



Thank you for your interest in our recipes! We have a very large collection from years of using our Mom Fuel Protein Powder.

You will see some recipes that call for Caramel Swirl. That was a limited-edition flavor that we carried in the past (and will likely bring back one day). You can substitute any flavor you think sounds good for that recipe.

Enjoy!

And as always you can find our products on our website at

<https://momsanity.myshopify.com/>

or on Amazon at

<https://www.amazon.com/stores/Momsanity/page/E82E75F6-45C7-42D9-ABD6-0EF2A2DDB7AA>

or on Health As It Ought To Be at

<https://www.healthasitoughttobe.com/>.

Thank you!

Emily and Debbie

List of Recipes with Page Number

1. Introduction
2. Table of Contents
5. Mom Fuel Protein Balls
6. Cinnamon Doughnuts
7. Caramel Swirl Mug Cake (use Chocolate or Vanilla instead)
8. Caramel Swirl Pancakes (use Chocolate or Vanilla instead)
9. Banana Chocolate Chip Baked Oatmeal
10. Chocolate Coconut Protein Bars
11. Protein Chocolate Chip Cookies
12. Oatmeal Raisin Coconut Protein Bars
13. Apple Mom Fuel Bars
14. Banana Bread Protein Squares
15. Banana Caramel Chocolate Chip Protein Muffins (use Chocolate or Vanilla instead)
16. Banana Gingerbread Protein Loaf
17. Banana Mom Fuel Oat Bake
18. Banana Nut Granola
19. Raspberry Lemonade Smoothie
20. Breakfast Cake
21. Caramel Protein Snack Dip (use Chocolate or Vanilla instead)
22. Chewy Mom Fuel Bars
23. Chocolate Caramel Bars (use Chocolate or Vanilla instead)
24. Chocolate Peanut Butter Cookies
25. Mom Fuel Doughnuts
26. Chocolate Peanut Butter Granola
27. Oatmeal Breakfast Bars
28. Chocolate Peanut Butter Oat Cups
29. Chocolate Raspberry Smoothie
30. Dutch Chocolate Waffles
31. Cinnamon Roll Protein Muffins
32. Coconut Energy Bites
33. Cookie Dough Bites
34. Cookie Dough Cups

35. Cosmic Mom Fuel Brownies
36. Cranberry Protein Cookies
37. Gingerbread Cookie Smoothie
38. Goey Sugar Free Brownies
39. Mint Chocolate Smoothie
40. Mocha Banana Smoothie
41. Mom Fuel Cake Bars
42. Mom Fuel Chocolate Peanut Butter Cookies version 2
43. Caitlin's 1-Minute Mom Fuel Cinnamon Roll
44. Mom Fuel Coconut Cookie
45. Mom Fuel Fudgesicles
46. Mom Fuel Ice Cream
47. Mom Fuel Pecan Pie Bars
48. Mom Fuel Waffle
49. Mom Fuel Yogurt Bites
50. Momsanity Protein Fruit Crisp
51. Caramel Swirl Protein Bites (use Chocolate or Vanilla instead)
52. Caramel Chocolate Protein Cookies (use Chocolate or Vanilla instead)
53. Double Chocolate Oat Bars
54. Mom Fuel Granola
55. Blueberry Oat Protein Muffins
56. Apple Pie Protein Oats
57. Caramel Mango Smoothie (use Chocolate or Vanilla instead)
58. Girl Scout Samoa Cookie Smoothie
59. Pumpkin Chocolate Chip Muffins
60. Vanilla Cream Coffee Smoothie
61. No Bake Brownie Bites
62. No Bake Caramel Chocolate Protein Bars (use Chocolate or Vanilla instead)
63. Nut Free Mom Fuel Millionaire Bars
64. Oatmeal Breakfast Bars version 2
65. Chocolate Chip Mom Fuel Oatmeal Cookies
66. Oatmeal Raisin Coconut Protein Bars
67. Overnight Blended Pumpkin Oats
68. Peanut Butter Caramel Bars (use Chocolate or Vanilla instead)
69. Peanut Butter Cookie Dough Bark

70. Protein Apple Dutch Baby
71. Protein Cookie Cups
72. Protein Energy Balls
73. Protein Pumpkin Spice Latte
74. Protein Zucchini Bread Muffins
75. Pumpkin Pie Mom Fuel Bites
76. Apple Crisp
77. Apple Pumpkin Bake
78. Baked Caramel Apple Oats (use Chocolate or Vanilla instead)
79. Blueberry Banana Baked Oatmeal
80. Brownie Protein Bake
81. Caramel Maple Oatmeal Bake (use Chocolate or Vanilla instead)
82. Chocolate Caramel Rice Krispy Treats (use Chocolate or Vanilla instead)
83. Chocolate Coconut Protein Bars
84. Chocolate Overload
85. Peanut Butter Bars
86. Iced Caramel Mom Fuel Coffee (use Chocolate or Vanilla instead)
87. Birthday Cake Protein Balls
88. Kristine's Kinda Like Cookie Dough Power Snack
89. Mom Fuel Peanut Butter Cookies
90. Momsanity Mandy's Pumpkin Pie
91. Mom Fuel "Sugar" Cookies
92. Mom fuel Krispies
93. Sarah's Chocolate Espresso Protein Cookies
94. Strawberry Chocolate Muffins
95. Chocolate Chip Peanut Butter Cookies



MOM FUEL PROTEIN BALLS

INGREDIENTS:

1/2 cup peanut butter
1/2 cup Honey or Nature's Hollow
2.5 scoops Mom Fuel (Vanilla or Chocolate)
1 Cup oats
Splash water
Chocolate Chips

INSTRUCTIONS:

Mix honey and peanut butter together and heat in microwave for 30 seconds. Stir well. Mix dry ingredients. Add peanut butter mixture. Add Splash Water. Stir well. Add chocolate chips. Use hands to make one big ball then break into smaller balls. Place in refrigerator 1 hour or longer. Enjoy!



CINNAMON DOUGHNUTS

INGREDIENTS:

- 4 Mashed Bananas
- 6 Scoops Vanilla Mom Fuel
- 1/4 cup honey (or use Nature's Hollow for no sugar)
- 2 T. Cinnamon
- 2 tsp. Baking Powder

Optional: Sprinkles and/or Chocolate Chips

INSTRUCTIONS:

- Mix all ingredients together.
- Spoon into doughnut pan.
- Bake at 325 for 17 to 18 minutes.
- Let Cool and Enjoy!

CARAMEL SWIRL MUG CAKE

INGREDIENTS:

- 1 ripe banana
- 1 egg
- 3 Tbsp. gluten-free almond flour
- ½ scoop Caramel Swirl protein powder
- ½ tsp. baking powder
- ¼ tsp. salt
- Optional garnish: Coco Whip dairy-free whipped cream

INSTRUCTIONS:

In a microwave safe mug, mash banana and mix in egg.

Add in remaining ingredients, mixing well until combined.

Microwave 90-120 seconds until cooked through and fluffy.

Optional: top with whipped cream.





CARAMEL SWIRL PANCAKES

INGREDIENTS:

- 1 scoop Caramel Swirl protein powder
- ½ cup gluten-free quick oats
- 2 Tbsp. ground flaxseed
- 1 tsp. cinnamon
- 3 oz unsweetened applesauce
- 2 large egg whites
- ¼ cup unsweetened dairy-free milk

INSTRUCTIONS:

Using a food processor or hand mixer, blend the dry ingredients in a large bowl; add the wet ingredients and blend well. Do not over mix.

Heat griddle or frying pan over medium heat. Spray griddle/pan with coconut oil to prevent sticking.

Pour a small amount of batter onto griddle/pan and flip to cook evenly. Repeat until all pancakes are formed.



BANANA CHOCOLATE CHIP BAKED OATMEAL

INGREDIENTS:

- 2 cups oats
- 2 cups boiling water
- 2 large bananas
- 1 egg
- 1/4 cup syrup
- 1.5 scoops Vanilla or Caramel Swirl Mom Fuel
- 1/3 cup chocolate chips
- 1/3 cup shredded unsweetened coconut
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1 1/2 cups almond milk

INSTRUCTIONS:

Add hot water to oats and let sit around 10 minutes

Meanwhile, mash bananas then mix in egg, syrup, Mom Fuel, cinnamon, and vanilla in a separate bowl

Add banana mixture to soaked oats

Add the rest of the ingredients stirring well

Pour mixture into 9x13 baking dish. Bake at 350 for 30 to 35 minutes

Serve in squares or as "oats" adding unsweetened almond milk.

CHOCOLATE COCONUT PROTEIN BARS

INGREDIENTS:

- 2.5 cups Oats
- 1 Cup Mom Fuel (any Flavor)
- 1 Cup Nut or Seed Butter
- 2/3 cup Liquid Fiber or Maple Syrup
- 1/2 cup unsweetened coconut flakes
- 1 cup chocolate chips (Lilly's, Enjoy Life or Regular)

INSTRUCTIONS:

Mix together the Oats and Fuel in a large bowl. In a smaller bowl, combine nut butter and liquid and heat in the microwave for 30 seconds to soften.

Stir well then combine with oat mixture until mixed well.

Press the mixture onto a parchment lined 9x12 inch pan until flat and even.

Melt chocolate chips in microwave safe bowl then add the coconut flakes stirring well.

Spread mixture evenly over the top of the pan mixture. Refrigerate for at least 30 minutes to harden. Store in fridge.



PROTEIN CHOCOLATE CHIP COOKIES



INGREDIENTS:

- 1 cup large curd cottage cheese
- ¼ cup pure maple syrup
- 1 tsp vanilla
- 1 cup almond flour (or gluten free flour)
- 2 Tablespoons melted coconut oil or avocado oil
- ½ cup vanilla Mom Fuel Protein Powder
- ½ cup chocolate chips

INSTRUCTIONS:

1. Preheat oven to 350°F
2. In a blender, add the cottage cheese, maple syrup and vanilla. Blend on high until smooth.
3. In a mixing bowl combine almond flour and Mom Fuel. Add the coconut oil and cottage cheese mixture.
4. Stir until combined. Fold in the chocolate chips.
5. Scoop dough onto a prepared baking sheet using a medium cookie scoop and use your hands
6. Bake for about 18 to 20 minutes or until the bottom of the cookies are golden brown. Let cool and enjoy!

OATMEAL RAISIN COCONUT PROTEIN BARS

INGREDIENTS:

- 1 ½ cups old fashioned rolled oats
- ½ cup almond flour
- ½ cup vanilla Mom Fuel protein powder
- 2 Tablespoons chia seeds
- 1 Tablespoon ground cinnamon
- ¼ teaspoon sea salt
- ½ cup unsweetened almond milk
- ¼ cup unsweetened applesauce
- ⅓ cup honey
- 2 eggs
- 2 teaspoons vanilla extract
- ½ cup seedless raisins
- 1/4 cup unsweetened coconut flakes



INSTRUCTIONS:

1. Preheat oven to 350°F. Grease an 8x8 inch baking dish with coconut oil
2. In a large bowl stir together oats, almond flour, protein powder, chia seeds, cinnamon and salt.
3. In a medium bowl, stir the wet ingredients.
4. Pour wet ingredients into dry ingredients and stir until combined. Add raisins and coconut flakes.
5. Pour mixture into prepared baking dish and spread evenly. Bake for 22-25 minutes until top starts to brown and a toothpick inserted comes out clean.



APPLE MOM FUEL BARS

INGREDIENTS:

- 1 cup coconut flour
- 1/2 cup Vanilla Mom Fuel
- 1 tbsp Swerve
- 1 tbsp cinnamon
- 1 tsp nutmeg
- 1/4 cup nut butter
- 1/2 cup maple syrup
- 1/2 cup unsweetened applesauce
- 1 tbsp non-dairy milk

INSTRUCTIONS:

Combine all wet ingredients together except the milk. Combine dry ingredients and slowly add to wet mixture. Once combined, it may be crumbly, use milk to reach desired consistency. You can add less than 1 tbsp if desired.

Press into a pan and allow to sit in the fridge for at least 30 minutes before cutting into bars. Store in the fridge.

BANANA BREAD PROTEIN SQUARES

INGREDIENTS:

- 3 bananas mashed
- 1/3 cup avocado oil
- 2 eggs
- 1/3 cup maple syrup
- 1 tsp vanilla
- 1 cup oat flour
- 1/2 cup Vanilla Mom Fuel
- 1 tsp himalayan salt
- 1 tsp baking powder
- 1 tsp cinnamon

Topping: 1/8 cup Swerve and
1 tbsp cinnamon

INSTRUCTIONS:

Stir topping ingredients and
set aside.

Combine banana bread
ingredients and pour into a
square parchment paper
lined 8X8 dish. Sprinkle
cinnamon topping on and
bake at 350 for 20 minutes.



BANANA CARAMEL CHOCOLATE CHIP PROTEIN MUFFINS

INGREDIENTS:

- 3 mashed bananas
- 3 eggs
- 1 T honey (optional)
- 1 tsp. vanilla
- 1 3/4 cup almond flour
- 2 heaping scoops Mom Fuel (I used Caramel but any flavor will work)
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/3 cup nut or seed butter
- 1/4 cup chocolate chips

INSTRUCTIONS:

1. Mix mashed banana, eggs, honey, and vanilla in a bowl
2. Next, add almond flour, Mom Fuel, baking soda, baking powder and cinnamon. Mix well.
3. Fold in nut or seed butter and chocolate chips
4. Add to muffin pan and bake at 350 for 15 to 20 minutes until golden brown





BANANA GINGERBREAD PROTEIN LOAF

INGREDIENTS:

- 3 medium bananas (the riper, the better)
 - 1 teaspoon vanilla extract
 - 3 eggs
 - 1/2 cup nut butter
- (read your label and avoid *added* sugars)
- 1/4 cup+ Mom Fuel protein powder
- (see NOTE below)
- 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - 1 teaspoon ground ginger
 - 1 teaspoon cinnamon
 - 1/2 teaspoon ground clove
 - 1/2 teaspoon nutmeg
- A few shakes of sea salt

DIRECTIONS:

Preheat oven to 350F. Spray loaf pan with coconut oil spray. In a medium-sized bowl, mash bananas. Then, add dry ingredients (protein powder, baking soda, baking powder, ginger, cinnamon, clove, nutmeg, salt). Crack eggs into a separate smaller bowl. Whisk well, then add vanilla. Add egg mixture to banana mixture. Mix well. Add nut butter. Mix well. Pour batter into greased loaf pan, then bake for 45-50 minutes at 350F until a knife or toothpick come out clean. Remove from oven, and let cool on wire rack 5-10 minutes before cutting. Enjoy!

BANANA MOM FUEL OAT BAKE

INGREDIENTS:

- 2 ripe bananas
- 2 cups oats
- 2 cups nondairy mil
- 4 tsp baking powder
- 4 tsp vanilla
- 4 scoops Vanilla Mom Fuel

INSTRUCTIONS:

1. Blend ingredients until smooth and pour into your prepared ramekins, we filled 5. We put blueberries on top but feel free to use what you like.
2. Bake at 400 for 30 minutes and enjoy!





BANANA NUT GRANOLA

INGREDIENTS:

- 1 very ripe banana mashed
- 3 cups gluten free oats
- 1/3 cup Nature's Hollow Honey
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 tsp vanilla
- 1/4 cup coconut oil
- 1/2 cup pecans (or nut of choice)
- 1/2 cup raisins
- 1 scoop Vanilla Mom Fuel

INSTRUCTIONS:

Heat coconut oil, honey, and vanilla in a small sauce pan. Once the coconut oil has melted, stir in the mashed banana. Remove from heat and stir in Mom Fuel, cinnamon, and salt.

In a large bowl, combine remaining ingredients and stir in sauce pan ingredients. Combine well and bake at 400 for 20 minutes.



RASPBERRY LEMONADE SMOOTHIE

INGREDIENTS:

- 1 c dairy-free milk
- 1 scoop Raspberry Lemonade BCAAs
- 1/8 c Swerve sweetener
- 1 scoop vanilla Mom Fuel protein powder
- Optional: 1 tsp lemon zest
- 1-2 cups ice

INSTRUCTIONS:

In a blender, combine all ingredients and blend until smooth.

BREAKFAST CAKE

INGREDIENTS:

- 1/2 cup non-dairy yogurt
- 2 over ripe bananas
- 1/4 cup Maple Syrup
- 1/4 cup melted butter
- 2 eggs
- 2 tsp vanilla
- 1 1/2 cup gluten free flour
- 1 scoop Vanilla Mom Fuel
- 1 tbsp baking powder
- 1/2 tsp salt
- Frozen or Fresh Berries

INSTRUCTIONS:

1. Mash bananas together and mix in remaining ingredients. We waited to add the berries until the end as a topping, but this is totally up to you.
2. Bake at 375 until a toothpick comes out clean. This took about 35 minutes for us.





CARAMEL PROTEIN SNACK DIP

INGREDIENTS:

- 1 1/2 cup dates
- 1 tsp sea salt
- 1 scoop Caramel Swirl Mom Fuel
- 2 tsp vanilla
- 1/3 cup coconut oil melted
- 1 1/2 cup nondairy milk warmed

INSTRUCTIONS:

Pour boiling water over your dates and allow to sit for 30 minutes. Strain and put dates and remaining ingredients in a blender and blend until smooth. Pour into a container and chill in the refrigerator. Enjoy!

CHEWY MOM FUEL BARS

INGREDIENTS:

- 1/3 cup cranberries or raisins
- 2 cups gluten free oats
- 1 cup almond or coconut flour
- 1 scoop vanilla Mom Fuel
- 1 cup Enjoy Life Chocolate Chips
- 3/4 tsp cinnamon
- 1/2 tsp salt
- 1 tsp pure vanilla extract
- 1/2 cup and 1 tbsp coconut oil melted
- 1/2 cup Nature's Hollow Honey

INSTRUCTIONS:

Combine cranberries, oats, flour, Mom Fuel, chocolate chips, cinnamon, and salt in a bowl. Stir in the remaining ingredients and press into a parchment paper lined 9x13 pan.

Bake at 350 for 20 minutes. Allow to cool completely and cut into bars.





CHOCOLATE CARAMEL BARS

INGREDIENTS

- 1 cup oat flour or almond flour
- 1/2 cup Dutch Chocolate Mom Fuel
- 3 tbsp maple syrup (divided)
- 1/2 cup plus 4 tbsp coconut oil (divided)
- 2 tsp vanilla (divided)
- 1 1/4 tsp salt
- Peanuts to taste
- 1 cup dates (soft or soaked in hot water for 30 minutes)
- 1/2 cup Caramel Swirl Mom Fuel
- 1 cup non-dairy milk (warm)
- 2/3 cup Enjoy Life Chocolate Chips

INSTRUCTIONS

Bottom Layer:

Mix oat/almond flour, Chocolate Mom Fuel, maple syrup, 3 tbsp melted coconut oil, 1 tsp vanilla, and 1/4 tsp salt.

Press into an 8x8 baking pan lined with parchment paper and bake at 350 for 12 minutes. Allow to cool and top with desired amount of peanuts.

Caramel Layer:

In a blender, combine dates, 1 tsp salt, Caramel Mom Fuel, 2 tsp vanilla, 1/2 cup melted coconut oil, and pulse. Slowly pour in your warm non-dairy milk and blend very well. Pour mixture on your peanut and cookie mixture and cool in the refrigerator.

Top Layer:

Melt remaining coconut milk and chocolate chips and pour over bars. Cool and cut into bars. Store in the refrigerator.

MOM FUEL CHOCOLATE PEANUT BUTTER COOKIES

INGREDIENTS:

- 1c. peanut butter
- 1/4c. Momsanity Crave
- 1 scoop Dutch Chocolate Mom Fuel protein powder
- 1 egg
- 1/2t baking soda
- 1t vanilla
- 1/3c. Monk Fruit Sweetener or Swerve
- 1/4c. chocolate chips

INSTRUCTIONS:

Heat Oven to 350 F

Stir all ingredients together except monk fruit and chocolate chips in a large bowl

Place the Monk Fruit or Swerve into a liquid measuring cup and then add hot water to the 1 cup line. Allow to dissolve.

Slowly stir monk fruit mixture into the other ingredients stirring consistently.

Add in the chocolate chips and keep stirring.

Spoon Cookies onto a parchment covered baking sheet. (the batter will be runny)

Bake for 10 to 12 minutes. Allow to cool and enjoy





MOM FUEL DOUGHNUTS

INGREDIENTS:

- 2 Bananas Mashed
- 2 Tablespoons Honey
- 3 Scoops Chocolate Mom Fuel
- 1 Teaspoons Baking Powder
- 1/8 Teaspoon Salt

DIRECTIONS:

- Combine mashed banana and honey in medium size bowl.
- Add dry ingredients mixing after each addition until brownie like consistency is achieved.
- Bake at 325 for 15 minutes and proceed to chocolate bliss!



CHOCOLATE PEANUT BUTTER GRANOLA

INGREDIENTS:

- 1/2 cup natural peanut butter
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1 tsp vanilla
- 1 scoop Chocolate Mom Fuel
- 1 scoop Crave
- 3 cups gluten free oats
- 1 cup unsweetened coconut
- 2 handfuls of walnuts
- 1 handful raisins

INSTRUCTIONS:

Melt natural peanut butter, maple syrup, and coconut oil.

Stir in vanilla, Chocolate Mom Fuel, Crave, gluten free oats, unsweetened coconut, nuts and dried fruit to your liking. We used about 2 handfuls of walnuts and a handful of raisins this time, but use what you like or have on hand.

Bake at 350 until your desired level of crunch. We left it in about 15 minutes.



OATMEAL BREAKFAST BARS

INGREDIENTS:

- 1/2 cup natural peanut butter
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1 tsp vanilla
- 1 scoop Chocolate Mom Fuel
- 1 scoop Crave
- 3 cups gluten free oats
- 1 cup unsweetened coconut
- 2 handfuls of walnuts
- 1 handful raisins

INSTRUCTIONS:

Melt natural peanut butter, maple syrup, and coconut oil.

Stir in vanilla, Chocolate Mom Fuel, Crave, gluten free oats, unsweetened coconut, nuts and dried fruit to your liking. We used about 2 handfuls of walnuts and a handful of raisins this time, but use what you like or have on hand.

Bake at 350 until your desired level of crunch. We left it in about 15 minutes.



CHOCOLATE PEANUT BUTTER OAT CUPS

INGREDIENTS:

- 2 cups oats
- 1/2 cup peanuts
- 3/4 plus 4 tbsp coconut oil melted
- 4 tbsp maple syrup
- sprinkle of cinnamon
- 1 heaping scoop Vanilla Mom Fuel
- 1/2 cup peanut butter
- 1/2 cup Crave

INSTRUCTIONS:

Pulse oats and peanuts in a blender.

Add in 4 tbsp coconut oil, maple syrup, cinnamon, and Mom Fuel and pulse again to combine.

Press a spoonful of mixture into muffin pan and top with peanut butter. Heat the peanut butter to make your life easier.

Combine remaining coconut oil and Crave and pour on top.

Refrigerate for at least an hour and enjoy. Store in the refrigerator.



CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS:

- 8 oz Favorite Non-Dairy Milk
- 1/2 banana (preferably frozen)
- 1/2 cup frozen raspberries
- 1 /2 cup frozen cauliflower rice
- 1 scoop Dutch Chocolate Mom Fuel
- Fun Sprinkles For Topping (optional)

INSTRUCTIONS:

Blend and Enjoy!



DUTCH CHOCOLATE WAFFLES

INGREDIENTS:

- 6 scoops Dutch Chocolate Mom Fuel
- 6 Eggs
- 6 teaspoons Baking Powder
- 9 Tablespoons Water

INSTRUCTIONS:

Combine ingredients and cook in waffle maker.
Top with fresh fruit or favorite toppings.
Makes about 9 waffles.
Could not be easier! Enjoy!

CINNAMON ROLL PROTEIN MUFFINS



INGREDIENTS:

- 1 cup Gluten Free oats
- 4 eggs
- 4 scoops Vanilla Mom Fuel
- 4 tsp Monk Fruit Sweetener divided in half
- 1 tbsp cinnamon
- 1 1/3 cup water

INSTRUCTIONS:

Combine oats, egg, and water in a blender and blend until smooth. Pour into a bowl and stir in Mom Fuel and 2 tsp monk fruit sweetener. In a separate bowl, combine remaining Monk Fruit sweetener and cinnamon.

Prepare your muffin pan and fill about 1/3 of the way up with batter. sprinkle each with monk fruit and cinnamon mixture and top with remaining batter. Using a small knife, swirl it through your muffins lightly.

Bake at 325 for 20 minutes.



COCONUT ENERGY BITES

INGREDIENTS:

- 4 tbsp unsweetened coconut flakes divided
- 2 tbsp coconut oil
- 1 scoop Vanilla Mom Fuel
- 1 tbsp Swerve
- 1 tbsp non-dairy milk

INSTRUCTIONS:

Combine 2 tbsp unsweetened coconut flakes, 1 scoop Vanilla Mom Fuel, and 1 tbsp Swerve. Stir in 1 tbsp non-dairy milk, 2 tbsp melted coconut oil, and 1 tsp vanilla.

Place in the fridge for about 20 minutes and toast 2 additional tbsp of unsweetened coconut flakes.

Remove the mixture from the fridge and roll into balls. Roll in the toasted coconut and enjoy.

Store in the fridge.

COOKIE DOUGH BITES



INGREDIENTS:

- 2 cups cottage cheese
- 1/4 cup maple syrup
- 2 tsp vanilla extract
- 2 cups oat flour
- 1 tbsp natural peanut butter
- pinch of salt
- 1/2 cup Vanilla Mom Fuel
- 1 cup Enjoy Life Chocolate Chips

INSTRUCTIONS:

Blend cottage cheese, maple syrup, peanut butter, and vanilla extract until smooth. Pour mixture into a bowl and mix in remaining ingredients. Scoop onto a lined baking sheet and put in the freezer.

If storing in the freezer, remove about 10 minutes before eating to defrost. We stored ours in the fridge.

COOKIE DOUGH CUPS

MAKES 9 CUPS



INGREDIENTS:

- 1 1/2 cup Greek yogurt or coconut for dairy free
- 2 scoops of Vanilla Mom Fuel
- 1/4 cup natural peanut butter
- 1 1/2 tsp vanilla
- Dairy-free chocolate chips to liking
- 3 tbsp oat or almond flour
- Pinch of salt

For the chocolate coating:

- 1 1/2 cups Lily's chocolate chips
- 2 tbsp coconut oil

INSTRUCTIONS:

1. Melt 1 1/2 cups chocolate chips and coconut oil. Pour small amounts into your muffin wrappers and swirl so chocolate coats the sides. You can repeat this for thicker chocolate sides. Pop in the freezer quickly to help it set up.
2. In a mixing bowl, stir together yogurt, protein, nut butter, flour, vanilla, and chocolate chips, and a pinch of salt. Divide your cookie dough protein yogurt mixture between the wrappers and top off with more chocolate. Freeze for about 20 minutes but store in the fridge.

COSMIC MOM FUEL BROWNIES

BROWNIE INGREDIENTS:

- 1 cup medjool dates
- 1/4 cup nut butter
- 1/2 cup walnuts
- 1/4 cup Crave
- 1/4 cup Dutch Chocolate Mom Fuel
- 2 tbsp hemp seeds
- 1 1/2 tsp vanilla
- 1/2 tsp salt
- 1 tbsp maple syrup
- 1 tbsp coconut oil

TOPPING INGREDIENTS:

- 1 cup Lily's Chocolate Chips
- 1/2 cup coconut milk
- 1 tbsp coconut
- Dye Free Sprinkles



DIRECTIONS:

1. Soak dates in hot water for 30 minutes. Place dates and other wet ingredients in a blender and blend. Add in remaining brownie ingredients and blend until combined.
2. Press into mold of your choice. We used a muffin pan but these are no bake so anything is fine.
3. Melt chocolate chips, coconut oil, and coconut milk and pour on top.
4. Add your sprinkles and pop in the freezer for 24 hours. Enjoy and store in the freezer!

CRANBERRY PROTEIN COOKIES



INGREDIENTS:

- 1 cup oats
- 2/3 cups almond flour
- 1/2 cup (2 scoops) Vanilla Mom Fuel
- 2 T melted butter or coconut oil
- 1 egg
- 1 tsp vanilla
- 1 tsp baking powder
- 1 T. cinnamon
- 1/4 cup maple syrup or other liquid sweetener
- 1/2 cup fresh cranberries

INSTRUCTIONS:

1. Mix all ingredients together (cranberries last).
2. Scoop into 12 cookies.
3. Bake at 325 for 15 minutes

GINGERBREAD COOKIE PROTEIN SMOOTHIE

INGREDIENTS:

- 1 cup non dairy milk
- 1/2 a banana
- 1/2 cup frozen cauliflower
- 1 scoop Vanilla Mom Fuel
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- pinch of salt
- ice to taste
- 1/4 of a graham cracker (optional)

INSTRUCTIONS:

Blend all ingredients except the graham cracker.

We used a frozen banana and left out the ice, but adjust to your liking.

Crush the small piece of cracker and sprinkle on top. Enjoy!



GOOEY SUGAR FREE BROWNIES

INGREDIENTS:

- 2 Cups Almond Flour
- 2/3 Cup Crave
- 2 Scoops Dutch Chocolate Mom Fuel
- 2 tsp. baking powder
- 1 cup coconut oil or butter (melted)
- 4 eggs
- 2 tsp. vanilla

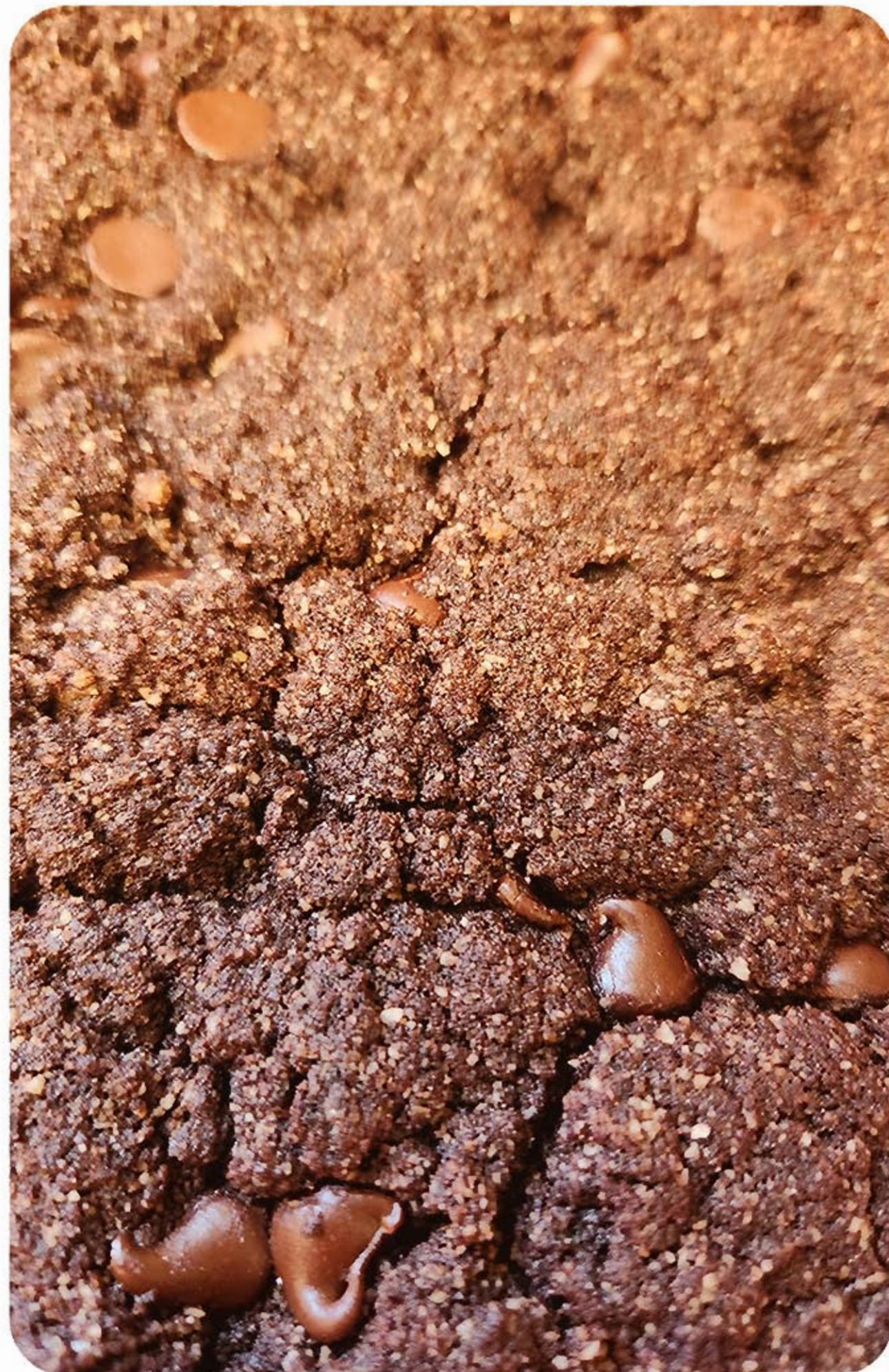
INSTRUCTIONS:

Preheat Oven to 325

Combine Dry Ingredients and mix well.

Add wet ingredients and stir just until mixed.

Press into an 8x8 pan. Bake for 20 to 25 minutes.



MINT CHOCOLATE SMOOTHIE

1 CUP DAIRY-FREE MILK
1 SCOOP CHOCOLATE MOM FUEL
½ BANANA
½ CUP SPINACH
½ TSP VANILLA EXTRACT
½ TSP PEPPERMINT EXTRACT
PINCH OF SALT
ICE

BLEND ALL INGREDIENTS UNTIL
SMOOTH. ENJOY!



Momsanity

MOCHA BANANA SMOOTHIE

SERVES 1

INGREDIENTS:

- $\frac{3}{4}$ cup cold brewed coffee
- $\frac{1}{4}$ - $\frac{1}{2}$ cup unsweetened dairy-free milk
- $\frac{1}{2}$ cup frozen cauliflower florets
- 1 medium banana
- $\frac{1}{2}$ tbsp CRAVE
- $\frac{1}{2}$ tsp vanilla extract
- 1 scoop Dutch Chocolate Mom Fuel protein powder
- Optional: 1-2 soft pitted dates
- Pinch of sea salt

INSTRUCTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Enjoy!



MOM FUEL CAKE BARS



INGREDIENTS:

- 1 cup Cashew Butter
- 3/4 cup Vanilla Mom Fuel Protein Powder
- 1/4 cup Almond or Oat Flour
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Salt
- 1/2 cup Lily's White Chocolate Chips
- 2 tsp Coconut Oil
- Rainbow Sprinkles (we used dye free)

INSTRUCTIONS:

Combine cashew butter, Mom Fuel, flour, maple syrup, vanilla, and salt and press into a lined square baking dish and pop in the fridge. Melt chocolate chips and coconut oil and pour onto bar mixture. Top with sprinkles and store in the fridge.



MOM FUEL CHOCOLATE PEANUT BUTTER COOKIES

INGREDIENTS:

Heat Oven to 350

In a large bowl mix together:

- 1c. peanut butter
- 1/3c. cocoa (THIS is my favorite, but you can use what you like!)
- 1 scoop Dutch Chocolate Mom Fuel protein powder
- 1 egg
- 1/2t baking soda
- 1t vanilla

DIRECTIONS:

Stir all of that together then add:

- 1/3c. Monk fruit sweetener OR Swerve + 1c. hot water
- Place 1/3c monk fruit into a liquid measuring cup
- Then fill it up to the 1c. line with hot water and dissolve
- Add in 1/4 cup stevia sweetened chocolate chips.
- Scoop cookies out with a spoon.
- Bake for 10 minutes on a parchment paper covered cookie sheet.
- Allow to cool and enjoy!

CAITLIN'S 1-MINUTE MOM FUEL CINNAMON ROLL

INGREDIENTS:

- 1 egg
- 3 heaping teaspoons vanilla Mom Fuel
- pinch of baking soda
- pinch of salt
- pinch of Swerve

INSTRUCTIONS:

Grease a large-ish coffee mug (I used coconut oil).

Mix ingredients in separate bowl then pour into mug.

Microwave 1 minute.

Sprinkle cinnamon on top! (I also fried mine in the frying pan after and added chocolate chips, but you could add raisins instead!)



MOM FUEL COCONUT COOKIE

INGREDIENTS:

- 2 Ripe Bananas
- 2 1/2 Cups Unsweetened Coconut Flakes
- 1 Scoop Vanilla Mom Fuel
- Enjoy Life Chocolate Chips

INSTRUCTIONS:

Mash the bananas and stir in unsweetened coconut and Vanilla Mom Fuel Protein Powder. Scoop onto baking sheet, flatten and bake for 25 mins at 350.

Let cool and drizzle on melted Enjoy Life Chocolate Chips.





MOM FUEL FUDGESICLES

INGREDIENTS:

- 1 can coconut cream
- 1/4 cup Crave
- 1/4 cup Dutch Chocolate Mom Fuel
- 1/4 cup maple syrup
- 1 tsp vanilla extract

INSTRUCTIONS:

Blend all ingredients until creamy and smooth. Pour into molds and freeze.



MOM FUEL ICE CREAM

INGREDIENTS:

- 1 banana, frozen (or 1 cup frozen fruit of choice)
- 1 can full-fat coconut milk, refrigerated
- 1/4 cup chia seeds
- 1 scoop Mom Fuel protein powder

INSTRUCTIONS:

1. Freeze banana for at least 2 hours. Refrigerate coconut milk for at least 2 hours.
2. Blend all ingredients on high for 1 minute.
3. Pour ice cream into bowl(s) and freeze 4 hours.
4. Enjoy!

MOM FUEL PECAN PIE BARS

BASE INGREDIENTS:

- 1 1/2 cups cashew butter (or almond butter)
- 3 scoops Vanilla Mom Fuel
- 1/3 cup oat flour (or almond flour)
- 5 tablespoons maple syrup
- 1 tablespoon coconut oil
- Pinch of salt.

Combine ingredients above, press into an 8X8 pan or muffin tin (we did muffins for easy snacking and portions). Put in the Freezer while you make the topping.

TOPPING INGREDIENTS:

- 1/3 cup cashew butter
- 1/4 cup maple syrup
- 1 1/4 cup pecans
- Chocolate Chips

INSTRUCTIONS:

Heat first 2 ingredient, once melted and fully combined, stir in pecans, feel free to add more pecans depending on how coated you like the pecans. Top your base layer with pecans and sprinkle on chocolate chips and place in the freezer for 1 hour. Store in the fridge.



MOM FUEL WAFFLE

(MAKES 1 WAFFLE)

INGREDIENTS:

- 1 scoop Mom Fuel
- 1 egg
- 1/4 c nondairy milk
- 1 tsp baking soda

INSTRUCTIONS:

Heat waffle iron, then grease with coconut cooking spray.

Mix batter well, then pour into waffle iron.

Cook 1-2 minutes, until "ready" light displays on waffle iron.

Enjoy!



MOM FUEL YOGURT BITES



INGREDIENTS:

- Plain Greek Yogurt (dairy free if you'd like)
- Vanilla Mom Fuel Protein Powder,
- Diced strawberries
- Lily's Chocolate Chips
- Coconut oil

INSTRUCTIONS:

1. Combine the first 3 ingredients in a bowl and spooned onto a lined baking sheet. Pop in the freezer.
2. Once frozen, melt Lily's chocolate chips and coconut oil and coated the yogurt bites and placed back in the freezer to harden.
3. Store in the freezer and enjoy.



MOMSANITY PROTEIN FRUIT CRISP

INGREDIENTS:

- 4 cups of any kind of fruit, fresh or frozen (plums, peaches, cherries, apples, blueberries, raspberries, strawberries, pears, pineapple, etc.)
- 1 tbsp gluten-free arrowroot starch
- 1 cup gluten-free oats
- 1/2 cup gluten-free almond flour (I like Bob's Red Mill)
- 2 tsp cinnamon
- 2 tsp baking powder
- 1 scoop Mom Fuel dairy-free protein powder
- 1/8 cup brown sugar
- 1/4 cup coconut oil or grapeseed oil

DIRECTIONS:

- Preheat the oven to 350 degrees and coat a 9 x 13 pan with nonstick spray.
- Heat coconut oil for about 30 seconds in the microwave until melted (or use grapeseed oil).
- CRISP: In a bowl, combine oats, flour, cinnamon, baking powder, protein powder, brown sugar, and oil and mix well.
- In a separate bowl, combine the fruit and arrowroot starch, then add the fruit mixture to the baking pan and then top with crisp mixture.
- Bake for 35-45 minutes or until the fruit mixture is bubbling and the oat mixture is crunchy.



CARAMEL SWIRL PROTEIN BITES

INGREDIENTS:

- 1 ½ cups gluten-free oats
- 1 cup nut butter
- ½ cup Nature's Hollow honey alternative
- 1 scoop Caramel Swirl protein powder

INSTRUCTIONS:

In a bowl, add all ingredients, and combine with hand mixer.

Scoop out 2 tablespoons of dough and use your hands to roll into a ball. Place on a parchment-paper lined baking sheet. Repeat until all bites are formed.

Place baking sheet in freezer for at least 30 minutes to set.

Enjoy! Store in an airtight container in the fridge or freezer.



CARAMEL CHOCOLATE PROTEIN COOKIES

INGREDIENTS:

- 1 cup nut butter
- 1/8 cup Swerve sweetener
- 1 scoop Caramel Swirl protein powder
- 2 Tbsp. Crave cocoa blend
- 2 large eggs
- 1/3 cup Enjoy Life chocolate chips
- Optional: grapeseed oil

INSTRUCTIONS:

Preheat oven to 350 and spray a baking sheet with coconut oil cooking spray.

In a bowl, combine all ingredients until it's a cookie dough consistency. Feel free to add some oil if it's too crumbly.

Spoon out 2 tablespoons of dough into your hands, rolling into a ball. Flatten ball and place flat cookie onto baking sheet. Repeat until all cookies are formed.

Bake 10-12 minutes. Let cool 10-15 minutes to prevent breaking.



DOUBLE CHOCOLATE OAT BARS

INGREDIENTS:

- 2 Cups Rolled Oats,
- 3 scoops Caramel Swirl or Vanilla or Chocolate Mom Fuel
- 3 Scoops Momsanity Crave
- 1 tsp baking powder
- 1/3 cup nut or seed butter
- 1 can canned pumpkin
- 1 1/4 cups Unsweetened Milk Substitute
- 1/4 cup chocolate chips

INSTRUCTIONS:

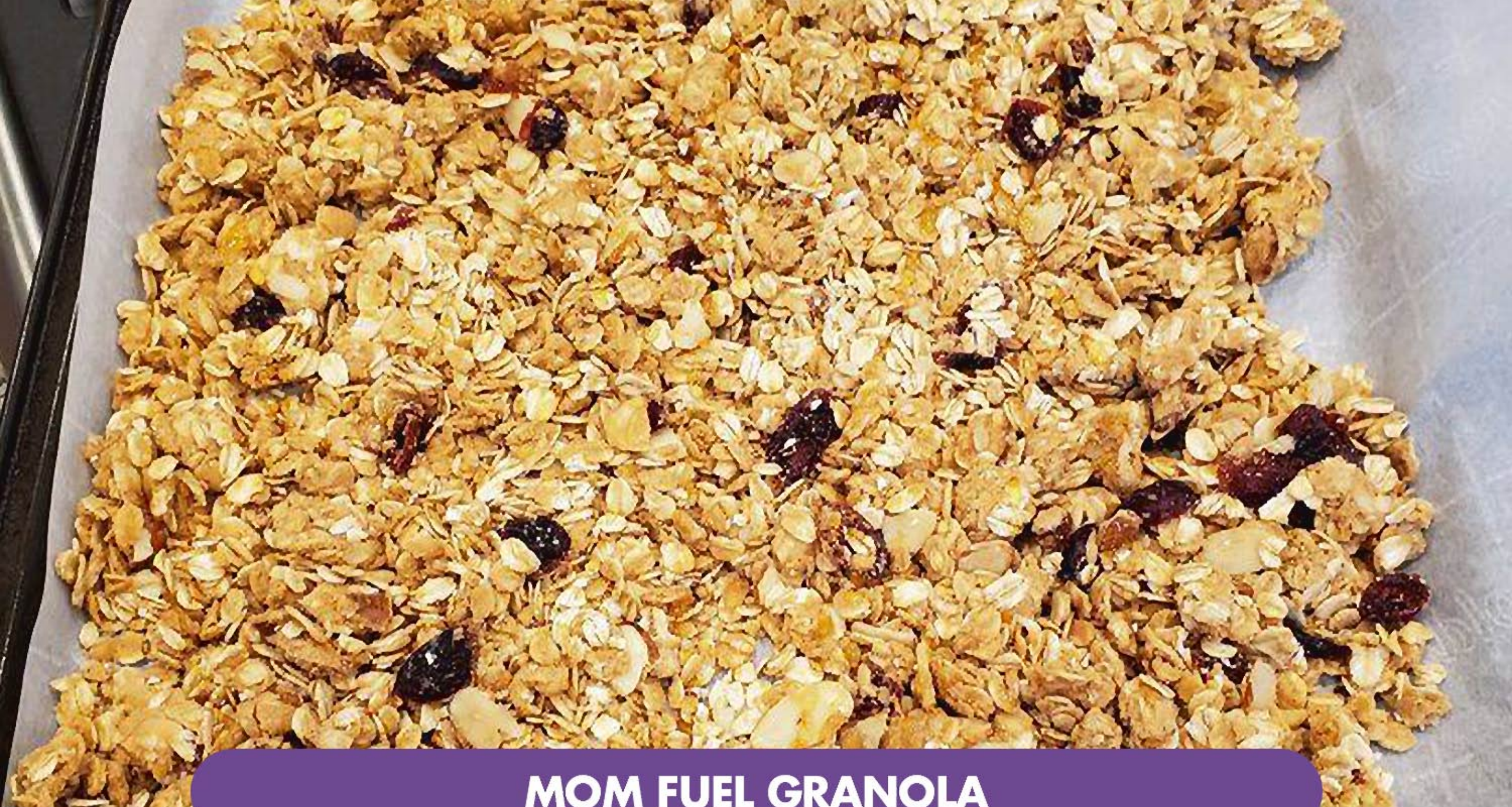
Heat Oven to 350

Mix all ingredients except chocolate chips and stir well

Sprinkle chocolate chips on top

Add all ingredients to a square baking dish (spray with coconut oil spray)

Bake for 18 minutes



MOM FUEL GRANOLA

INGREDIENTS:

- 1/3 cup nut butter
- 1/3 cup Nature's Hollow Honey or regular honey
- 1 tsp. vanilla
- 2 cups oats
- 1 cup shredded coconut
- 1/4 cup sliced almonds
- 1/4 cup dried cherries or other fruit
- 1 scoop Mom Fuel

INSTRUCTIONS:

Heat nut butter, vanilla and honey in the microwave for about 30 seconds. Stir well. Add all dry ingredients to a large bowl. Add the wet mixture slowly stirring. Spread on a cookie sheet with parchment paper or a silicone baking sheet. Bake at 350 for 8 minutes. If desired add a few chocolate chips before it cools. Store in an air tight container for up to a week.



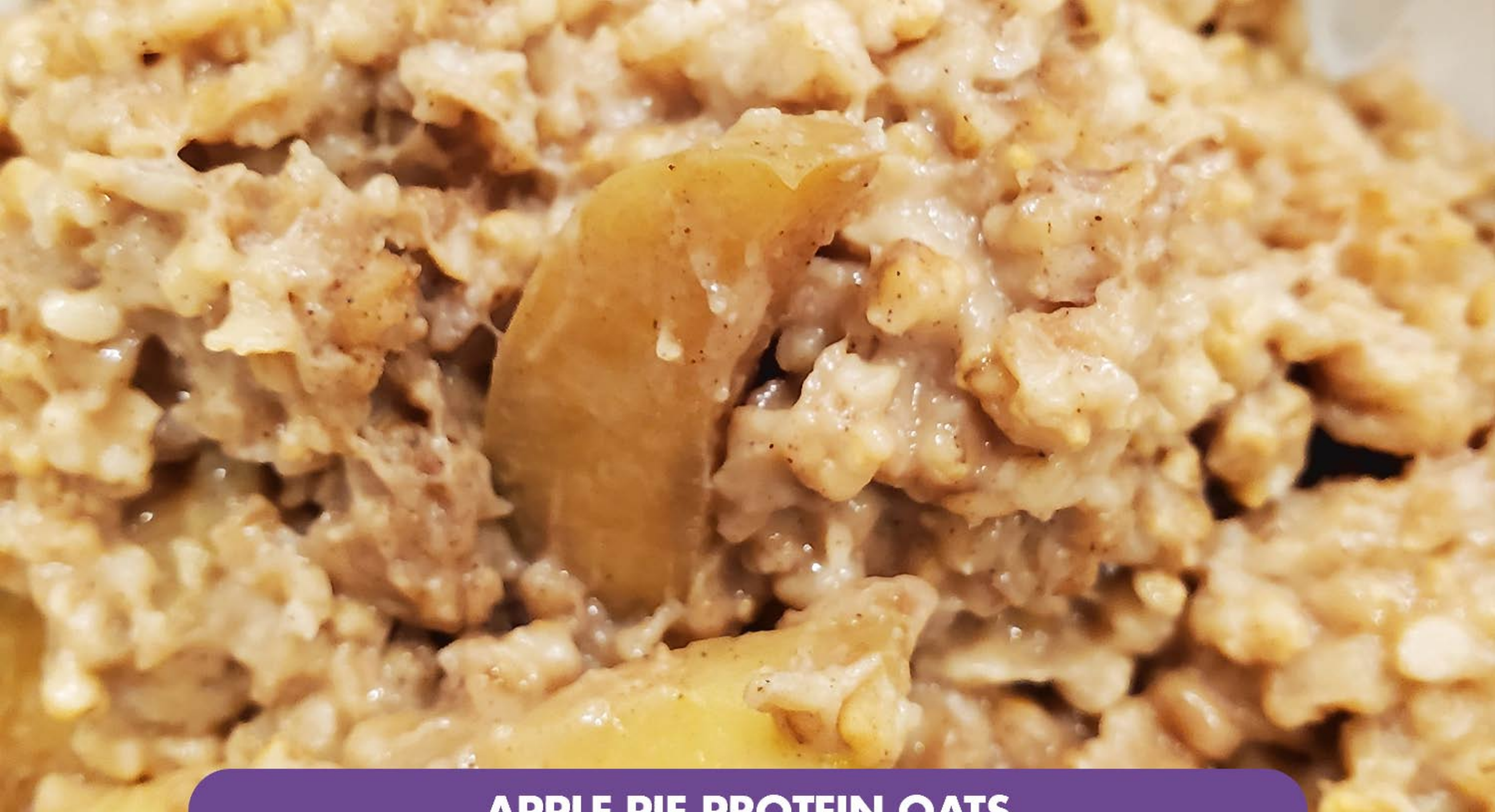
BLUEBERRY OAT PROTEIN MUFFINS

INGREDIENTS:

- 1 cup blueberries
- 2 large eggs
- 1/2 cup unsweetened apple sauce
- 1 cup unsweetened milk substitute
- 1 tsp vanilla
- 1/4 cup maple syrup
- 1 scoop Vanilla Mom Fuel
- 3 cups rolled oats
- pinch of salt

INSTRUCTIONS:

1. Preheat the oven to 350 F. Lightly grease a muffin tin with extra virgin olive oil.
2. In a bowl, whisk together the eggs with the applesauce, syrup, milk and vanilla extract until smooth.
3. In a separate bowl, combine the Mom Fuel, oats and salt.
4. Add the liquid to the oat mixture to combine until all the oats are covered.
5. Fold the blueberries into the the batter then spoon into muffin tin.
6. Bake at 350 F 20 minutes or until the top of the muffins look slightly brown.



APPLE PIE PROTEIN OATS

INGREDIENTS:

- 2 apples chopped
- 1.5 cups steel cut oats
- ½ cup Vanilla Mom Fuel
- 1 T. Cinnamon
- 1 tsp. pumpkin or apple pie spice
- Dash Salt
- 3 cups unsweetened dairy substitute
- 2 cups water
- ¼ cup Maple Syrup
- 1/2 cup Monk Fruit, Erythritol or Swerve
(Brown Sugar Substitute is even better)

INSTRUCTIONS:

- Chop apples into ½ inch chunks
(feel free to peel the apples if you prefer)
- Add all ingredients into your crockpot and stir well
- Cook on low for 7 to 9 hours overnight
- Enjoy! Add a sprinkle of nuts if desired

CARAMEL MANGO SMOOTHIE

INGREDIENTS:

- 1 cup dairy-free milk
- 1 scoop Caramel Mom Fuel protein powder
- $\frac{3}{4}$ cup frozen mango

INSTRUCTIONS:

Blend all ingredients until smooth.
Enjoy!



GIRL SCOUT SAMOA COOKIE SMOOTHIE

INGREDIENTS:

- 1 cup dairy-free milk
- ½ scoop vanilla or chocolate Mom Fuel protein powder
- ½ scoop caramel Mom Fuel protein powder
- ¼ tsp coconut extract
- 1 tbsp ChocZero chocolate syrup
- Optional: 2 tbsp ChocZero caramel syrup
- Ice

INSTRUCTIONS:

Two ways to enjoy:

1. Blend all ingredients until smooth
2. Blend all ingredients except syrups, pour smoothie into cup, then drizzle with syrups





PUMPKIN CHOCOLATE CHIP MUFFINS

INGREDIENTS:

- 1 1/4 cup gluten free flour or almond flour
- 2/3 cup Caramel Swirl or Vanilla Mom Fuel
- 1/2 cup Brown Sugar Swerve or use regular
- 1 tsp. baking soda
- 1.5 tsp. ground cinnamon
- 1 tsp. pumpkin pie spice
- 1 can pumpkin
- 1/2 cup water
- 2 eggs
- 2 T. avocado oil
- 1 tsp. vanilla
- 1/4 cup chocolate chips

INSTRUCTIONS:

Heat oven to 350 degrees. Combine dry ingredients (except chocolate chips) in a medium bowl.

Stir in wet ingredients only until clumps are gone.

Fold in chocolate chips.

Distribute dough into 12 muffin cups.

Bake for 25 to 30 minutes until very lightly browned on top.

VANILLA CREAM COFFEE SMOOTHIE

INGREDIENTS:

- ½ cup dairy-free milk
- 1 cup coffee, cooled
- 1 scoop Vanilla Mom Fuel protein powder
- ¼ tsp vanilla extract
- Ice

INSTRUCTIONS:

Blend all ingredients until smooth.
Enjoy!





NO BAKE BROWNIE BITES

INGREDIENTS:

- 1/4 cup peanut butter
- 1 tbsp Nature's Hollow Honey
- 3 tbsp non-dairy milk
- 4 scoops Dutch Chocolate Mom Fuel
- 1/4 cup coconut flour
- 1 scoop Crave
- 2 tbsp melted coconut oil
- 1 1/2 scoops Caramel Mom Fuel
- 1-3 tbsp non-dairy milk
- Sprinkles (options)

INSTRUCTIONS:

Heat the first 2 ingredients for easy stirring. Mix in the next 4 ingredients and press into a mini muffin pan. Place in the freezer for 30 minutes.

Mix remaining ingredients using enough non-dairy milk to achieve your desired level of consistency for icing and spoon onto brownies. Top with sprinkles if using and place back in the freezer until set up.



NO BAKE CARAMEL CHOCOLATE PROTEIN BARS

INGREDIENTS:

- 1 cup nut butter
- 1/3 cup chocolate Mom Fuel protein powder
- 1/3 cup caramel Mom Fuel protein powder
- 1/8 cup ChocZero maple syrup alternative
- 2 tbsp CRAVE cocoa
- 2 tbsp gluten-free almond flour
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup (or more) Enjoy Life chocolate chips
- 2 tsp coconut oil

INSTRUCTIONS:

1. In a medium bowl, combine nut butter, chocolate Mom Fuel, caramel Mom Fuel, syrup, CRAVE, almond flour, vanilla extract, and salt. Mix together to form a ball of dough.
2. Line a square baking dish with parchment paper. Press the dough across the bottom of the dish.
3. In a separate bowl, combine chocolate chips and coconut oil. Microwave 30 seconds, stir, microwave 30 more seconds. Pour melted chocolate evenly over the dough (using a spatula to spread evenly).
4. Chill in the freezer for 5 minutes, or until the chocolate sets. Slice into 8-12 bars, depending on your preferred size.



NUT FREE MOM FUEL MILLIONAIRE BARS

INGREDIENTS:

Cookie Base Ingredients:

- 1 cup oat or almond flour
- 1/2 cup Caramel Mom Fuel
- 3 tbsp melted coconut oil
- 2 tbsp Nature's Hollow Honey
- 1/2 tsp vanilla extract
- 1/4 tsp salt

Caramel Layer Ingredients:

- 1/2 cup tahini
- 2 tbsp Nature's Hollow Honey
- 1/3 cup melted coconut oil
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 scoop Caramel Mom Fuel

Chocolate Layer Ingredients:

- 3/4 cup Lilly's chocolate chips
- 1 tbsp coconut oil

INSTRUCTIONS:

Mix cookie base ingredients and press into an 8x8 baking dish and bake for 10 minutes at 350. Allow to cool completely.

Mix caramel layer ingredients, we melted the coconut oil and tahini for easy stirring, and pour over cookie layer. Place in the refrigerator until set, about 30 minutes.

Melt chocolate chips and coconut oil and pour over bars. Refrigerate until set and cut into bars. Store in the refrigerator.

OATMEAL BREAKFAST BARS

INGREDIENTS:

- 2 cups gluten free oats
- 1/2 cup coconut flour
- 1/2 cup Vanilla Mom Fuel
- 2 tsp cinnamon
- 1 tsp baking powder
- 1/4 tsp salt
- 1 1/2 cup peanut butter
- 1/2 cup unsweetened applesauce
- 1 egg
- 1 tsp vanilla
- 1 banana diced
- 1 1/2 cup non dairy milk
- 3 tablespoons maple syrup

INSTRUCTIONS:

Combine gluten free oats, coconut flour, Vanilla Mom Fuel, cinnamon, baking powder, and salt in a large bowl.

In a separate bowl, combine non dairy milk, maple syrup, peanut butter, applesauce, egg, and vanilla.

Add wet ingredients to dry and fold in a diced banana. Pour mixture into a sprayed 8x8 pan and bake at 375 for 35 minutes.





CHOCOLATE CHIP MOM FUEL OATMEAL COOKIES

INGREDIENTS:

- 1/3 cup Nature's Hollow honey or maple syrup
- 1/4 cup coconut oil (melted) or avocado oil
- 1 large egg
- 1 tsp vanilla
- 1 cup instant oats
- 1 scoop chocolate Mom Fuel
- 1/4 cup gluten free flour or protein pancake mix
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup chocolate chips

INSTRUCTIONS:

1. Mix dry ingredients
2. Mix wet ingredients
3. Add wet ingredients to dry ingredients and stir well
4. Bake at 350 for 10 minutes

OATMEAL RAISIN COCONUT PROTEIN BARS

INGREDIENTS:

- 1 ½ cups old fashioned rolled oats
- ½ cup almond flour
- ½ cup vanilla Mom Fuel protein powder
- 2 Tablespoons chia seeds
- 1 Tablespoon ground cinnamon
- ¼ teaspoon sea salt
- ½ cup unsweetened almond milk
- ¼ cup unsweetened applesauce
- ⅓ cup honey
- 2 eggs
- 2 teaspoons vanilla extract
- ½ cup seedless raisins
- ¼ cup unsweetened coconut flakes



INSTRUCTIONS:

1. Preheat oven to 350°F. Grease an 8×8 inch baking dish with coconut oil
2. In a large bowl stir together oats, almond flour, protein powder, chia seeds, cinnamon and salt.
3. In a medium bowl, stir the wet ingredients.
4. Pour wet ingredients into dry ingredients and stir until combined. Add raisins and coconut flakes.
5. Pour mixture into prepared baking dish and spread evenly. Bake for 22-25 minutes until top starts to brown and a toothpick inserted comes out clean.



OVERNIGHT BLENDED PUMPKIN OATS

INGREDIENTS:

- 1 3/4 cup coconut milk (or non dairy milk of choice)
- 1 1/2 cup gluten free oats
- 3 tablespoons pumpkin
- 1 scoop Vanilla Mom Fuel
- Sprinkle of cinnamon
- Pinch of salt

INSTRUCTIONS:

Blend all ingredients together and pour into a jar.

Place in the refrigerator and enjoy in the morning with your favorite toppings.



PEANUT BUTTER CARAMEL BARS

INGREDIENTS:

- 1 cup almond or oat flour
- 1/2 cup Caramel Mom Fuel
- 6 tablespoons maple syrup divided
- 7 tablespoons coconut oil divided
- 1/2 tsp himalayan sea salt divided
- 3/4 cup natural peanut butter
(we used crunchy)
- 2 tsp vanilla divided
- 1/3 cup Enjoy Life Chocolate Chips

INSTRUCTIONS:

Combine oat or almond flour, Mom Fuel, 3 tablespoons coconut oil, 3 tablespoons maple syrup, 1 tsp vanilla, and 1/4 tsp salt in a bowl.

Press mixture into a prepared 8x8 dish and bake for 10 minutes at 350.

Heat peanut butter, 3 tablespoons coconut oil, 3 tablespoons maple syrup, 1/4 tsp salt, and 1 tsp vanilla so it is easy to mix and pour over mixture after baking. Place in the refrigerator for 30 minutes.

Melt chocolate chips and 1 tablespoon coconut oil and pour over mixture. Place back in the refrigerator for 20 minutes. Cut into bars and store in the refrigerator.

PEANUT BUTTER COOKIE DOUGH BARK



INGREDIENTS:

- 1/2 cup oat or almond flour
- 1/2 cup Vanilla Mom Fuel
- 1/4 cup natural peanut butter
- 1/4 cup maple syrup
- 1/2 tbsp melted coconut oil
- 1 tsp vanilla
- 1/4 cup Enjoy Life Chocolate Chips

INSTRUCTIONS:

1. Mix ingredients together and pour onto parchment paper and roll to your desired thickness.
2. Next, melt an additional 1/4 cup Enjoy Life Chocolate Chips and 1 tsp coconut oil. Once melted, stir in 1/4 cup natural peanut butter. Pour on top of dough and spread out. Top with sprinkles. We used dye free sprinkles from Trader Joe's.
3. Pop in the freezer for about an hour, break into pieces and store in the fridge.

PROTEIN APPLE DUTCH BABY

INGREDIENTS:

- 6 T. butter
- 2 to 3 chopped apples (skin on)
- 3 cups almond or oat flour
- 2 T. Cinnamon
- 1.5 cups dairy free milk
- 6 eggs
- 1.5 T. maple syrup
- 1/2 tsp. salt
- 2 scoops Caramel Swirl or Vanilla Mom Fuel
- 1 tsp. vanilla

INSTRUCTIONS:

1. Place butter in an 8x8 baking pan. Preheat oven to 425 degrees. While preheating put pan in oven to melt butter for about 3 minutes.
2. While melting, mix flour, milk, eggs, syrup, salt, Mom Fuel and vanilla in a large bowl. Remove pan from oven and add apples then the mixture from the bowl. Swirl around using a spoon until well mixed in the pan.
3. Bake at 425 for 20 minutes. Serve with butter or syrup sprinkled with cinnamon. Can also serve in a bowl with dairy free milk added.



PROTEIN COOKIE CUPS



INGREDIENTS:

- 1 cup almond flour
- 1/2 cup vanilla Mom Fuel
- 6 T. maple syrup divided
- 6 T. melted butter or coconut oil
- 3/4 cup nut or seed butter
- 2 tsp. vanilla divided
- 1/4 cup coconut flakes
- 1/4 cup chocolate chips

INSTRUCTIONS:

1. Combine flour, Mom Fuel, 3 T. syrup, 3 T butter and 1 tsp. vanilla in bowl. Press mixture into a prepared muffin pan and bake at 350 for 10 minutes.
2. While baking, heat nut butter, 3 T. maple syrup, 1 tsp vanilla and mix along with the remaining 3T of melted butter/oil. Add coconut flakes and chocolate chips. Pour over the baked cookie base and then refrigerate for 30 minutes to one hour until hardened.

PROTEIN ENERGY BALLS

INGREDIENTS:

- 2 scoops Mom Fuel (any flavor)
- 2 cups oats
- 1/4 cup maple syrup (or use Choc Zero)
- 1/2 cup nut or seed butter
- splash almond milk
- 1/4 cup of your choice chocolate chips, coconut flakes, crushed nuts, flax seeds

INSTRUCTIONS:

1. Add dry ingredients to a large bowl
2. Add nut butter and syrup to a small bowl. Heat for 30 seconds then stir well.
3. Stir nut butter mixture into the dry mixture then enough almond milk that batter is slightly moist
4. Create 10 to 12 balls. Refrigerate for 2 to 3 hours.



PROTEIN PUMPKIN SPICE LATTE

INGREDIENTS:

- 3 tbsp canned pumpkin
- 1 1/2 cup non-dairy milk
- 1 tbsp Vanilla Mom Fuel
- Splash of vanilla
- Pumpkin Pie Spice
- Coffee

DIRECTIONS:

Heat ingredients and whisk until well combined. Pour into a glass bottle, allow to cool, and place in the fridge.

Reheat and use throughout the week. Froth desired amount and pour into coffee.

Enjoy!



PROTEIN ZUCCHINI BREAD MUFFINS

INGREDIENTS:

- 1.5 Cups Gluten Free Flour or Almond Flour
- 1/2 cup Momsanity Vanilla Mom Fuel
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup monk fruit sweetener (regular sugar type) or Swerve
- 1.5 scoops Momsanity Crave
- 2 eggs
- 1/4 cup avocado oil
- 1 cup almond milk
- 1.5 cups zucchini (shredded/grated)- about 1 large or 2 small
- 1/4 cup chocolate chips

INSTRUCTIONS:

1. Grate zucchini
2. Mix together all dry ingredients except chocolate chips
3. Add wet ingredients except zucchini
4. Fold in zucchini and chocolate chips
5. Add to sprayed muffin pan

Bake at 350 for 35 minutes. Let cool completely.



PUMPKIN PIE MOM FUEL BITES

INGREDIENTS:

- 1/2 cup dates (soaked for 10 minutes)
- 1/2 cup pecans
- 1/3 cup pumpkin
- 1/4 cup unsweetened shredded coconut
- 2 scoops Vanilla Mom Fuel
- 2 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground cloves
- pinch of salt

INSTRUCTIONS:

Pulse pecans in your blender and then add in the remaining ingredients.

You'll want to scrape down the sides every so often.

Roll into balls and pop in the refrigerator. Enjoy!





APPLE CRISP (3-4 SERVINGS)

INGREDIENTS:

- 1 cup gluten-free almond flour (I like Bob's Red Mill)
- 1/8 cup brown sugar (or Swerve brown sugar alternative)
- 1/3 cup of ghee/Earth Balance/MELT (butter alternative)
- 2 Tbsp vanilla Mom Fuel protein powder
- 2-3 big apples
- Ground Cinnamon

INSTRUCTIONS:

- Spray 8" casserole dish with cooking spray. Peel your apples, then cut them into bite-size pieces. Layer them in greased casserole dish.
- Sprinkle cinnamon over them.
- Dry Mixture: combine almond flour, brown sugar, Mom Fuel, and "butter" in a bowl. Mix well; there will be little crumbles when you're done. Add more cinnamon if you want.
- Pour dry mixture over the apples.
- Put in the oven at 375 degrees for 30-40 minutes or until nice and golden brown.
- Enjoy!

APPLE PUMPKIN BAKE

INGREDIENTS:

- 1 cup pumpkin puree
- 1 1/2 cup non dairy milk
- 1 egg
- 1/4 cup maple syrup
- 1 tsp vanilla
- 2 scoops Vanilla Mom Fuel
- 1 apple diced
- 2 cups oats
- 1 tsp baking powder
- 1/2 tsp salt
- 1 1/2 tsp cinnamon
- 1/4 tsp allspice
- sprinkle of cloves

INSTRUCTIONS:

Just mix pumpkin, non dairy milk, egg, maple syrup, vanilla, and Vanilla Mom Fuel.

Stir in remaining ingredients and bake at 350 for 35 minutes.





BAKED CARAMEL APPLE OATS

INGREDIENTS:

- 2 cups coconut milk
- 1/2 cup maple syrup
- 1/3 cup natural peanut butter
- 1 tsp vanilla
- 2 cups gluten free oats
- 2 scoops Caramel Swirl Mom Fuel
- 1 tsp baking powder
- 3 apples

INSTRUCTIONS:

Mix coconut milk, maple syrup, natural peanut butter, and vanilla.

Once mixed, stir in gluten free oats, Caramel Mom Fuel, baking powder, apples and pour into your baking dish.

Bake at 350 for 40 minutes.



BLUEBERRY BANANA BAKED OATMEAL

INGREDIENTS:

- 2 cups oats
- 2 cups boiling water
- 2 large bananas (+ 1/2 for top)
- 1 egg
- 1/4 cup Maple Syrup
- 2 Scoops Vanilla or Caramel Swirl Mom Fuel
- 1/2 cup blueberries or other fruit fresh or frozen
- 1/4 cup crushed almonds or pecans
- 2 T Cinnamon
- 1 teaspoon Vanilla
- 1/2 cup unsweetened milk substitute

INSTRUCTIONS:

Add the oats and boiling water into a mixing bowl. Allow to sit for 10-15 minutes.

Meanwhile, mash the banana in a separate bowl until as smooth as possible. Stir in egg, syrup and protein powder. Pour this mixture over the softened oats and stir to combine.

Add the remaining ingredients into the bowl and stir again to combine.

Pour the oat mixture into a 9x13 baking pan. Top with sliced bananas and more blueberries if desired.

Bake at 350°F for 30 - 35 minutes. Allow to cool slightly, then cut into squares and enjoy



BROWNIE PROTEIN BAKE

INGREDIENTS:

- 2 cups coconut milk
- 1/2 cup maple syrup
- 1/3 cup natural peanut butter
- 1 tsp vanilla
- 2 cups gluten free oats
- 2 scoops Chocolate Mom Fuel
- 1 tsp baking powder
- chocolate chips

INSTRUCTIONS:

Mix coconut milk, maple syrup, natural peanut butter, and vanilla.

Once mixed, stir in gluten free oats, Chocolate Mom Fuel, baking powder and pour into your baking dish.

Sprinkle some chocolate chips on top and bake at 350 for 40 minutes.



CARAMEL MAPLE OATMEAL BAKE

INGREDIENTS:

- 2 cups gluten free oats
- 2 cups almond milk
- 1/4 cup maple syrup
- 1 egg
- 1 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/2 tsp salt
- 2 tsp vanilla
- 2 tbsp coconut oil melted
- 1/2 cup pecans
- 2 bananas sliced
- 2 scoops Caramel Mom Fuel

INSTRUCTIONS:

Mix all ingredients and top with additional sprinkle of pecans. Bake at 350 for 35 minutes.

CHOCOLATE CARAMEL RICE KRISPY TREATS

INGREDIENTS:

- 4 Cups Rice Krispies
- 1 Scoop Caramel Mom Fuel
- 1 Scoop Momsanity Crave
- 1/2 cup Nut or Seed Butter
- 1 T. Coconut Oil
- 1/2 cup maple syrup, honey or liquid fiber
- 1/4 cup Chocolate Chips

INSTRUCTIONS:

Stir Dry Ingredients in a large bowl
Add the wet ingredients to a smaller bowl and microwave for 30 seconds.
Stir Well.

Add the wet ingredients to the dry ingredients

Press into an 8x8 baking dish



CHOCOLATE COCONUT PROTEIN BARS

INGREDIENTS:

- 1 cup nut or seed butter
- 1.5 scoops Caramel or Vanilla Mom Fuel
- 1/2 cup maple syrup
- 2 eggs
- 2 cups gluten-free rolled oats
- 1/2 cup unsweetened coconut
- 1/4 cup chocolate chips
- 1 teaspoon baking soda

INSTRUCTIONS:

1. Preheat oven to 350°F. Spray a 8x8 inch baking pan.
2. In a small bowl, add butter and syrup. Heat the bowl for 30 seconds in the microwave.
3. Stir in beaten eggs, rolled oats, coconut, chocolate chips and baking soda, and mix well.
4. Firmly press stiff dough into the pan using the back of a spoon.
5. Bake for 12 minutes or until the top browns slightly.
6. Cool pan on a rack, cut into 18 squares, and store leftovers in an airtight container.



CHOCOLATE OVERLOAD

INGREDIENTS:

- 1 c unsweetened dairy-free milk
- 1 scoop Dutch Chocolate Mom Fuel
- 1 scoop Crave
- 1 cup ice
- 1 tbsp dairy-free chocolate chips
- 1 tbsp ChocZero chocolate syrup
- 1 tbsp cacao nibs



INSTRUCTIONS:

- Blend first 4 ingredients until thick and smooth (add more ice to thicken if necessary).
- Pour into favorite cup.
- Garnish with last 3 ingredients.



PEANUT BUTTER BARS

CROWD PLEASING PEANUT BUTTER BARS:

Mix 1 cup natural peanut butter, 1/3 cup sugar free honey, 1/4 cup coconut flour and 1/4 cup Vanilla Mom Fuel

CHOCOLATE TOPPING:

Mix 1/8 cup melted coconut oil, a splash of vanilla and 1/4 cup Crave

Make bars and press into a pan. Pour chocolate topping over bars and put in the freezer for 15 minutes. Cut into bars and store in the fridge.



ICED CARAMEL MOM FUEL COFFEE

INGREDIENTS:

- 2 cups cooled Coffee
- 1/2 cup Almond Milk (or non dairy milk of choice)
- 1 scoop Caramel Swirl Mom Fuel
- Ice

INSTRUCTIONS:

Option 1: Add cooled coffee, almond milk and Caramel Mom Fuel to your shaker bottle. Pour over ice in your desired glass

Option 2: Fill your shaker 3/4 full with ice, add remaining ingredients and shake to combine. Pop in a straw and enjoy on the go.

*adjust amounts to your liking



BIRTHDAY CAKE PROTEIN BALLS

INGREDIENTS:

- 1/2 cup coconut flour
- 1 scoop Vanilla Mom Fuel
- 1/2 tsp vanilla
- 3 tbsp melted coconut oil
- 3 tbsp honey

INSTRUCTIONS:

Combine 1/2 cup coconut flour, 1 scoop Vanilla Mom Fuel, 1/2 tsp vanilla, 3 tbsp melted coconut oil, and 3 tbsp honey.

Add your sprinkles in last and roll into balls.

Store in the fridge.



KRISTINE'S KINDA LIKE COOKIE DOUGH POWER SNACK

INGREDIENTS:

3/4 scoop vanilla Mom Fuel
2 TBSP peanut or nut butter
1 TBSP Non Dairy Milk
1 TBSP chocolate chips

DIRECTIONS:

Mix to cookie batter consistency.



MOM FUEL PEANUT BUTTER COOKIES

INGREDIENTS:

- 1 cup creamy peanut butter
- 2 eggs
- 2 scoops Caramel Swirl or Vanilla Mom Fuel
- 1/3 cup monk fruit sweetener (or sugar)
- 1/3 cup Swerve brown sugar (or regular)

INSTRUCTIONS:

Mix all ingredients in a bowl until smooth.

Roll into 12 balls and place on cookie sheet covered in parchment or a silicone mat.

Using a fork press down on each cookie in criss cross.

Bake at 350 for 12 minutes.

MOMSANITY MANDY'S PUMPKIN PIE

INGREDIENTS:

- 6 eggs
- 1 tbsp pumpkin pie spice
- 1 tsp Cinnamon
- 1/4 tsp salt
- 1 15 oz can pumpkin
- 1/3 cup brown swerve
- 3 scoops Mom Fuel Caramel swirl protein powder

INSTRUCTIONS:

In a bowl combine the eggs, pumpkin pie spice, Cinnamon, salt. Whisk in the pumpkin, add the brown swerve, and protein powder. Wisk together, the mix will be a thicker consistency.

Spray a 9.5" glass dish with coconut oil and pour the pumpkin pie mixture into the dish spread it out and bake in a 350° oven for 35 - 40 minutes.



MOM FUEL "SUGAR" COOKIES

INGREDIENTS:

- 1 Scoop Vanilla Mom Fuel
- 1 Scoop Caramel Swirl Mom Fuel
- 1/2 Cup Flour Substitute of Choice
- 1/2 Cup Butter
- 1/2 Cup Monk Fruit Sweetener
- 1 tsp Vanilla
- 1/2 tsp Baking Powder
- Sprinkles (optional)

INSTRUCTIONS:

Mix Vanilla Mom Fuel, Caramel Swirl Mom Fuel, and your favorite flour substitute. Add butter, monk fruit sweeteners, vanilla, baking powder.

Cream together and spoon into balls and flatten on a parchment paper lined baking sheet and add sprinkles it using.

Cook at 350 for 6-8 minutes.



MOM FUEL KRISPIES

INGREDIENTS:

- 4 cups crispy rice cereal (no sugar)
 - 1/2 cup Mom Fuel
 - 1/4 cup creamy nut butter
 - 1 Tbsp. coconut oil
 - 1/2 cup brown rice syrup
- Optional: 1/4 cup chocolate chips or other mix in

INSTRUCTIONS:

Spray an 8x8 pan with cooking spray
In a large bowl mix together the cereal and Mom Fuel.

Using a sauce pan heat the nut butter, coconut oil and syrup. Stir until smooth

Slowly mix the liquid into to dry mixture. Add mix ins.

Press firmly into pan and refrigerate for 30 minutes.





SARAH'S CHOCOLATE ESPRESSO PROTEIN COOKIES

INGREDIENTS:

- 2 ripe bananas mashed
- 1 Tbsp of Maple Syrup or sweetener of choice (optional)
- 1 scoop of Mom Fuel chocolate protein powder
- 1 Tbsp of choice espresso powder
- 1-2 Tbsp of CRAVE cocoa
- 1-2 Cups of oats
- 1/2-1 cup of Rice crispy cereal (optional for gluten free just stick to oats)
- 1 Tsp of vanilla
- 1-2 Tbsp of milk of choice (for dairy free almond or oat milk) or yoghurt. I use whole milk or Fage A pinch of Himalayan salt
- Dark chocolate chips (optional)

INSTRUCTIONS:

Preheat oven to 350°F

Line a baking sheet with parchment paper
Mash bananas. Add other ingredients to bowl and stir add oats, rice crispy cereal then fold in chocolate chips if desired.

And splash of desired milk if using and stir till cookie-like consistency

Scoop with ice cream scoop onto baking sheet and press down gently.

Bake for 12-15 minutes. Cool and enjoy
Store in fridge for days or in freezer for weeks.

It's my go-to snack before or after workout or just on a busy day.

Enjoy!

Sarah Friesen



STRAWBERRY CHOCOLATE MUFFINS

INGREDIENTS:

- 3 scoops Dutch Chocolate Mom Fuel
- 1 1/2 cups almond flour
- 1 tsp baking powder
- 1/2 cup maple syrup
- 1/2 cup almond milk
- 2 eggs
- pinch of salt
- 1 cup fresh strawberries, chopped (plus more for topping)
- Enjoy Life Chocolate Chips (optional)

INSTRUCTIONS:

Mix all ingredients together except the strawberries. We used about 1/3 of a cup of chocolate chips but this is optional. Gently stir in your strawberries and pour into a prepared muffin pan. Top with additional sliced strawberries and chocolate chips if desired and bake at 350 for 15-20 minutes.



CHOCOLATE CHIP PEANUT BUTTER COOKIES

INGREDIENTS:

- 1 cup natural peanut butter
- 1/4 cup Nature's Hallow Honey
- 1 egg
- 1/2 tsp baking soda
- 1 tsp vanilla
- 1/3 cup oats
- 2 scoops Vanilla Mom Fuel
- 1/3 cup Enjoy Life Chocolate Chips.

INSTRUCTIONS:

Just mix natural peanut butter, Nature's Hallow Honey, egg, baking soda and vanilla.

Then stir in oats, Vanilla Mom Fuel, and Enjoy Life Chocolate Chips.

Roll into balls and flatten with your hand as they will not spread during baking and bake at 350 for 10 minutes.