desired, gently fold in chopped walnuts.
- Drop spoonfuls of dough onto the prepared baking sheet, spacing them about 2 inches apart.
- Bake for 8-10 minutes or until the edges are golden brown.
- Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Calories: 1221kcal Fat: 42g | Carbs: 168g | Protein: 42g



Carrot Cake Protein Muffins

SERVING:

1 muffin

PREP TIME:

15 minutes

BAKING TIME:

18-20 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- one egg
- 1/2 teaspoon vanilla extract
- 1 cup grated carrots

INSTRUCTIONS:

- Set your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
- In a bowl, whisk together the flour, WithLove Protein & Probiotic Powder, baking powder, baking soda, salt, cinnamon, and nutmeg.
- In a separate bowl, blend the coconut sugar, coconut oil, egg, and vanilla extract until smooth.
- Add the wet ingredients to the dry ingredients, stirring until combined. Gently fold in the grated carrots.
- Spoon the batter evenly into the muffin cups, filling each about two-thirds full.
- Bake for 15-18 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- Let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

Calories: 826kcal Fat: 20g | Carbs: 121g | Protein: 34g

SNACKS RECIPES





Protein-Packed Energy Balls

SERVING:

1 ball

PREP TIME:

15 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup oats
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 1/4 cup mini chocolate chips (optional)
- 1/4 cup chopped almonds (optional)

INSTRUCTIONS:

- Mix all ingredients until everything is evenly blended.
- Use your hands or a small scoop to form the mixture into bite-sized balls.
- Transfer the balls to an airtight container and keep them in the fridge for up to a week.

TIPS:

- Adjust Consistency: If the mixture feels too dry, incorporate more almond butter or maple syrup. If it's too moist, stir in additional oats.
- Explore Flavors: Add various ingredients, such as dried fruit or seeds, to customize the taste and texture.
- Freezing Tip: For extended storage, freeze the energy balls. They can be eaten straight from the freezer for a refreshing, on-the-go treat.

Calories: 825kcal Fat: 38g | Carbs: 92g | Protein: 34g



Banana Oatmeal Bars

SERVING:

1 bar

PREP TIME:

10 minutes

BAKING TIME:

20-25 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- two ripe bananas (mashed)
- 1 1/2 cups oats
- 1/4 cup maple syrup
- 1/2 teaspoon cinnamon
- 1/4 cup chopped walnuts

INSTRUCTIONS:

- Set your oven to 350°F (175°C) and grease a baking dish.
- Combine the mashed bananas, oats, maple syrup, cinnamon, and WithLove Protein Powder until the mixture is well blended.
- Gently fold in the chopped walnuts.
- Transfer the mixture to the greased baking dish, pressing it down evenly.
- Cook in the oven for 20-25 minutes or until the golden brown bars are firm.
- Let the bars cool in the dish before cutting them into squares.
- Place the bars in an airtight container to keep them fresh.

TIPS:

- Adjusting Consistency: Incorporate more maple syrup if the mixture is too dry. If it's too moist, add additional oats.
- Personalize Your Bars: You can swap the nuts for other add-ins like seeds or shredded coconut to create new flavors and textures.
- Storage Tips: Store the bars in the refrigerator to extend the shelf life. For a quick and easy snack, you can also freeze them.

Calories: 840kcal Fat: 24g | Carbs: 130g | Protein: 33g



Apple Cinnamon Protein Chips

SERVING:

1 apple slice

PREP TIME:

10 minutes

BAKING TIME:

2-3 hours

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- two large apples (thinly sliced)
- one teaspoon cinnamon
- one tablespoon of coconut sugar

INSTRUCTIONS:

- Preheat your oven to 200°F (95°C) and line a baking sheet with parchment paper.
- In a bowl, combine the cinnamon, coconut sugar, and WithLove Protein Powder.
- Dip each apple slice into the mixture, ensuring it's well-coated.
- Lay the coated apple slices in a single layer on the prepared baking sheet.
- Bake the apple slices for 2-3 hours, flipping them halfway through, until they are crisp and fully dried.
- Let the chips cool completely before transferring them to an airtight container.

TIPS:

- Monitor Crispiness: Watch the chips closely as they bake, as baking times can differ. Aim for a crispy texture without overbaking.
- Try New Flavors: For a unique flavor, add variety by incorporating different spices, such as nutmeg or ginger.
- Proper Storage: Keep the chips in an airtight container to maintain crispness. They can also be stored in a cool, dry area to extend their freshness.

Calories: 313kcal Fat: 0.6g | Carbs: 62g | Protein: 16g



Veggie Protein Muffins

SERVING:

1 muffin

PREP TIME:

10 minutes

BAKING TIME:

15-20 mins

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup grated zucchini or carrots
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- one egg
- 1/4 cup shredded mozzarella cheese
- 1/4 cup unsweetened almond milk

INSTRUCTIONS:

TIPS:

- Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease it.
- In a bowl, mix the grated veggies, WithLove Protein Powder, flour, baking powder, and salt.
- Whisk the egg and almond milk until well combined in another bowl.
- Add the wet ingredients to the dry mixture, stirring until just blended.
- Fold in the shredded mozzarella cheese gently.
- Distribute the batter evenly into the muffin cups.
- Bake for 15-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- Let the muffins cool completely before transferring them to an airtight container and refrigerating.
- Monitor Baking: Watch the muffins closely as they finish baking to avoid overcooking. They should be firm and golden brown.
- Flavor Variations: Enhance the taste by incorporating herbs or spices, such as garlic powder or paprika, into the batter.
- Storage Tips: Store the muffins in the refrigerator for up to a week or freeze them for more extended storage. If they've been frozen, reheat them before eating.

Calories: 490kcal Fat: 12g | Carbs: 56g | Protein: 29g



Protein-Packed Granola

SERVING:

1 scoop

PREP TIME:

10 minutes

BAKING TIME:

20-25 mins

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 2 cups oats
- 1/2 cup chopped almonds
- 1/4 cup maple syrup
- 1/4 cup coconut oil (melted)
- one teaspoon vanilla extract

INSTRUCTIONS:

TIPS:

- Heat your oven to 300°F (150°C) and line a baking sheet with parchment paper.
- In a large bowl, mix oats, WithLove Protein Powder, chopped almonds, maple syrup, melted coconut oil, and vanilla extract.
- Evenly spread the mixture onto the prepared baking sheet.
- Bake for 20-25 minutes, stirring occasionally, until the granola is golden brown.
- Let the granola cool completely before transferring it to an airtight container for storage.
- Stir Periodically: To achieve even baking, stir the granola every 10 minutes in the oven.
- Customize Flavors: To customize the granola to your taste, feel free to add extras such as dried fruit or chocolate chips.
- Proper Storage: Keep the granola in an airtight container at room temperature for up to two weeks, or freeze it for extended storage.

Calories: 941kcal Fat: 56g | Carbs: 77g | Protein: 35g



Fruit and Yogurt Parfait Pops

SERVING:

1 popsicle

PREP TIME:

10 minutes

FREEZING TIME:

2-3 hours

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup Greek yogurt
- 1/2 cup mixed berries (fresh or frozen)
- 1/4 cup sliced almonds
- One tablespoon honey

INSTRUCTIONS:

TIPS:

- Combine the WithLove Protein Powder with the Greek yogurt until well mixed.
- Layer the yogurt mixture with berries and sliced almonds (or granola) in small cups or popsicle molds.
- Transfer the cups or molds to the freezer and let them freeze for 2-3 hours or until completely solid.
- Keep the parfait pops in the freezer for a grab-and-go snack whenever you need it.
- Check for Full Freezing: To achieve the best texture, make sure the parfait pops are completely frozen before removing them from the molds.
- Customize Flavors: Try different fruit combinations or drizzle a bit of honey on top before freezing to enhance the sweetness.
- Proper Storage: To preserve their texture and freshness, store the pops in an airtight container in the freezer.

Calories: 439kcal Fat: 15g | Carbs: 36g | Protein: 32g



No-Bake Cereal Bars

SERVING:

1 bar

PREP TIME:

10 minutes

REFRIGERATION TIME:

1 hours

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 2 cups whole grain cereal (like Cheerios or Rice Krispies)
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 1/4 cup dried fruit (optional)

INSTRUCTIONS:

- In a saucepan, gently heat the almond butter and maple syrup over low heat until fully melted and smooth.
- Remove the saucepan from heat and mix in the WithLove Protein Powder until fully combined.
- Stir in the whole grain cereal and dried fruit (if using) until everything is evenly coated.
- Press the mixture into a greased baking dish firmly to compact it.
- Place the dish in the refrigerator for about 1 hour to allow the mixture to firm up.
- Once the mixture has set, cut it into bars and keep them in an airtight container.

TIPS:

- Firmness Tip: Press the mixture firmly in the dish to ensure the bars hold together well after setting.
- Flavor Enhancements: For added taste and texture, personalize your bars by mixing in nuts, seeds, or chocolate chips.
- Storage Suggestions: Store the bars in an airtight container in the refrigerator for a convenient snack or freeze them for extended storage.

Calories: 437kcal Fat: 13g | Carbs: 61g | Protein: 23g



Protein-Packed Banana Chips

SERVING:

1/2 cup

PREP TIME:

10 minutes

BAKING TIME:

2-3 hours

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- two ripe bananas (thinly sliced)
- one tablespoon lemon juice

INSTRUCTIONS:

- Set your oven to 200°F (95°C) and line a baking sheet with parchment paper.
- Coat each banana slice with lemon juice to avoid browning.
- Sprinkle the WithLove Protein Powder over the banana slices.
- Lay the coated banana slices in a single layer on the prepared baking sheet.
- Place the baking sheet in the oven and bake for 2-3 hours, flipping the slices halfway through until they are crisp.
- Let the banana chips cool completely before transferring them to an airtight container.

TIPS:

- Monitor Baking: Check that the chips crisp evenly by turning them over halfway through baking.
- Customize Flavors: Add a dash of cinnamon or other spices before baking to enhance the flavor.
- Storage: Keep the chips in an airtight container to preserve their crispness and prevent moisture from affecting them.

Calories: 259kcal Fat: 0.6g | Carbs: 49g | Protein: 17g



Cheese and Veggie Protein Crackers

SERVING:

1 cracker

PREP TIME:

15-20 minutes

BAKING TIME:

12-15 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup whole wheat flour
- 1/2 cup shredded cheese
- 1/2 cup grated veggies (carrots or zucchini)
- 1/4 teaspoon salt
- 1/4 cup water

INSTRUCTIONS:

TIPS:

- Preheat your oven to 350°F (175°C). Prepare a baking sheet by lining it with parchment paper or lightly greasing it.
- In a large bowl, mix whole wheat flour WithLove Protein Powder, shredded cheese, grated veggies, and salt.
- Slowly add water to the mixture, stirring until a dough forms.
- Roll the dough to approximately 1/8-inch thickness on a floured surface.
- Use a knife or cookie cutter to cut the dough into small squares or shapes.
- Place the cut dough on the prepared baking sheet and bake for 12-15 minutes or until the crackers are golden and crispy.
- Let the crackers cool completely before moving them to an airtight container.
- Check Crispiness: Monitor the crackers closely as they near the end of baking, and adjust the baking time if necessary to ensure they are evenly crispy.
- Customize Flavors: Try using various cheeses or adding spices to personalize the flavor of your crackers.
- Store Properly: To maintain their freshness and crunch, keep the cooled crackers in an airtight container. You can also freeze them for extended storage.

Calories: 707kcal Fat:19g | Carbs: 103g | Protein: 46g



Protein-Packed Trail Mix

SERVING:

1 container

PREP TIME:

10 minutes

INGREDIENTS:

- 1 scoop WithLove Protein & Probiotic Powder for Kids
- 1 cup mixed nuts (almonds, cashews, peanuts)
- 1/2 cup dried fruit (raisins, cranberries, apricots)
- 1/4 cup dark chocolate chips or yogurt-covered raisins
- 1/4 cup whole grain cereal (optional)

INSTRUCTIONS:

- In a large bowl, mix the mixed nuts, dried fruit, chocolate chips (or yogurt-covered raisins), and whole grain cereal if you're including it.
- Incorporate the WithLove Protein Powder into the mixture and stir thoroughly until all ingredients are evenly coated.
- Divide the trail mix into grab-and-go bags or containers for convenient snacking.

TIPS:

- Flavor Variations: You can customize your trail mix by substituting chocolate chips with alternatives like seeds or shredded coconut to match your preferences.
- Storage: To keep the trail mix fresh, store it in an airtight container. You may also refrigerate it for an extended shelf life.

Calories: 300kcal Fat:18g | Carbs: 25g | Protein: 10g