

# SMART RECIPES

## Smart Protein Muffins

### Ingredients

- 3 large eggs
- 3 tablespoons butter or coconut oil
- 1/4 cup heavy cream
- 5 scoops SmartMeal Vanilla
- 2 teaspoons baking powder
- 1/3 cup brown sugar (or your choice of low carb sweetener)
- 1 cup blueberries
- 1/2 cup fat-free cream cheese
- 1/4 teaspoon ground cinnamon.

### Directions

Preheat oven to 375°F. Mix cream cheese and cinnamon in a small bowl. Mix eggs, oil and cream in a separate bowl. Add SmartMeal, baking powder and sugar into the cream cheese mixture and stir thoroughly to incorporate. Combine both mixtures and gently stir in blueberries. Pour batter into a muffin tin lined with baking cups that have been sprayed with non-stick cooking spray. Bake 15-20 minutes or until the muffins begin to brown at the top.

## Smart Protein Power Bites

### Ingredients

- 1 cup dry oats
- 1 cup Nature's Sunshine SmartMeal of your choice (Vanilla, Chocolate or Chai)
- 1 cup raw honey
- 1 cup natural, unsalted peanut butter or seed/nut butter
- 1/4 cup of flax meal, chia seeds or hemp seeds

### Directions

Add all ingredients to a medium bowl and mix well. Form into round balls using a tablespoon or ice cream scoop. Place the balls on a plate, then cover and refrigerate. For a big batch, line rolled balls on a cookie sheet and freeze for 30 minutes. Once set, transfer to an airtight storage bag or container and return to freezer. They should keep for about a month.

**Tip: For an added boost of flavor, roll formed balls in ground cinnamon or cocoa powder.**