

1. Tropical Vanilla Sunrise Smoothie

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 cup frozen mango chunks
- 1/2 banana
- 1/2 cup coconut milk
- 1/2 cup orange juice
- Ice cubes (optional)
- Chia seeds for topping

Instructions:

1. Add PFPB vanilla powder, frozen mango, banana, coconut milk, and orange juice into a blender.
 2. Blend until smooth. Add ice cubes if you prefer a thicker consistency.
 3. Pour into a glass and sprinkle chia seeds on top for a bit of texture.
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2. Vanilla Berry Bliss Bowl

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup Greek yogurt
- 1/4 cup granola
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey
- 1 tablespoon shredded coconut

Instructions:

1. In a bowl, mix the Greek yogurt and PFPB vanilla powder until well blended.
2. Top with granola, mixed berries, and shredded coconut.

3. Drizzle with honey for a touch of sweetness.
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3. Frosty Vanilla Mint Shake

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup almond milk
- 1/4 teaspoon peppermint extract
- 1/2 cup vanilla frozen yogurt
- Crushed mint leaves for garnish

Instructions:

1. Combine PFPB vanilla powder, almond milk, peppermint extract, and vanilla frozen yogurt in a blender.
 2. Blend until creamy and smooth.
 3. Pour into a chilled glass and garnish with crushed mint leaves for a refreshing treat.
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4. Vanilla Apple Pie Delight

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup unsweetened applesauce
- 1/4 teaspoon cinnamon
- 1/4 cup rolled oats
- 1/4 cup almond milk
- 1 tablespoon chopped pecans

Instructions:

1. In a bowl, mix PFPB vanilla powder, applesauce, almond milk, oats, and cinnamon.
2. Stir well and let sit for 5 minutes to allow the oats to soften.

3. Top with chopped pecans for a crunchy apple pie-inspired treat.
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5. Peanut Butter Vanilla Power Bites

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup peanut butter
- 1/4 cup honey
- 1/2 cup rolled oats
- 2 tablespoons chocolate chips

Instructions:

1. In a large bowl, mix PFPB vanilla powder, peanut butter, honey, and rolled oats until combined.
 2. Stir in chocolate chips.
 3. Roll the mixture into small bite-sized balls and refrigerate for 30 minutes to set.
 4. Enjoy as a quick and tasty snack!
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1. Berry Vanilla Blast

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 1/2 cup Greek yogurt
- 1 cup almond milk
- 1 tablespoon honey or agave syrup

Instructions:

1. Combine PFPB vanilla powder, mixed berries, Greek yogurt, and almond milk in a blender.
2. Blend until smooth and creamy.

3. Sweeten with honey or agave syrup, and serve chilled.
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2. Peachy Vanilla Dream

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 ripe peach (pitted and chopped)
- 1/2 banana
- 1/2 cup coconut water
- 1/2 cup ice cubes

Instructions:

1. Place PFPB vanilla powder, chopped peach, banana, and coconut water in a blender.
 2. Add ice cubes and blend until smooth.
 3. Serve immediately for a refreshing peach-flavored smoothie.
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3. Tropical Berry Fusion

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 cup strawberries
- 1/2 cup orange juice
- 1 tablespoon flaxseeds (optional for added fiber)

Instructions:

1. Add PFPB vanilla powder, pineapple chunks, strawberries, and orange juice to a blender.
2. Blend until smooth. Optionally, add flaxseeds for a fiber boost.
3. Pour into a glass and enjoy a burst of tropical flavor!

4. Mango Blueberry Paradise

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup frozen blueberries
- 1/2 cup fresh or frozen mango chunks
- 1 cup coconut milk
- 1 teaspoon chia seeds (optional)

Instructions:

1. Blend PFPB vanilla powder, blueberries, mango, and coconut milk until creamy.
2. Optionally, sprinkle chia seeds on top for extra texture and nutrition.
3. Sip and savor this tropical-blueberry combo!

5. Citrus Berry Zing

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1/2 cup raspberries
- 1/2 cup frozen strawberries
- 1/2 cup fresh-squeezed orange juice
- 1 tablespoon lime juice
- 1/2 cup water or coconut water

Instructions:

1. Add PFPB vanilla powder, raspberries, strawberries, orange juice, lime juice, and water to a blender.
2. Blend until smooth and vibrant.
3. Serve with a slice of lime for a zesty twist!

1. Vanilla Berry PFPB Muffins

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups whole wheat flour
- 1/2 cup rolled oats
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1/2 cup almond milk
- 1/4 cup honey or maple syrup
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup coconut oil (melted)
- 1 teaspoon vanilla extract

Instructions:

1. Preheat your oven to 350°F (175°C) and grease a muffin tin or line with paper cups.
2. In a bowl, mix the flour, oats, PFPB vanilla powder, baking powder, and salt.
3. In another bowl, whisk the egg, almond milk, coconut oil, honey, and vanilla extract.
4. Gradually mix the wet ingredients into the dry ingredients until well combined.
5. Gently fold in the berries.
6. Pour the batter into the muffin cups and bake for 20-25 minutes or until a toothpick comes out clean.

2. Vanilla Power Protein Cookies

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 cup almond flour

- 1/2 cup peanut butter or almond butter
- 1/4 cup honey or agave syrup
- 1/2 teaspoon baking soda
- 1 egg
- 1/4 cup dark chocolate chips (optional)

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the almond flour, PFPB vanilla powder, and baking soda.
3. In another bowl, whisk the egg, peanut butter, and honey until smooth.
4. Combine the wet and dry ingredients, then fold in the chocolate chips.
5. Roll the dough into small balls and flatten slightly on the baking sheet.
6. Bake for 10-12 minutes or until golden brown.

3. PFPB Vanilla Banana Bread

Ingredients:

- 1 scoop of PFPB vanilla powder
- 2 ripe bananas (mashed)
- 1 1/2 cups whole wheat flour
- 1/4 cup honey or maple syrup
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 cup coconut oil (melted)
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup chopped walnuts or pecans (optional)

Instructions:

1. Preheat your oven to 350°F (175°C) and grease a loaf pan.
 2. In a large bowl, mix the flour, PFPB vanilla powder, baking soda, salt, and cinnamon.
 3. In another bowl, combine the mashed bananas, honey, coconut oil, eggs, and vanilla extract.
 4. Gradually mix the wet ingredients into the dry ingredients.
 5. Fold in the chopped nuts (optional).
 6. Pour the batter into the loaf pan and bake for 50-60 minutes or until a toothpick inserted comes out clean.
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4. Vanilla Oatmeal PFPB Bars

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups rolled oats
- 1/4 cup almond flour
- 1/2 cup almond butter
- 1/4 cup honey or maple syrup
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 cup dried cranberries or raisins (optional)

Instructions:

1. Preheat your oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper.
2. In a bowl, mix the oats, almond flour, PFPB vanilla powder, and cinnamon.
3. In another bowl, whisk the almond butter, honey, and vanilla extract until smooth.
4. Combine the wet and dry ingredients, and fold in dried cranberries or raisins.

5. Press the mixture into the baking pan and bake for 15-18 minutes or until lightly golden.
 6. Let the bars cool before cutting into squares.
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5. Vanilla Almond PFPB Pancakes (Baked)

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 cup almond flour
- 2 eggs
- 1/2 cup almond milk
- 1 tablespoon honey or maple syrup
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- Sliced almonds for topping

Instructions:

1. Preheat your oven to 350°F (175°C) and lightly grease a baking dish or cast iron skillet.
2. In a bowl, whisk the eggs, almond milk, honey, and vanilla extract.
3. Add the almond flour, PFPB vanilla powder, and baking powder to the wet ingredients and mix until combined.
4. Pour the batter into the baking dish and top with sliced almonds.
5. Bake for 20-25 minutes until the pancakes are golden and set.
6. Serve warm with maple syrup or your favorite toppings.

Holiday Inspired versions:

1. Gingerbread Vanilla PFPB Muffins

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups whole wheat flour
- 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 cup molasses
- 1/4 cup coconut oil (melted)
- 1/2 cup almond milk
- 1 egg

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a muffin tin or line with paper cups.
2. In a bowl, mix flour, PFPB vanilla powder, ginger, cinnamon, cloves, nutmeg, and baking soda.
3. In another bowl, whisk together molasses, coconut oil, almond milk, and egg.
4. Gradually add the wet ingredients to the dry ingredients and mix until combined.
5. Pour the batter into the muffin cups and bake for 18-22 minutes, or until a toothpick comes out clean.
6. Optionally, top with a drizzle of vanilla glaze (powdered sugar mixed with almond milk and vanilla extract) for a festive touch.

2. Peppermint Vanilla Protein Brownies

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 cup almond flour

- 1/4 cup cocoa powder
- 1/4 cup coconut sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 eggs
- 1/4 cup coconut oil (melted)
- 1/2 teaspoon peppermint extract
- Crushed candy canes for topping

Instructions:

1. Preheat the oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper.
2. In a bowl, mix the almond flour, cocoa powder, PFPB vanilla powder, coconut sugar, baking powder, and salt.
3. In another bowl, whisk together eggs, coconut oil, and peppermint extract.
4. Combine the wet and dry ingredients until smooth.
5. Pour the batter into the baking pan and bake for 18-22 minutes.
6. Once cooled, top with crushed candy canes for a peppermint holiday twist.

3. Cinnamon Roll Vanilla PFPB Cookies

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups oat flour (or blended rolled oats)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon baking powder
- 1/4 cup coconut oil (melted)
- 1/4 cup maple syrup

- 1 teaspoon vanilla extract
- Optional: Cream cheese icing for topping

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
 2. In a large bowl, combine oat flour, PFPB vanilla powder, cinnamon, nutmeg, and baking powder.
 3. In a separate bowl, mix melted coconut oil, maple syrup, and vanilla extract.
 4. Add the wet ingredients to the dry mixture and stir until well combined.
 5. Roll the dough into small balls, flatten them slightly, and place on the baking sheet.
 6. Bake for 10-12 minutes. Let them cool and drizzle with cream cheese icing (optional) for that true cinnamon roll flavor!
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4. Eggnog Vanilla PFPB Cake

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups whole wheat flour
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup coconut oil (melted)
- 1/2 cup almond milk (or eggnog if available)
- 2 eggs
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a loaf pan.

2. In a large bowl, whisk together flour, PFPB vanilla powder, cinnamon, nutmeg, baking powder, and salt.
 3. In another bowl, mix coconut oil, almond milk or eggnog, eggs, maple syrup, and vanilla extract.
 4. Slowly combine the wet ingredients with the dry mixture and stir until well incorporated.
 5. Pour the batter into the loaf pan and bake for 40-45 minutes or until a toothpick comes out clean.
 6. Serve with a dusting of powdered sugar or a light drizzle of eggnog glaze (optional).
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5. Spiced Apple Vanilla PFPB Bread

Ingredients:

- 1 scoop of PFPB vanilla powder
- 1 1/2 cups whole wheat flour
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup coconut oil (melted)
- 1/2 cup applesauce
- 1/4 cup maple syrup
- 1/2 cup grated apple (about 1 apple)
- 1 teaspoon vanilla extract

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a loaf pan.
2. In a large bowl, mix flour, PFPB vanilla powder, cinnamon, cloves, baking soda, and salt.

3. In another bowl, whisk together melted coconut oil, applesauce, maple syrup, grated apple, and vanilla extract.
4. Gradually add the wet ingredients to the dry mixture and stir until combined.
5. Pour the batter into the loaf pan and bake for 40-50 minutes, or until a toothpick comes out clean.
6. Let the bread cool and enjoy with a warm cup of tea or coffee!

These winter holiday-inspired recipes are perfect for bringing the festive spirit to your baked goods, with flavors like gingerbread, peppermint, cinnamon, and eggnog that will warm your heart and taste delicious with the added nutrition of PFPB!