



#ORIGINFLAVORBOOSTER

ORIGIN™ FLAVOR BOOSTERS RECIPIES



20g PROTEIN, 16G CARBS, 6.6G FAT, 210 CALORIES

NUTRITION PER SERVING

PUMPKIN PIE ORIGIN LATTE

Ingredients:

- 2 scoops Vanilla Origin™
- 1 Pumpkin Pie Flavor Booster
- 1–2 ounces cold coffee
- 6 ounces almond milk
- ¼ cup pumpkin puree
- Ice

Directions:

1. Blend together.
2. Enjoy!



20G PROTEIN, 19G CARBS, 11G FAT, 260 CALORIES

NUTRITION PER SERVING

CHOCOLATE PUMPKIN PUDDING

Ingredients (Pudding):

- 2 scoops Chocolate Origin™
- 1 Pumpkin Pie Flavor Booster
- ½ cup almond milk
- ¼ cup pumpkin puree

Ingredients (Whipped topping):

- 1 can full-fat coconut milk chilled overnight
- Cocoa powder

Pudding Preparation:

1. Blend all ingredients except coconut milk together and pour into a dessert cup to chill.

Whipped Topping Preparation:

1. Scoop out the solid coconut cream from the chilled can of coconut milk, leaving the liquid in the can.
2. Blend coconut cream in a small blender cup in 1-2 short bursts (if you overwhip, it will liquify).
3. Dollop cream onto pudding and sprinkle with cocoa powder.



24G PROTEIN, 13G CARBS, 10G FAT, 223 CALORIES

NUTRITION PER SERVING (WITH EGG WHITE)

21G PROTEIN, 13G CARBS, 10G FAT, 234 CALORIES

NUTRITION PER SERVING (WITH CHIA)

AFTER EIGHT MUG CAKE

Ingredients:

2 scoops Chocolate Origin™

1 Peppermint Stick Flavor Booster

¼ teaspoon baking powder

1 teaspoon melted coconut oil

1 egg white

OR

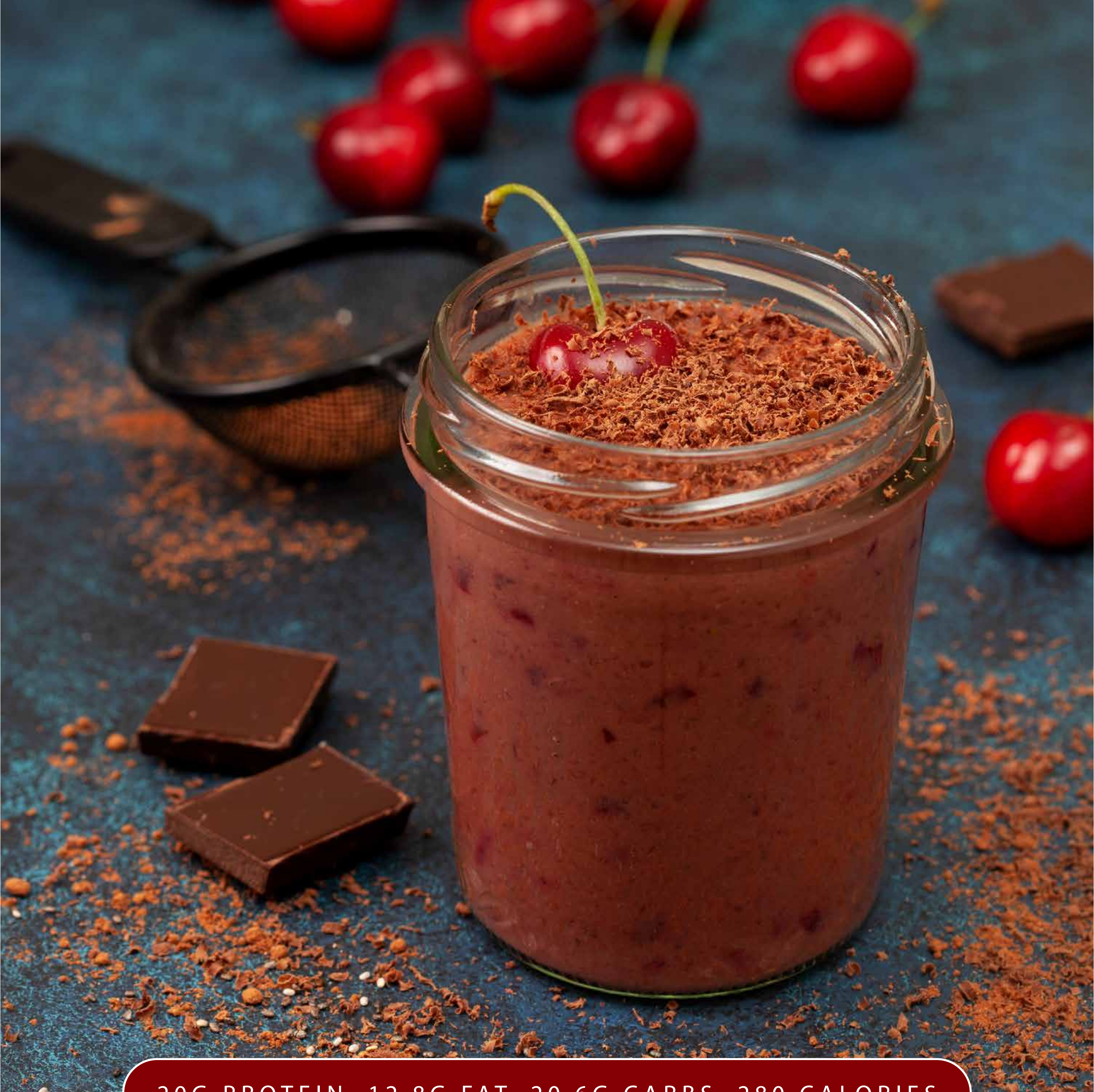
1 teaspoon chia + 3 teaspoons of water (for vegan/vegetarian option)

Almond milk

Directions:

1. Put all ingredients in a mug and add almond milk little by little until desired consistency is reached (should be like cake or brownie batter).
2. Clean edges of mug to prevent burning.
3. Microwave 1-2 minutes, checking at 45 seconds until done.

Top with berries for a perfect PFC balance.



20G PROTEIN, 12.8G FAT, 20.6G CARBS, 280 CALORIES

NUTRITION PER SERVING

CHOCOLATE CHERRY CHILLER

Ingredients:

2 scoops Chocolate Origin™

1 Snickerdoodle Flavor Booster

1 cup almond milk

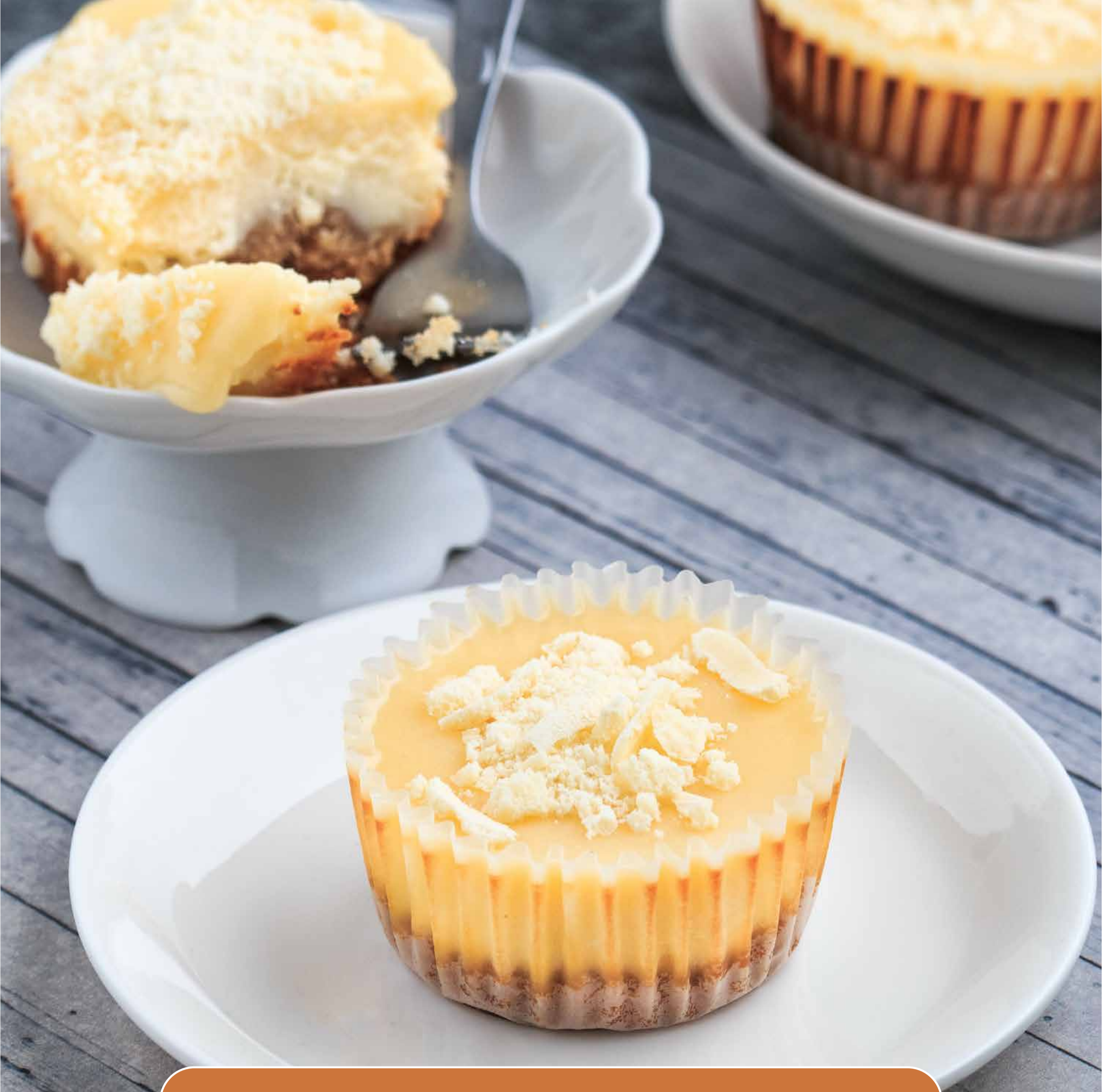
1 tablespoon coconut cream

¼ cup cherries (frozen or fresh)

Ice

Directions:

1. Blend together.
2. Enjoy!



6G PROTEIN, 16G CARBS, 13G FAT, 215 CALORIES

NUTRITION PER SERVING

PROTEIN PUMPKIN CHEESECAKE

ADD AN ADDITIONAL SCOOP OF ORIGIN TO MACRO-BALANCE THIS MEAL

Ingredients (Crust):

- 1 cup dates
- 1 ½ cups pecans or walnuts

Ingredients (Filling):

- 4 scoops Chocolate or Vanilla Origin™
- 3-4 Pumpkin Pie Flavor Boosters
- 1½ cups cashews
- 2 tablespoons lemon juice
- 1½ cups almond milk
- 3 tablespoons melted coconut oil
- ½ cup date water (from soaking)
- 1 teaspoons vanilla extract
- ½ cup pumpkin puree

Directions (Crust):

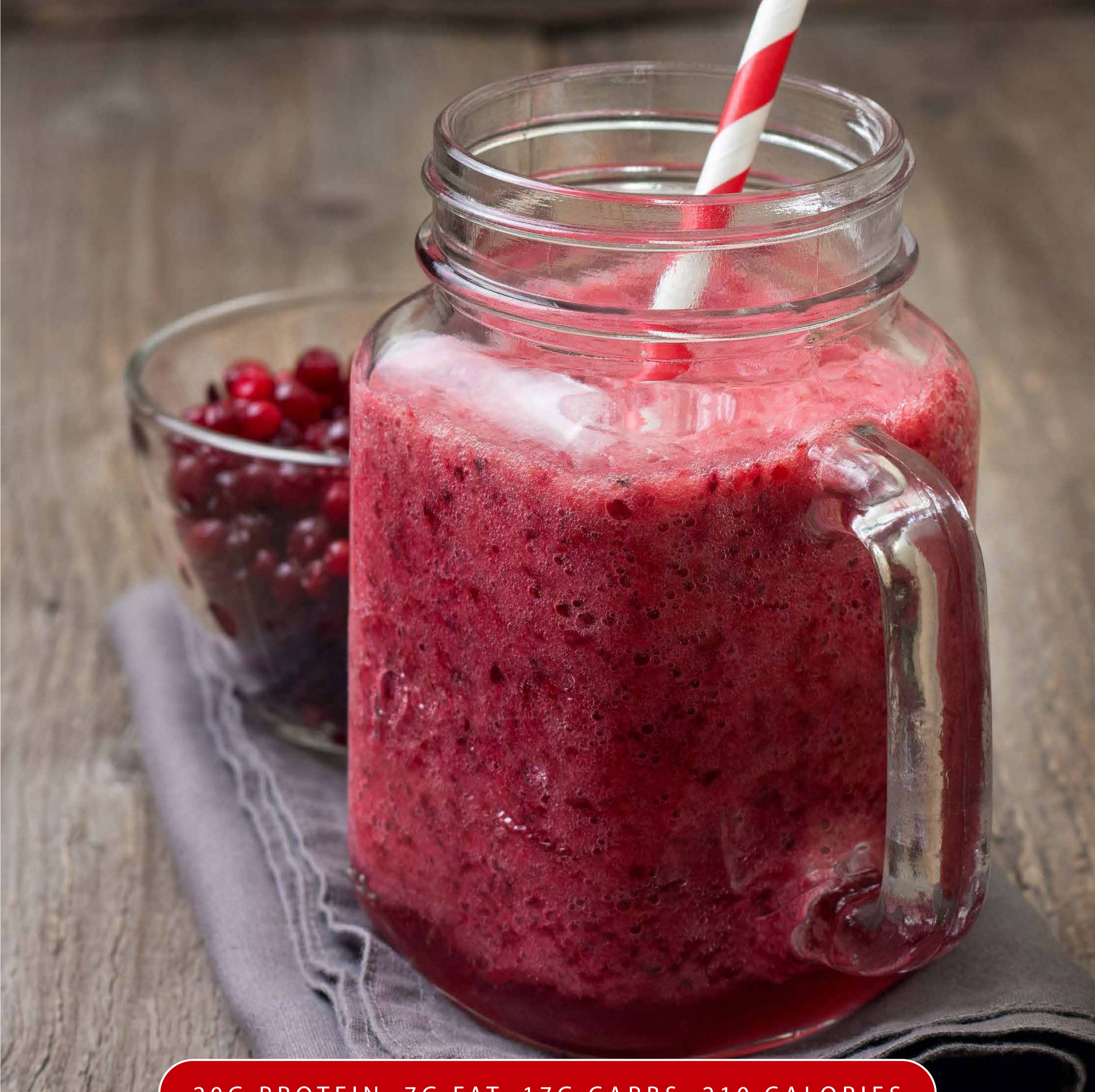
1. Cover dates with hot water and soak for one hour.
2. Drain water into bowl and keep for the filling.
3. Puree dates in a blender or food processor until smooth. Use a little of the water if needed to blend.
4. Blend pecans into crumbs/small bits.
5. Mix date paste and pecans together.

Prepare muffin tins with 16 parchment muffin cups. Spoon equal amounts into each cup and press mixture flat.

Directions (Filling):

1. Soak cashews overnight or boil water and soak for 1-2 hours.
2. Drain cashews and blend together with lemon juice, almond milk, coconut oil, date water, pumpkin puree, vanilla, and Flavor Boosters. Blend until smooth.
3. Add 4 scoops of Origin and blend.
Optional: To make both chocolate and vanilla cheesecakes, divide batter and blend in two scoops of the desired Origin flavors.
4. Spoon filling equally into the prepared muffin cups and place in the freezer for about an hour, or until set.
5. Bring out for about 10 minutes before serving.

Makes 16 cheesecakes.



20G PROTEIN, 7G FAT, 17G CARBS, 210 CALORIES

NUTRITION PER SERVING

CRANBERRY CANDY CANE

Ingredients:

- 2 scoops Vanilla Origin™
- 8 ounces almond milk, unsweetened
- 1 Peppermint Stick Flavor Booster
- ¼ cup whole cranberries
- Ice

Directions:

1. Blend together.
2. Enjoy!



20G PROTEIN, 19G CARBS, 8G FAT, 220 CALORIES

NUTRITION PER SERVING

PUMPKIN CHOCOLATE CHILLER—ORIGIN

Ingredients:

- 2 scoops Chocolate Origin™
- 1 Pumpkin Pie Flavor Booster
- 1 cup almond milk
- ¼ cup pumpkin puree
- Ice

Directions:

1. Blend together.
2. Enjoy!



8G PROTEIN, 7G CARBS, 8G FAT, 126 CALORIES

NUTRITION PER SERVING (WITH EGG)

7G PROTEIN, 7G CARBS, 8G FAT, 120 CALORIES

NUTRITION PER SERVING (WITHOUT EGG)

PROTEIN PUMPKIN MUFFINS

Ingredients:

1 cup pumpkin puree

1 tsp stevia powder (or to taste)

½ cup olive oil

1 medium banana

Optional: 2 eggs (can leave out to keep it vegan)

¼ cup pecan or walnut crumbs

2½ cups Vanilla Origin™ (replaces flour)

3-4 Pumpkin Pie Flavor Boosters

1 teaspoon baking soda

Directions:

1. Blend eggs, oil, banana, and pumpkin together until smooth.
2. Mix in dry ingredients.
3. Spoon into muffin cups and garnish with a piece of pecan/walnut.
4. Bake at 350° F for 25-28 minutes, or until toothpick comes out clean.

NOTE: Texture of batter is close to a square or pound cake (more so without the egg) so would lend itself well to baking in a pan.

Makes 12 muffins.



20G PROTEIN, 13G CARBS, 11G FAT, 240 CALORIES

NUTRITION PER SERVING

PUMPKIN CHOCOLATE CHILLER—FIT20

Ingredients:

- 1 packet FIT20®
- 1 Pumpkin Pie Flavor Booster
- 1 teaspoon organic cocoa powder
- ¼ cup pumpkin puree
- 1 cup almond milk
- 1 tablespoon coconut cream
- Ice

Directions:

1. Blend together.
2. Enjoy!



2G PROTEIN, 2G FAT, 2.9G CARBS, 59 CALORIES

NUTRITION PER SERVING

CHOCOLATE MINT SNOWBALLS

Ingredients:

4 scoops each Vanilla Origin™ and Chocolate Origin™

2-4 Peppermint Stick Flavor Boosters

1 cup almond butter

½ cup egg whites

5 tablespoon chia

½ cup dried cranberries/cherries chopped up

½ cup walnut crumbs

½ cup pumpkin seeds

Unsweetened coconut for rolling

Directions

1. Mix all ingredients together thoroughly.
2. If mixture is too dry and it won't form a ball, add in a little more egg whites.
3. Form into balls and roll in coconut.

Makes up to 50 bites. Store in freezer or fridge.



7G PROTEIN, 9G FAT, 25 CARBS, 214 CALORIES

NUTRITION PER SERVING (WITHOUT CARAMEL)

APPLE PECAN COOKIE CRUMBLE

ADD AN ADDITIONAL SERVING (2 SCOOPS) OF ORIGIN TO MACRO-BALANCE THIS MEAL

Ingredients:

- 4 scoops Vanilla Origin™
- 2 Snickerdoodle Flavor Boosters
- ¼ cup chopped pecans
- ¾ cup oatmeal
- ¼ cup coconut oil, melted
- 5–6 large apples, peeled and sliced
- ¼ cup water

Directions:

1. Place sliced apples into a square baking dish and pour the water over them.
2. Mix all the remaining ingredients together with a fork until it forms a chunky crumble consistency.
3. Spread the crumble mix over the apples and bake at 350° F for 25-35 minutes, or until apples are soft.

Optional Caramel Drizzle

1. 10 dates, medjool are best, but any will do. The drier ones may need to be soaked longer or overnight. Reserve the date water to use in blending.
2. Cover 10 dates with water and soak until soft.
3. Remove dates from water and blend with a few tablespoons of coconut or almond milk until creamy. You can use just the date water if you prefer. Liquid will determine your desired consistency.
4. To drizzle, put some in a small ziplock bag, snip off a bottom corner of the bag and squeeze over your dessert. Reserve the rest in the fridge.
5. Adding the drizzle to the Apple Pecan Cookie Crumble will increase carbs by a little.

Makes 6 servings.