

A close-up photograph of a clear glass filled with dark coffee. A stream of white milk is being poured from above into the center of the coffee, creating a frothy, light-colored layer on top. The background is slightly blurred, showing a white surface and a portion of a white pitcher.

Vanilla Protein Latte

- 1/2 packet Angel Food Cake Protein Powder
- 1/2 C Water or Milk
- 6-8oz Strong Brewed Coffee

Mix 1/2 packet Devotion Protein powder with 1/3 to 1/2 cup of water or your choice of milk.

Use a handheld frother or small blender to mix until smooth and frothy.

Pour the mixture over 6-8 oz of hot or iced coffee.





Blueberry Mini Loaf

- 1 scoop Wild Blueberry Protein Powder
- 1/4 C Canned pumpkin
- 1 Whole egg
- 1/2 tsp Baking powder
- 1/4 C Blueberries (fresh or frozen)

Spray a 3x5 loaf pan with non-stick spray.

Add all ingredients to a bowl and mix until well moistened. Fold in blueberries.

Transfer to a sprayed 3x5" mini loaf pan. Bake for approximately 20 minutes or until center is set.

(Cook time can vary dependent on your oven)

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Easy Protein Pudding

- 1 scoop ANY Devotion Protein Powder
- 1/4 C Water or Milk

The easiest protein pudding you'll ever make. Simply mix 1 scoop of Devotion protein powder with 1/4 cup of water or milk.

Enjoy plain or top with sugar free cool whip for a delicious anytime snack.

You can also drizzle over oats for a delicious desert-like breakfast!

Devotion mixes smooth with just a spoon!





Caramel Banana Pancakes

- 1 scoop Salted Caramel Cone Protein Powder
- 1/2 C Old fashioned oatmeal
- 3/4 C Egg whites
- 1 Whole banana
- 1/4 C Chocolate chips

Slice banana and add to blender or food processor. Add all other ingredients except chocolate chips to blender or food processor. Blend or mix well.

Fold in chocolate chips.

Spay a pan with non-stick spray and pour ingredients onto pan. Cook each side on low to medium heat until golden brown.

Top with additional banana slices and sugar free syrup, if desired.





Mocha Java Chip Mug Cake

- 1 scoop Mocha Java Chip Protein Powder
- 1 Whole egg
- 3 TBSP water
- 1/2 tsp Baking powder

Spray a mug with non-stick spray. Add ingredients to mug and mix well.

Microwave for 45 seconds to 2 minutes. Top with sugar free chocolate chips, if desired. Enjoy!

(Cook time will depend on your microwave settings and power)

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Pumpkin Cinnamon Waffles

- 1 scoop Sinful Cinnamon Protein Powder
- 1 TBSP Pure pumpkin puree
- Water to consistency

Add all ingredients to a small bowl and stir until moistened.

Spray a mini waffle maker with non stick spray and add half the batter to the waffle iron. Repeat.

Enjoy plain or top with sugar free jam, nut butter, syrup, or zero sugar whipped topping!