



Avocado-Wasabi Stuffed Eggs



You are sure to love this mayo-free recipe and a delicious twist to the conventional Deviled Egg.

What to buy:

12 Hardboiled organic eggs, shelled
(available at Costco)

1 Large avocado

1 T Wasabi paste

1 T Dijon mustard

1/2 Lemon, juiced

Dash salt, to taste

Dash paprika

What to do:

Cut eggs in half, lengthwise

Gently remove yolks and place in small bowl. Add all remaining ingredients except for the paprika. Mix with a fork until smooth.

Spoon the mixture back into the egg white halves with a spoon, or an extra decorative touch, use a small piping bag. Or, make a small diagonal cut in the corner of a Ziplock bag.

Sprinkle with paprika and serve.

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Egg Frittata

2 Muffins per serving
Makes 6 servings



What to buy:

- 5 Whole Eggs
- 3 links Apple Sausage
- 1 cup Cilantro, chopped
- ¼ cup Crumbled feta cheese
- ¼ cup Coconut milk
- 4 oz Riced Cauliflower
- 1 c Fresh mushrooms

What to do:

Preheat oven to 350 degrees F. In a medium skillet, brown the sausage links on medium-high heat. Cook until sausage is brown all the way through. Cut sausage into ½ inch pieces and set aside.

In large mixing bowl, whisk together eggs. Whisk in coconut milk and season with pepper to taste. Stir in the mushrooms and cauliflower rice.

Use "If You Care" parchment muffin cups to line baking tins. Distribute sausage and feta cheese evenly throughout all cups, then pour liquid over evenly. Bake for 20 minutes, or until the muffins are firm in the center. You can store the muffins in the refrigerator for 3 or 4 days and reheat them in the microwave.

Compliments of Elizabeth Parsen, Nutritionist

TONI'S Protein Poppers

Three simple ingredients, no-baking, and deliciously healthy! These high-protein poppers are simple to make and a guilt-free alternative to typical treats. Guaranteed to stave off hunger and delectably fulfilling. Share them with friends and neighbors, bring them to a holiday party, and make them your "go-to" snack to get through your busy work week. We used the Coconut-Blueberry in this recipe but you can use any of your favorites!



What to buy:

2 Cups TONI'S Protein Meals – [Coconut-Blueberry](#)

1 12 oz Jar Smooth Almond Butter (with noticeable oil on top)

1/2 Cup Chopped Raw Almonds

Optional: White Powdered Sugar

Optional: Cocoa Powder



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What to do:

Place two cups TONI'S Protein Meal in a large bowl. Add chopped almonds and room temperature almond butter.

Mix together with a spoon or use your hands to mix thoroughly. Mixture will be crumbly.



Using a small ice cream scoop with a lever, press mixture firmly to form a ball. You can also use your hands and roll them just as easily. Make sure they are "bite sized" for best results. If they are too large and are bitten into, they can crumble so smaller treats that can be popped into your mouth work best!



This part is optional for festive occasions: You can roll your poppers into powdered sugar, or a combination of cocoa powder and white powdered sugar (about half of each).

Have a few crumbly morsels remaining? Sprinkle them over non-fat plain Greek yogurt. This chef deserves a perk!

Toni's Cherry Chocolate Almond Protein Pancake + Waffle Mix

Here's another healthy way to get the protein you need every morning. Hit this before or after your next workout.

[TO MAKE THE PANCAKE + WAFFLE MIX]



What to buy:

1 Pouch **TONI'S Cherry Chocolate Almond* Hot Protein Meals**

1 cup Whole Wheat Flour

1 cup Oat Flour (buy or blend oats in blender)

2 T Baking Powder

1/2 cup Dried Cherries

1/4 cup Unsweetened Chocolate Chips (Lilly's)

What to do: Mix all above ingredients in a bowl. Store in an airtight container for ongoing use.

[TO MAKE PANCAKES]

What to buy:

1/3 c Unsweetened applesauce

3/4 cup Nonfat milk, almond or rice milk, unsweetened

2 T Eggs

1 T Coconut oil

What to do:

Combine wet ingredients in a medium size bowl. Add 1 cup of **TONI'S Pancake + Waffle Mix** to the wet ingredients and let sit 5 minutes to absorb moisture. Make pancakes as usual!



**You may substitute any of Toni's Hot Protein Meal flavors*

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Banana Walnut Muffins

Makes 12 Muffins

NUTRITION PROFILE
PERCENT CALORIES FROM

CAL-248/PRO-13/CARB-44/FAT-3/SAT-0/CHO-3/SOD-44/FIB-5
PRO-20%/CARB-68%/FAT-27%



What to buy:

1 c Whole Wheat Flour
1 c Oat Flour (WF) (B)
2/3 c Vanilla Protein Powder
1/2 t Salt
1/2 t Baking Soda
1 t Baking Powder
2 Egg Whites
5 T Agave Nectar (or honey)
1/2 c Nonfat Milk
1 T Zest of an Orange, coarsely
grated
1/2 c Unsweetened Applesauce
2 T Bacardi Limon Rum, Limón
cello or 2 teaspoons Vanilla
Extract
1/4 c Chopped Walnuts or
Almonds
1 3/4 c Ripe Bananas, mashed
(about 3 large)

What to do:

Using a mixer, combine dry ingredients and set aside. Combine wet ingredients and add to the dry, except the banana, just until incorporated. Fold in banana and stir by hand so the chunks of fruit are retained. It creates a moist and better textured muffin. Pour into a nonstick loaf pan sprayed with nonstick cooking spray. Bake at 350 for about 50 min - a toothpick inserted in center should come out clean. Wait 10 minutes before removing from pan and place on a rack to cool. Cut into 8 slices.

Each muffin 165 calories, 9 grams of protein, 29 carbohydrates and only 2 grams of fat. Garnish with 3 small pieces of chopped walnuts each. Bake at 350 for 20 minutes.

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Plantain Pancakes with Coconut Chips, Berries & Pecans



Makes 9 total pancakes (3 servings of 3)

What to buy:

- 1 Softened plantain
- 2 Large eggs
- 1 Pinch of cinnamon
- ½ t Vanilla
- 2 T Ghee (clarified butter)
- ¾ cup Organic, unsweetened coconut chips
- 3 T chopped pecans
- 1 ½ c frozen raspberries, marionberries and blueberries (Costco)

Add banana, eggs, cinnamon and vanilla to a medium bowl and mash together. Grease skillet with butter and turn on stove to medium heat. Pour batter in skillet to make a 3 to 4" wide pancake. Cook until lightly browned on one side, then carefully flip pancake. Continue cooking until pancake is cooked throughout.

Repeat until using all remaining batter, re-greasing skillet between each batch.

Microwave frozen berries until defrosted. Pour over pancakes. Garnish with coconut chips and chopped pecans. Serve immediately.

Compliments of Elizabeth Parsen

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Healthy Hummus with Veggie Sticks

Makes 6 Servings



What to buy:

1 can Garbanzo beans, (reserve water from can for desired consistency)

¼ c cottage cheese or Silken Tofu

1 T Avocado oil

1 t Garlic Powder

1 t Ground Cumin

½ t Ground Turmeric

¼ t Cayenne Pepper

¼ c Lime juice

1 T Flaxseed or olive oil

½ t Salt—to taste

Spears:

2 Cucumbers, unpeeled

3 Red Bell Pepper

4 Carrots

Optional: Ezekiel Tortillas—or GF Tortillas cut into triangles and toast (spray with add olive oil, salt and grated parmesan)

What to do:

Blend in food processor. Add reserved liquid from beans for desired consistency. Drizzle avocado oil on top. Serve with sliced cucumber, red bell pepper and carrot spears.

TONI'S Cherry Chocolate-Almond Smoothie



What to buy:

1 cup Almond Milk

½ cup TONI'S Cherry
Chocolate Almond
Protein Meals

7 Ice cubes

What to do:

Blend in mixer until
smooth. Add more ice or
almond mix for desired
consistency.

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Yogurt Parfait with Blueberry-Coconut Mix-In



What to buy:

3-pound
container Greek
Yogurt

3 cups Fresh
berries

1 12 oz Jar
Almond Butter

1 7-Meal Pouch
TONI'S Protein
Meals (Blueberry-
Coconut is used
here, but you can
use any flavor)

Small mason jars
with lids

What to do:

In a small bowl, combine the 7-meal pouch of TONI'S Protein Meals with the almond butter. Using a mixer, combine well until crumbly. Set aside.

In small mason jars, layer a spoonful of yogurt.

Layer Toni's crumble mixture, then a layer of berries.

Continue until desired serving size is achieved.

Keeps in refrigerator for 4 to 5 days.

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TONI'S Hot Protein Meals®



What to buy:

TONI'S High-Performance
Hot & Cold Protein Meals

What to do:

Add boiling water to the fill
line. Stir and let sit for two
minutes. Enjoy!

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