

Peanut Butter Mocha Chia Pudding

4 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

1 3/4 cups Canned Coconut Milk
1/2 cup Coffee (brewed drip or espresso)
2 tbsps Cacao Powder
1/3 cup Chia Seeds
2 tbsps All Natural Peanut Butter
2/3 oz Collagen Powder
1/4 tsp Stevia Powder (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	343	Fiber	7g
Fat	29g	Protein	10g
Carbs	13g		

DIRECTIONS

01 Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add cinnamon and/or banana.

ADDITIONAL TOPPINGS

Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

MAKE IT VEGAN

Omit the collagen powder.

NO STEVIA

Use maple syrup, raw honey, dates, or coconut sugar to taste.

Keto Peanut Butter Cookies

12 SERVINGS 15 MINUTES



INGREDIENTS

1 cup All Natural Peanut Butter
1/2 cup Monk Fruit Sweetener
1 Egg

NUTRITION

AMOUNT PER SERVING

Calories	135	Fiber	1g
Fat	11g	Protein	5g
Carbs	13g		

DIRECTIONS

- 01 Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 02 Mix together the peanut butter, sweetener, and egg(s) in a large bowl with a wooden spoon until well combined.
- 03 Portion into balls, using approximately two tablespoons of dough per cookie, and place evenly onto the prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
- 04 Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze if longer.

SERVING SIZE

One serving is equal to one cookie.

MORE FLAVOR

Garnish with chopped peanuts. Drizzle with melted chocolate.

Peanut Butter Breakfast Bars

9 SERVINGS 25 MINUTES



INGREDIENTS

1 cup All Purpose Gluten-Free Flour
1/2 tsp Baking Soda
2 tbsps Stevia Powder
3 Egg
1/4 cup Coconut Oil (melted, then measured)
1 tsp Vanilla Extract
1/4 cup All Natural Peanut Butter (runny, chunky)
1/4 cup Dark Chocolate Chips (or chunks)
1/4 cup Oats (rolled)

NUTRITION

AMOUNT PER SERVING

Calories	233	Fiber	3g
Fat	14g	Protein	5g
Carbs	24g		

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 02 In a mixing bowl, stir together the flour, baking soda, and stevia. Then stir in the eggs, coconut oil, and vanilla extract.
- 03 Transfer the mixture to the baking dish and spread into an even layer. Drop the peanut butter in dollops across the top, then sprinkle the chocolate chips and oats across the top. Bake for about 12 to 15 minutes or until lightly golden brown and cooked through. Let cool before slicing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week, or freeze if longer.

SERVING SIZE

A 8 by 8-inch baking dish was used to make 9 servings.

FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.