

# Protein Baked Goods Mix Recipe Guide



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# Banana Caramel Protein Waffles

## Nutrition Per Serving

185

CALORIES

17 g

PROTEIN

14 g

CARBS

6.5 g

FAT

3 g

FIBER

## Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Nutrition Formula 1 Banana Caramel
- 2 TBSP flour, preferably whole wheat
- 1 egg
- $\frac{1}{3}$  cup + 2 TBSP water†
- 1 tsp. canola oil

## Instructions

Spray surfaces of waffle iron with pan spray or wipe lightly with canola oil. Turn griddle on and allow to heat.

In a small mixing bowl, combine Protein Baked Goods Mix, Formula 1 Shake Mix and flour. In another bowl, beat egg with water and canola oil until well combined.

Pour over dry ingredients and stir until dry ingredients are moistened.

When waffle iron is ready, pour in batter and cook until golden brown or according to waffle iron instructions.

Makes two 4-inch square waffles. Serving size is 1 waffle.

\*Scoop is provided in canister.

†Use liquid measure to add water.

Recipe does not include toppings. Nutritional information reflects the recipe only.





# Cranberry-Orange Protein Muffin

## Nutrition Per Serving

235

CALORIES

24 g

PROTEIN

29 g

CARBS

3.5 g

FAT

5.5 g

FIBER

## Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Formula 1 Orange Cream
- 1 TBSP Herbalife Nutrition Herbal Aloe Concentrate Mandarin (or Herbal Aloe Cranberry)
- 1 TBSP dried cranberries
- <sup>1</sup>/<sub>3</sub> cup water†

## Instructions

Spray a large (12–16 ounce) microwave-safe coffee mug with pan spray or wipe the inside of the mug with a small amount of canola oil.

Add water and Herbal Aloe Concentrate to the mug, then add remaining ingredients. Stir well with a fork.

Microwave on High for 3 minutes (depending on microwave wattage) until muffin appears cooked on top.

Remove from microwave and let stand for at least 2 minutes. After 2 minutes, muffin can be turned onto a plate and allowed to cool completely.

Makes 1 muffin.

\*Scoop is provided in canister.

†Use liquid measure to add water.

Recipe does not include toppings. Nutritional information reflects the recipe only.



# Banana Caramel Protein Pancakes

## Nutrition Per Serving

290<sup>1</sup>

CALORIES

30 g<sup>1</sup>

PROTEIN

24 g<sup>1</sup>

CARBS

9.5 g<sup>1</sup>

FAT

4.5 g<sup>1</sup>

FIBER

## Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Nutrition Formula 1 Banana Caramel
- $\frac{1}{3}$  cup + 1 TBSP water<sup>†</sup>
- 1 TBSP egg white powder<sup>‡</sup>

## Instructions

Set griddle temp at 370 degrees Fahrenheit. Slightly spray griddle with oil (vegetable or coconut).

In a small mixing bowl, combine all dry ingredients together, then add water.

When griddle is ready, pour batter and cook each side 2 minutes until brown.

Makes two to three 4-inch pancakes.

\*Scoop is provided in canister.

<sup>†</sup>Use liquid measure to add water.

<sup>‡</sup>Egg white powder can be substituted with 2 egg whites or  $\frac{1}{4}$  cup liquid egg whites, or with 1 large egg, and water should be adjusted to 2 to 3 TBSP.

When prepared with 1 TBSP egg white powder.

Recipe does not include toppings. Nutritional information reflects the recipe only.





# Chocolate & Coffee Protein Donuts

## Nutrition Per Serving

|                 |                  |                  |                  |                  |
|-----------------|------------------|------------------|------------------|------------------|
| 85 <sup>s</sup> | 8 g <sup>s</sup> | 8 g <sup>s</sup> | 2 g <sup>s</sup> | 1 g <sup>s</sup> |
| CALORIES        | PROTEIN          | CARBS            | FAT              | FIBER            |

### Donut Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Nutrition Formula 1 Dutch Chocolate
- 2 TBSP granulated sugar or 1:1 granulated sugar substitute† (such as monkfruit-erythritol blend or stevia-erythritol blend‡)
- 1 egg
- ¼ cup water
- ½ tsp. vanilla extract

### Frosting Ingredients

- 1 scoop Herbalife Nutrition Protein Drink Mix Vanilla
- 1 scoop Herbalife Nutrition High Protein Iced Coffee House Blend
- 1 tsp. sugar or sugar substitute
- 2 TBSP water

### Instructions

Preheat oven to 350 degrees Fahrenheit. Lightly grease a 6-well (each well = ¼ cup/60ml) donut baking mold. In a small bowl, whisk together Formula 1, Protein Baked Goods Mix and sugar. In another bowl, whisk together egg, water and vanilla extract. Pour liquid mixture over dry ingredients and stir until well mixed. Carefully spoon about 2 TBSP of donut batter into each well of the donut mold, spreading evenly with a knife or the back of a small spoon. Place in oven and bake for 11 minutes.

While donuts are baking, prepare frosting. Stir together Protein Drink Mix, High Protein Iced Coffee, sugar and water in a small bowl until smooth and of frosting consistency. If mixture seems too thick, add water a few drops at a time.

When donuts are done, let cool in the pan for 5 minutes. Remove from pan and place upside down on a cooling rack. When completely cool, frost with frosting.

Makes 6 donuts. Serving size is 1 donut.

\*Scoop is provided in canister.

†1:1 sugar substitutes are sugar substitutes that utilize the same measurements as table sugar. (i.e., 1 TBSP sugar substitute = 1 TBSP table sugar).

‡If using pure stevia sweetener, replace 2 TBSP sugar in recipe with 1/2 tsp. pure stevia powder and add 1 additional TBSP of Protein Baked Goods Mix and 1 additional TBSP of water.

§When prepared with granulated sugar.

Note: Donuts made with sweetener may not brown as much as donuts made with sugar.

Recipe does not include toppings. Nutritional information reflects the recipe only.



# Fresh Orange Protein Donuts

## Nutrition Per Serving

|                       |                        |                         |                          |                        |
|-----------------------|------------------------|-------------------------|--------------------------|------------------------|
| <b>80<sup>s</sup></b> | <b>7 g<sup>s</sup></b> | <b>10 g<sup>s</sup></b> | <b>1.5 g<sup>s</sup></b> | <b>1 g<sup>s</sup></b> |
| CALORIES              | PROTEIN                | CARBS                   | FAT                      | FIBER                  |

### Donut Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Nutrition Formula 1 Orange Cream
- 2 TBSP granulated sugar or 1:1 granulated sugar substitute† (such as monkfruit-erythritol blend or stevia-erythritol blend‡)
- 1 egg
- ¼ cup water
- ½ tsp. orange or lemon extract

### Frosting Ingredients

- 1 scoop Herbalife Nutrition Protein Drink Mix Vanilla
- 1 scoop Herbalife Nutrition Formula 1 Orange Cream
- 1 TBSP Herbalife Nutrition Herbal Aloe Concentrate Mandarin (or Herbal Aloe Mango)
- 3 TBSP orange juice (or water)

### Instructions

Preheat oven to 350 degrees Fahrenheit. Lightly grease a 6-well (each well = ¼ cup/60ml) donut baking mold. In a small bowl, whisk together Formula 1, Protein Baked Goods Mix and sugar. In another bowl, whisk together egg, water and extract. Pour liquid mixture over dry ingredients and stir until well mixed. Carefully spoon about 2 TBSP of donut batter into each well of the donut mold, spreading evenly with a knife or the back of a small spoon. Place in oven and bake for 11 minutes.

While donuts are baking, prepare frosting. Stir together Protein Drink Mix, Formula 1, Herbal Aloe and orange juice in a small bowl until smooth and of frosting consistency. If mixture seems too thick, add water a few drops at a time.

When donuts are done, let cool in the pan for 5 minutes. Remove from pan and place upside down on a cooling rack. When completely cool, frost with frosting.

Makes 6 donuts. Serving size is 1 donut.

\*Scoop is provided in canister.

†1:1 sugar substitutes are sugar substitutes that utilize the same measurements as table sugar, (i.e., 1 TBSP sugar substitute = 1 TBSP table sugar).

‡If using pure stevia sweetener, replace 2 TBSP sugar in recipe with 1/2 tsp. pure stevia powder and add 1 additional TBSP of Protein Baked Goods Mix and 1 additional TBSP of water.

§When prepared with granulated sugar.

Note: Donuts made with sweetener may not brown as much as donuts made with sugar.

Recipe does not include toppings. Nutritional information reflects the recipe only.





# Banana Nut Protein Donuts

## Nutrition Per Serving

|                       |                        |                        |                        |                        |
|-----------------------|------------------------|------------------------|------------------------|------------------------|
| <b>90<sup>s</sup></b> | <b>7 g<sup>s</sup></b> | <b>9 g<sup>s</sup></b> | <b>3 g<sup>s</sup></b> | <b>1 g<sup>s</sup></b> |
| CALORIES              | PROTEIN                | CARBS                  | FAT                    | FIBER                  |

### Donut Ingredients

- 2 scoops Herbalife Nutrition Protein Baked Goods Mix\*
- 2 scoops Herbalife Nutrition Formula 1 Banana Caramel
- 2 TBSP granulated sugar or 1:1 granulated sugar substitute† (such as monkfruit-erythritol blend or stevia-erythritol blend‡)
- 1 egg
- ¼ cup water
- ½ tsp. black walnut extract

### Frosting Ingredients

- 1 scoop Herbalife Nutrition Protein Drink Mix Peanut Cookie (or Protein Drink Mix Vanilla)
- 1 scoop Herbalife Nutrition Formula 1 Banana Caramel
- 2 tsp. peanut butter
- 3 TBSP water

### Instructions

Preheat oven to 350 degrees Fahrenheit. Lightly grease a 6-well (each well = ¼ cup/60ml) donut baking mold. In a small bowl, whisk together Formula 1, Protein Baked Goods Mix and sugar. In another bowl, whisk together egg, water and black walnut extract. Pour liquid mixture over dry ingredients and stir until well mixed. Carefully spoon about 2 TBSP of donut batter into each well of the donut mold, spreading evenly with a knife or the back of a small spoon. Place in oven and bake for 11 minutes.

While donuts are baking, prepare frosting. Stir together Protein Drink Mix, Formula 1, peanut butter and water in a small bowl until smooth and of frosting consistency. If mixture seems too thick, add water a few drops at a time.

When donuts are done, let cool in the pan for 5 minutes. Remove from pan and place upside down on a cooling rack. When completely cool, frost with frosting.

Makes 6 donuts. Serving size is 1 donut.

\*Scoop is provided in canister.

†1:1 sugar substitutes are sugar substitutes that utilize the same measurements as table sugar (i.e., 1 TBSP sugar substitute = 1 TBSP table sugar).

‡If using pure stevia sweetener, replace 2 TBSP sugar in recipe with 1/2 tsp. pure stevia powder and add 1 additional TBSP of Protein Baked Goods Mix and 1 additional TBSP of water.

§When prepared with granulated sugar.

Note: Donuts made with sweetener may not brown as much as donuts made with sugar.

Recipe does not include toppings. Nutritional information reflects the recipe only.