





**BY EMILY SANDERSON & TIM SKWIAT, PN2**

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# 23 METABOLISM BOOSTING Baked Goods



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## INTRODUCTION: THE PREP

By Emily Sanderson with Tim Skwiat

Health, wellness, and cooking have all been passions of mine since my college years when I started to learn how to cook and prepare food for myself. I understood calories and how they were utilized within the body, but it wasn't until I really started to get fit that I really gained an appreciation for the nutrients in the foods and how they had the potential to transform my body.

One of the most important nutrients, which assists in repairing and building muscle, keeping the body full and satisfied, boosting the metabolism, and burning unwanted fat, is **protein**.

You see, studies clearly and consistently show that consuming diets higher in protein are not only safe for otherwise healthy individuals, they provide a host of health and body composition benefits. Here's a laundry list of the many benefits that you can expect from a high-protein diet. They have been shown to:

- **Accelerate fat loss.**
- **Prevent weight regain.**
- **Promote long-term weight maintenance.**
- **Increase calorie-burning lean muscle mass and promote more rapid recovery.**
- **Boost metabolic rate.**
- **Preserve metabolic rate after weight loss.**
- **Increase satiety and improve appetite control.**

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- **Reduce cravings and calorie intake.**
- **Improve carbohydrate tolerance and glycemic control.**

Sounds pretty awesome, right?

As simple as it may seem to add more protein-rich foods (like lean meats, eggs, poultry, fish, dairy. Greek yogurt) to your diet to take advantage of these amazing benefits, it's not easy or always convenient. Plus, I found that eating the same few foods everyday got boring—very quickly.

About 4 weeks into my fitness plan, I found that eating—something I've always enjoyed—became dull, and I was completely disinterested in what I was eating. It felt more like a job than the satisfactory experience that I believe eating should provide.

What's more, I started to notice more cravings, and not only that, they became more and more intense. Cravings are completely normal, and by no means are they a reflection of one's willpower; however, they sure can test one's willpower. We all have cravings, and mine tend to be for sweet, satisfying foods like baked goods. You know, cookies, ice cream, muffins, waffles, pies, and delicious indulgences like that. Unfortunately, these guilty pleasures are not necessarily the best or healthiest foods, especially for someone who's trying to lose fat and look and feel their best.

You see, most desserts and baked goods—especially when consumed frequently and/or in excess—can cause you to gain fat and have a negative impact on health, as they are:

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- Filled with fattening, processed carbs, like refined flours and sugars.
- Packed with unhealthy, inflammation-promoting fats and even trans fats, which aren't healthy in any amounts.
- Very calorie-dense, meaning that they pack a LOT of calories in a small serving.
- Littered with artificial sweeteners, colors, flavors, and preservatives.
- Void of metabolism-boosting, satisfying protein.

Thankfully, this is precisely where I found my inspiration.

As I was staring at my flavorless plate of boiled chicken and steamed broccoli, I thought to myself, “Wouldn't it be great to have some dessert this evening? Mmm, a brownie, a cupcake, or maybe some ice cream? Is it possible to have these tasty treats and still stay on track toward my goals?”

I'm excited to tell you that the answer is a resounding **yes!**

Not only are there healthy, delicious alternatives to these desserts and baked goods that are commonly packed with fattening ingredients—like refined flours, added sugars, and unhealthy fats—I also found a way to take it one step farther and healthier by boosting the protein content. That's right, not only was I able to satisfy my sweet tooth, I was able to make sure that I was consuming plenty of protein to support my health, body composition, and performance.

With the help of some creative inspiration and my personal favorite protein supplement, **BioTrust® Low Carb** protein, I have created a cookbook that's filled with delicious, satisfying recipes, and I'm so excited to share it with you.

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## **Not All Proteins Are Created Equally**

Before getting into the recipes, I want to tell you a little bit about why I choose BioTrust Low Carb protein. Unfortunately, a lot of protein powders out there contain toxic and artificial chemicals and ingredients that can hurt your health and even cause you to gain weight. I'm talking about unnatural ingredients like:

- GMOs and toxic pesticides, which are linked to a wide variety of health problems, including Alzheimer's disease, autism, chronic inflammation, depression, oxidative stress, Parkinson's disease, and various cancers.
- Artificial growth hormones, like rBGH and rBST, and even antibiotics found in the cow's milk from which the protein is made.
- Artificial sweeteners, like aspartame, sucralose, and acesulfame K, which have been shown to ravage gut health, lower the immune system, increase blood sugar, negatively impact mood, increase oxidative stress and inflammation, alter brain chemistry and function, and even lead to weight gain.
- Soy, which may impair thyroid function and lead to hormonal imbalances.
- Gluten, which may lead to leaky gut, inflammation, and difficulty with weight management.
- Artificial colors and flavors, some of which have been linked to cancer, hyperactivity, neurotoxicity, and neurobehavioral changes, including low frustration tolerance, impulsivity, and inattention.
- Maltodextrin, a highly processed carbohydrate made from (mostly GMO) corn that raises blood sugar higher than pure sugar!

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Unlike a lot of those other protein powders out there, BioTrust Low Carb really is the best, and it's what I used when I created all of these great-tasting, metabolism-boosting recipes. Here are just a handful of reasons why:

- BioTrust Low Carb is made only with natural ingredients. You won't find any of those nasty artificial sweeteners, colors, flavors, preservatives or sweeteners in it.
- It's made with certified hormone-free proteins. That's right, you won't be exposed to any of those health-damaging artificial hormones or antibiotics.
- It is a non-GMO and soy- and gluten-free formula.
- It is manufactured at a top-tier, GMP-certified manufacturing facility, and it's always tested for purity, potency, and identity—you're getting EXACTLY what is stated on the label.
- Each serving contains 24 grams of time-released protein that will keep you feeling fuller longer and help fight off cravings.
- BioTrust Low Carb proteins are cold processed to protect the quality of each protein. Other protein supplements are processed using high-heat and chemical processing, which can damage the delicate proteins and reduce the beneficial, healthy properties.
- Low Carb is also the very FIRST protein to contain the specialized natural enzyme blend ProHydrolase®, which maximizes protein digestion for stomach-friendly results.

**And did I mention it tastes incredible?** It even comes in six amazing, mouth-watering flavors, including Café Mocha, Milk Chocolate, Strawberry Banana, Vanilla Cream, Peach Mango and Chocolate Peanut Butter. You're going to love BioTrust Low Carb and the metabolism-boosting recipes that you can create with it.

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## Bon Appétit!

We want you to know that eating healthy doesn't have to be boring, and you don't have to "cheat" the next time you have a craving. In fact, it is completely possible to stay on track and enjoy the sweet things in life!

We truly hope that you enjoy the tasty treats in this cookbook. Many of these recipes are just a foundation, and you are more than welcome to swap ingredients based on your personal preferences. In fact, we encourage you to try substitutions and make your own creative concoctions.



We're confident that you'll love this *23 Metabolism-Boosting Baked Goods* cookbook and the delicious recipes that you'll enjoy adding to your meal plan. Please feel free to share with friends and family. These recipes were created with love and care, and that's something that you can pass along to the people who matter to you most.

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To Your Health,

Emily and Tim

**PS** – Don't forget to take pictures of your tasty creations and tag us on social media #BakingwithBioTrust. We want to see your delicious recipes! We hope that you enjoy!

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## BLUEBERRY LEMON ZEST MUFFINS

**Servings:** 12

**Macros** (per serving): Calories 136 / Fat 3.2g / Carbs 16.9g / Protein 10.3g

### INGREDIENTS (Muffins):

- 1 ½ cups oat flour
- 6 scoops [BioTrust Low Carb](#) Vanilla Cream
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup granular stevia
- 1 egg
- ⅓ cup almond milk (unsweetened)
- ½ cup unsweetened applesauce
- ¾ cup plain Greek yogurt
- 1 teaspoon lemon zest
- 1 cup blueberries



### INGREDIENTS (Glaze):

- 2 tablespoons coconut oil
- Juice and zest of 1 lemon
- 1 teaspoon honey
- Coconut sugar for garnish (optional)

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## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all muffin ingredients (except blueberries) in a large glass bowl until well combined.
3. Gently fold in blueberries.
4. Pour 1/3 cup batter into individual cups in a muffin pan, almost filling the cup.
5. Bake at 350 for 18 - 20 minutes.
6. Remove from oven and let cool for 15 minutes.
7. Mix glaze ingredients together in a medium sized bowl.
8. Drizzle glaze over muffins, add lemon zest on top, and garnish with coconut sugar.
9. Store in refrigerator.

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## BLUEBERRY PANCAKES

**Servings:** 1

**Macros** (per serving): Calories 300 / Fat 6g / Carbs 38g / Protein 26g

### INGREDIENTS:

- ½ cup oat flour
- 2 scoops [BioTrust Low Carb](#) Vanilla Cream
- ½ cup egg whites
- ¼ cup almond milk (unsweetened)
- ¼ cup blueberries
- ½ teaspoon vanilla extract

### DIRECTIONS:

1. Preheat greased skillet on medium heat.
2. Mix all ingredients (except blueberries) together.
3. Pour half of pancake batter into skillet.
4. Add blueberries into pancake batter.
5. Cook 2 - 3 minutes per side and flip pancake when you see little bubbles form.
6. Optional toppings: blueberries, real maple syrup, sugar-free syrup (no artificial sweeteners), shaved toasted coconut, crushed nuts (e.g., walnuts)



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## WAFFLES

**Servings:** 1

**Macros** (per serving): Calories 308 / Fat 5.8g / Carbs 28.9g / Protein 36.6g

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb](#) Vanilla Cream
- ¼ cup oat flour
- 2 tablespoons almond milk (unsweetened)
- 2 tablespoons egg whites
- 1 teaspoon vanilla extract
- Additional almond milk or water for desired consistency

### DIRECTIONS:

1. Preheat waffle maker on low-medium heat
2. Mix all ingredients together. Add liquid if needed to achieve desired consistency.
3. Pour waffle batter into heated waffle maker.
4. Allow to cook until golden brown.
5. Top with fresh berries and/or real maple syrup



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## FRENCH TOAST

**Servings:** 1

**Macros** (per serving): Calories 347 / Fat 7.7g / Carbs 41.2g / Protein 31g

### INGREDIENTS (Dredge):

- 1 egg
- 2 egg whites
- ¼ cup almond milk (unsweetened)
- 1 scoop [BioTrust Low Carb](#) Vanilla Cream
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon

### INGREDIENTS: (Toast):

- 2 slices sprouted grain bread

### DIRECTIONS:

1. Preheat skillet on medium heat.
2. Mix all dredge ingredients together.
3. Dredge bread into batter on both sides.
4. Place bread into a skillet.
5. Allow bread to cook for 1 - 2 minutes, flip, and allow to cook 1 - 2 minutes on the other side.
6. Remove bread from skillet.
7. Top with real maple syrup, or fresh berries, or your favorite fruit (e.g., banana slices)



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## GUILT-FREE PEANUT BUTTER CRUNCH GRANOLA

**Servings:** 4

**Macros** (per serving): Calories 317 / Fat 9.5g / Carbs 38.2g / Protein 21.8g

### INGREDIENTS:

- 1 ½ cups rolled oats
- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- ¼ cup powdered peanut butter
- Pinch of pink Himalayan sea salt
- 1 teaspoon baking powder
- 2 tablespoons organic peanut butter
- ¼ cup egg whites
- 1 teaspoon vanilla extract
- 2 tablespoons honey
- ¼ cup sliced almonds (optional substitutions: flax seeds, chia seeds, walnuts, pecans)



### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients (except sliced almonds) together in a bowl.
3. Add in wet ingredients. Mix together until mixture is crumbly.
4. Add sliced almonds.
5. Cover a baking sheet with wax paper and crumble the mixture onto the pan in bite-sized pieces.
6. Bake for 15 - 18 minutes until golden brown and granola reaches a crunchy consistency.
7. Enjoy by topping with unsweetened almond milk, adding to a bowl of Greek yogurt and berries, or simply on its own as a healthy protein-filled snack.

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## BROWNIE BATTER OVERNIGHT OATS

**Servings:** 2

**Macros** (per serving): Calories 300g / Fat 6g / Carbs 38g / Protein 26g

### INGREDIENTS:

- 1 cup oats
- 1 scoop [BioTrust Low Carb](#) Café Mocha
- 1 scoop [BioTrust Low Carb](#) Milk Chocolate
- $\frac{3}{4}$  cup plain Greek yogurt
- 1 cup almond milk (unsweetened)
- 1 tablespoon dark cocoa powder
- 1 teaspoon chia seeds
- 1 teaspoon all-natural sprinkles (optional)



### DIRECTIONS:

1. Mix all ingredients in a bowl.
2. Transfer into a sealed container (e.g., Mason jar).
3. Refrigerate overnight for 8 - 12 hours.

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## STRAWBERRY BANANA BREAD

**Servings:** 10

**Macros** (per serving): Calories 136 / Fat 1.7g / Carbs 20.3g / Protein 11.1g

### INGREDIENTS:

- 1 ½ cup oat flour
- 6 scoops [BioTrust Low Carb](#) Strawberry Banana
- 3 teaspoons cinnamon
- ¼ cup granular stevia
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 3 teaspoons vanilla extract
- 2 egg whites
- ½ cup plain Greek yogurt
- 3 small- to medium-sized bananas
- ½ cup strawberries, sliced
- ¼ cup vanilla almond milk (unsweetened)
- ¼ cup mixed nuts and coconut sugar for topping (optional)



### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients together in large bowl.
3. In a separate medium bowl, mix all wet ingredients (except strawberries) together; mash bananas; mix well.
4. Combine wet and dry ingredients; fold in strawberries.
5. Put all ingredients in a loaf pan.
6. Top bread with optional mixed nuts and coconut sugar.
7. Bake for 50 - 55 minutes; bread is done when you can insert a toothpick, and it comes out clean.

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## COFFEE CAKE

**Servings:** 9

**Macros** (per serving): Calories 111 / Fat 4.7g / Carbs 10.3g / Protein 7.3g

### INGREDIENTS (Cake):

- 3 scoops [BioTrust Low Carb](#) Vanilla Cream
- $\frac{1}{3}$  cup oat flour
- 1  $\frac{1}{4}$  teaspoons cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  cup granular stevia
- $\frac{3}{4}$  cup plain Greek yogurt
- $\frac{1}{3}$  cup unsweetened applesauce
- 1 egg
- 2 egg whites
- 1 teaspoon vanilla extract
- 1 teaspoon butter extract



### INGREDIENTS (Glaze):

- $\frac{1}{4}$  cup oats
- 3 teaspoons coconut sugar
- 1 teaspoon cinnamon
- 2 tablespoons coconut oil

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## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients in a large bowl.
3. Mix all wet ingredients in a separate bowl.
4. Combine dry and wet ingredients together; mix well.
5. Pour batter into a greased 8 x 8 pan.
6. Mix together topping ingredients and sprinkle on cake batter.
7. Bake for 20 - 25 minutes; cake is done when you can insert a toothpick, and it comes out clean.

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## VERY BERRY SCONES

**Servings:** 8

**Macros** (per serving): 250 / Fat 8.8g / Carbs 29.4 g / Protein 21.9 g

### INGREDIENTS:

- 8 scoops plus 2 tablespoons [BioTrust Low Carb](#) Strawberry Banana, divided
- ½ cup oat flour
- ½ cup oat bran
- ½ cup coconut flour
- ¾ cup plain Greek yogurt
- 2 egg whites
- 2 tablespoons honey
- ½ small banana, chunks
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- Pinch of Himalayan sea salt
- ¼ cup coconut butter
- 1 cup mixed berries



### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Combine 8 scoops BioTrust Low Carb, oat flour, oat bran, coconut flour, baking powder, baking soda, and sea salt in a large bowl.
3. Using a pastry cutter, combine coconut butter with dry ingredients.
4. Mix Greek yogurt, egg whites, honey, and vanilla extract in a separate bowl.
5. Add wet mixture to dry mixture; add banana chunks; do not over mix.
6. Fold in mixed berries.
7. Sprinkle 2 tablespoons BioTrust Low Carb onto a cutting board; knead dough 8 - 10 times.
8. Roll out dough into a large circle and cut into 8 triangular pieces
9. Bake for 10 - 12 minutes.

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## PRONUTS ("PROTEIN DONUTS")

**Servings:** 6

**Macros** (per serving): Calories 123 / Fat 2.4g / Carbs 11.2g / Protein 13.7g

### INGREDIENTS (Donuts):

- 3 scoops [BioTrust Low Carb](#) Vanilla Cream
- $\frac{1}{3}$  cup oat flour
- 3 egg whites
- $\frac{1}{2}$  tablespoon cinnamon
- 1 ounce almond milk (unsweetened)
- 1 tablespoon vanilla extract

### INGREDIENTS: (Frosting):

- 2 scoops [BioTrust Low Carb](#) Milk Chocolate
- 3 tablespoons almond milk (unsweetened)
- 1 tablespoon dark chocolate chips
- All-natural sprinkles (for garnish; optional)



### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all donut ingredients together.
3. Distribute evenly into a greased donut pan.
4. Bake for 8 - 10 minutes; donuts are done when you can insert a toothpick, and it comes out clean.
5. Allow to cool for 10 minutes.
6. Mix all frosting ingredients together.
7. Frost donuts.
8. Top with all-natural sprinkles.

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## DARK CHOCOLATE PEPPERMINT MOCHA DONUTS

**Servings:** 6

**Macros** (per serving): Calories 100 / Fat 3g / Carbs 10.3g / Protein 9.4g

### INGREDIENTS (Donuts):

- 1 egg
- 3 egg whites
- 6 tablespoons coconut flour
- 3 tablespoons dark cocoa powder
- 2 scoops [BioTrust Low Carb](#) Café Mocha
- 1/3 cup almond milk (unsweetened)
- 1 teaspoon baking powder

### INGREDIENTS: (Frosting):

- 1 scoop BioTrust Low Carb Café Mocha
- 1/8 teaspoon peppermint extract
- 3 tablespoons almond milk (unsweetened)
- 1 tablespoon dark chocolate chips
- 2 tablespoons candy canes, crushed (optional)



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## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix all donut ingredients together.
3. Distribute evenly into a greased donut pan.
4. Bake for 8 - 10 minutes; donuts are done when you can insert a toothpick, and it comes out clean.
5. Allow to cool for 10 minutes.
6. Mix all frosting ingredients together.
7. Frost donuts.
8. Top with crushed candy canes.

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## HOT COCOA

**Servings:** 1

**Macros** (per serving): Calories 168 / Fat 2.8g / Carbs 9g / Protein 19g

### INGREDIENTS:

- 1 ½ scoops [BioTrust Low Carb](#) Milk Chocolate
- 1 ½ cups almond or cashew milk (unsweetened)
- 1 tablespoon dark cocoa powder
- 2 tablespoons granular stevia

### DIRECTIONS:

- Over medium heat, add almond or cashew milk to a saucepan.
- Add BioTrust Low Carb, cocoa powder, and stevia.
- Continuously whisk over heat until cocoa reaches desired temperature.
- Remove from heat; pour into mug.
- Optional: Top cocoa with cocoa powder, cinnamon, or garnish with a cinnamon stick.



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## PEANUT BUTTER COOKIES

**Servings:** 22

**Macros** (per serving): Calories 73 / Fat 5.2g / Carbs 3.7g / Protein 4.5g

### INGREDIENTS:

- 3 scoops plus 2 tablespoons [BioTrust Low Carb](#) Vanilla Cream, divided
- $\frac{1}{3}$  cup granular stevia
- $\frac{1}{4}$  cup coconut flour
- $\frac{3}{4}$  cup organic peanut butter (can substitute with almond butter)
- 1 teaspoon vanilla extract
- 2 eggs
- Sea salt for garnish



### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix 3 scoops BioTrust Low Carb, stevia, and coconut flour in a large bowl.
3. Add peanut butter, vanilla extract, and eggs; mix thoroughly.
4. Roll into 24 small- to medium-sized balls.
5. Set 2 tablespoons of BioTrust Low Carb in a shallow dish; dip a fork into the protein and create an 'X' on the cookie (the protein will prevent sticking).
6. Garnish with a pinch of sea salt.
7. Bake for 12 minutes.

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## RAW CHOCOLATE CHIP COOKIE DOUGH

**Servings:** 2

**Macros** (per serving): Calories 321 / Fat 13.7g / Carbs 22.9g / Protein 28.7g

### INGREDIENTS:

- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- 1 ½ tablespoons coconut flour
- 1 ½ tablespoons almond flour
- 1 tablespoon organic peanut, almond, or cashew butter
- ¼ cup granular stevia (can substitute with ⅛ cup honey or agave nectar)
- ½ teaspoon butter extract
- ½ teaspoon vanilla extract
- ¼ cup water
- ¼ teaspoon pink Himalayan sea salt
- 2 tablespoons dark chocolate chips



### DIRECTIONS:

1. Combine all BioTrust Low Carb, coconut flour, and almond flour in a large bowl.
2. Add nut butter, extracts, sea salt, and stevia.
3. Slowly add water and mix until you reach desired consistency; if additional water is needed, add 1 tablespoon at a time.
4. Add dark chocolate chips.
5. Store in the refrigerator; consume within 1 - 3 days.

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# 23 METABOLISM BOOSTING Baked Goods



## SOFT SERVE ICE CREAM

**Servings:** 1

**Macros** (per serving): Calories 194 / Fat 4.5g / Carbs 12.2g / Protein 25g

### INGREDIENTS:

- 10 - 15 ice cubes
- 2 scoops [BioTrust Low Carb](#) Vanilla Cream
- 1 cup almond or cashew milk (unsweetened)
- ½ teaspoon vanilla extract
- ½ teaspoon xanthan gum
- ¼ teaspoon guar gum

### DIRECTIONS:

1. Place all ingredients into a blender.
2. Blend 1 - 2 minutes, until smooth.
3. Place ice cream into bowl.
4. Optional Toppings: Organic peanut or almond butter, all-natural sprinkles, fresh fruit, dark chocolate chips, mixed nuts, or coconut flakes.



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## VANILLA CHEESECAKE

**Servings:** 6

**Macros** (per serving): Calories 107 / Fat 1.8g / Carbs 9.1g / Protein 14.5g

### INGREDIENTS:

- 2 large eggs
- 12 ounces cream cheese
- $\frac{3}{4}$  cup plain Greek yogurt
- 1  $\frac{1}{2}$  teaspoons vanilla extract
- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- $\frac{1}{4}$  teaspoon Himalayan sea salt
- $\frac{3}{4}$  cup granular stevia

### DIRECTIONS:

1. Preheat oven to 325 degrees.
2. In a large bowl, using an electric mixer, mix eggs, cream cheese, Greek yogurt, and vanilla extract.
3. When mixture is smooth, add BioTrust Low Carb, sea salt, and stevia. Mix until smooth (no lumps).
4. Line a 6 x 2 round cake pan with parchment paper.
5. Pour cheesecake batter into lined cake pan.
6. Bake for 30 minutes; lower the temperature to 200 degrees and continue to bake for 60 minutes.
7. Refrigerate overnight.



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## PROTEIN-PACKED ENERGY BITES

**Servings:** 8

**Macros** (per serving): Calories 236 / Fat 9g / Carbs 27g / Fiber 3g/ Protein 13g

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb](#) Vanilla Cream
- 1 ½ cups oats
- 1 tsp cinnamon
- ½ cup raisins (can substitute with nuts, seeds, dark chocolate, etc.)
- ½ cup nut butter
- 3 tbsp honey or maple syrup
- 3 – 5 tbsp water, milk, or dairy alternative



### DIRECTIONS:

Put the dry ingredients in a large mixing bowl and stir until well combined. Add nut butter and sweetener (honey/maple syrup). Add 3 tablespoons of liquid and begin mixing by hand. Add additional liquid 1 tablespoon at a time as needed. Mixture should be just moist and sticky. Form into bite-sized balls or put the entire mixture in a square/rectangle pan and cut into squares after refrigerating.

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## NO BAKE CAKE BATTER

**Servings:** 1

**Macros** (per serving): Calories 363 / Fat 2g / Carbs 31.2g / Protein 55g

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb](#) Vanilla Cream
- 4 ounces cream cheese
- ½ cup plain Greek yogurt
- ¼ teaspoon vanilla extract
- ¼ teaspoon butter extract
- 1 - 2 teaspoons all-natural sprinkles (optional)

### DIRECTIONS:

1. Place all ingredients (except sprinkles) into a bowl.
2. Using an electric mixer, blend 1 minute until smooth.
3. Fold in sprinkles.
4. Place batter into a bowl.
5. Enjoy or store in refrigerator.



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# 23 METABOLISM BOOSTING Baked Goods



## APPLE CRISP

**Servings:** 6

**Macros** (per serving): Calories 214 / Fat 6.2g / Carbs 30g / Protein 11.3g

### INGREDIENTS:

- 1 small Gala apple, diced
- 1 small Granny Smith apple, diced
- 2 cups rolled oats
- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- ½ tablespoon cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ¾ cup water
- Dash of Himalayan sea salt
- 1 ½ tablespoons coconut oil, melted
- 1 tablespoon coconut sugar



### DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Mix rolled oats, BioTrust Low Carb, spices, and apples in a bowl.
3. Add water, mix thoroughly, and place into a greased pie pan.
4. Top crisp with coconut oil, coconut sugar, and dash of cinnamon.
5. Bake for 20 - 25 minutes.

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## CARROT CAKE CUPCAKES WITH CREAM CHEESE FROSTING

**Servings:** 8

**Macros** (per serving): Calories 125 / Fat 2.9g / Carbs: 12.1g / Protein 12.9g

### INGREDIENTS (Cupcakes):

- 3 scoops [BioTrust Low Carb](#) Vanilla Cream
- ¼ cup coconut flour
- ½ cup unsweetened applesauce
- ½ cup plain Greek yogurt
- ½ cup egg whites
- 1 teaspoon cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 cup carrots, shredded



### INGREDIENTS: (Frosting):

- 6 ounces cream cheese
- 1 scoop [BioTrust Low Carb](#) Vanilla Cream
- 1 teaspoon vanilla extract
- ¼ cup granular stevia

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## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Place all cupcake ingredients into a large bowl and mix well.
3. Distribute into a muffin pan (8 cupcakes).
4. Bake for 15 - 20 minutes.
5. Allow to cool for 10 minutes.
6. Mix all frosting ingredients together; frost cupcakes and top with cinnamon, crushed walnuts, or additional shredded carrots.

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## PUMPKIN PIE

**Servings:** 6

**Macros** (per serving): Calories 120 / Fat 3g / Carbs 11.1g / Protein 12.3g

### INGREDIENTS:

- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- 2 eggs
- 1 (15-ounce) can pure pumpkin
- ½ cup granular stevia
- ¼ cup vanilla almond milk (unsweetened)
- ¼ cup plain Greek yogurt
- 1 tablespoon vanilla extract
- 2 tablespoons pumpkin pie spice

### DIRECTIONS:

1. Preheat oven to 350 degrees,
2. Mix pumpkin, eggs, almond milk, Greek yogurt, and vanilla extract in a large bowl.
3. Add pumpkin pie spice and BioTrust Low Carb; mix at low speed until combined.
4. Pour mixture into a greased pie pan.
5. Bake at 30 minutes; reduce temperature to 300 degrees and bake for an additional 15 - 20 minutes.
6. Store in refrigerator.



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## SUGAR COOKIES

**Servings:** 14

**Macros** (per serving): Calories 81 / Fat 4.2g / Carbs 4.9g / Protein 5.4g

### INGREDIENTS (Cookies):

- 4 scoops [BioTrust Low Carb](#) Vanilla Cream
- ½ cup coconut flour
- 4 tablespoons egg whites
- 4 tablespoons plain Greek yogurt
- 4 tablespoons coconut butter
- 2 tablespoons almond milk (unsweetened)
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder

### INGREDIENTS: (Frosting):

- 1 scoop [BioTrust Low Carb](#) Vanilla Cream
- 1 – 2 tablespoons almond milk (unsweetened)
- Optional: All-natural food coloring and sprinkles



### DIRECTIONS:

1. Preheat oven to 325 degrees.
2. Mix all cookie ingredients together in a large bowl.
3. Roll out dough and use cookie cutters to create desired shapes.
4. Bake for 7 - 10 minutes.
5. To make frosting, mix BioTrust Low Carb with almond milk (1 tablespoon at a time). Mix optional ingredients if desired.
6. Allow cookies to cool; frost.

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## SUPER SNACK MIX

**Servings:** 9

**Macros** (per serving): Calories 313 / Fat 12.9g / Carbs 38.1g / Protein 15.8g

### INGREDIENTS:

- 9 cups gluten-free Rice Chex cereal
- ½ cup organic peanut or almond butter
- ¼ cup coconut oil
- 1 cup dark chocolate chips
- 8 scoops [BioTrust Low Carb](#) Milk Chocolate

### DIRECTIONS:

1. Mix dark chocolate chips, nut butter, and coconut oil in a saucepan over medium heat.
2. In a large bowl, pour in cereal and top with melted mixture.
3. Using a spatula, coat the cereal completely.
4. Pour coated cereal into a large plastic bag.
5. Add BioTrust Low Carb and shake until cereal is fully coated.



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## RED VELVET LAVA CAKES

**Servings:** 2

**Macros** (per serving): Calories 212 / Fat 9.7g / Carbs 17.4g / Protein 16.1g

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb](#) Milk Chocolate
- 2 teaspoons dark cocoa powder
- 1 teaspoon vanilla extract
- Pinch of Himalayan sea salt
- 2 tablespoons dark chocolate chips
- 4 tablespoons granular stevia
- 7 tablespoons almond milk (unsweetened)
- 1 tablespoon coconut flour
- 1 egg
- 1 teaspoon baking powder



### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a microwave-safe bowl, heat almond milk, dark chocolate chips, and vanilla extract in 30-second intervals until melted and smooth.
3. Add BioTrust Low Carb, dark cocoa powder, sea salt, stevia, coconut flour, and baking powder.
4. Add egg and mix thoroughly.
5. Grease two ramekins; divide mixture evenly between ramekins.
6. Bake for 12 minutes.
7. Let cool for 5 minutes.
8. Flip ramekin over onto a plate and allow cake to fall out to serve.

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## CONCLUSION: THE CLEANUP

We don't know about you, but the cleanup is our least favorite part about baking these mouthwatering, metabolism-boosting recipes. Our saving grace is knowing that, in a matter of minutes, we'll be able to enjoy our delicious handiwork.

We sure hope that you enjoyed this cookbook, and if you somehow managed to make it all the way through without making one of our delectable recipes, it's time to write your grocery list, go to the store, get your ingredients, and let the baking begin! You can enjoy each of these guilt-free knowing that they will help you look and feel your best.

Remember, you're going to need a high-quality protein powder for your baking adventures because protein is the **key** ingredient in all of these recipes. Overall, protein boosts your metabolism, keeps you feeling full longer, fights cravings, improves blood sugar, accelerates fat loss, and helps build toned calorie-burning muscle.



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Unfortunately, not all protein supplements are created equally, and that's why our #1 choice that we use ourselves (including every one of these recipes) and wholeheartedly recommend to our family and friends is BioTrust Low Carb. Here's why BioTrust Low Carb stands head and shoulders above other protein supplements, which contain toxic and artificial ingredients that can harm your health and even cause you to gain weight:

- BioTrust Low Carb is made only with the world's finest natural ingredients. You won't find any nasty artificial sweeteners, colors, flavors, preservatives, or sweeteners in it.
- It is a non-GMO and soy- and gluten-free formula.
- It's made with certified hormone-free proteins that come from happy, healthy, humanely treated cows. That's right, you won't be exposed to any health-damaging artificial hormones or antibiotics.
- It tastes **amazing!**
- It's easy on the stomach; in fact, BioTrust Low Carb is the very FIRST protein to contain the specialized natural enzyme blend ProHydrolase, which maximizes protein digestion for stomach-friendly results.
- Each serving contains 24 grams of time-released protein that will keep you feeling fuller longer and help fight off cravings.
- BioTrust Low Carb proteins are cold processed to protect the quality of each protein and maximize the beneficial, healthy properties that may be damaged or lost during high-heat or chemical processing.
- It is manufactured at a top-tier, GMP-certified manufacturing facility, and it's always tested for purity, potency, and identity—you're getting EXACTLY what is stated on the label.
- It has a low cost per serving for the very best quality and value!

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At BioTrust, we're here for you, and our sole mission is to help you burn fat, improve your health, and ultimately, transform your life. We truly hope that you enjoy this cookbook and find it beneficial in your own personal journey to optimal health and wellness. Please let us know if there's anything that we can do to help you. We'll be here for you every step of the way to provide you guidance, support, inspiration, and encouragement. Simply put, we are committed to doing everything the right way, with integrity, and with your results in mind.

Here's to your health!



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