

No-Bake Chocolate Protein Soft Cookies & No bake power bites

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No-Bake Chocolate Protein Soft Cookies

Ingredients

- 1 cup almond flour
or oat flour for nut-free
- 2 scoops MVP Family
- 1/4 cup nut or seed butter
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 2 tbsp mini chocolate chips
or crushed freeze-dried fruit *optional*
- Pinch of salt

Instructions

1. In a bowl, mix together the nut/seed butter, syrup, and vanilla until smooth.
2. Add in the almond flour, MVP Family powder, salt and cinnamon. Stir until a soft dough forms.
3. Fold in chocolate chips or other mix-ins if using.

No-Bake Power Bites

Ingredients

- 1 cup rolled oats
gluten-free if needed
- 1/2 cup nut butter *almond, peanut, or sunflower for nut-free option*
- 1/3 cup raw honey or maple syrup
- 1/4 cup ground flaxseed or chia seeds
- 2 scoops MVP FAMILY protein powder
- 1/4 cup mini dark chocolate chips, cacao nibs or raisins *optional*
- 1 tsp vanilla extract
- Pinch of sea salt

Instructions

1. In a medium bowl, mix together the nut butter, honey or syrup, and vanilla extract until smooth.
2. Stir in the oats, MVP FAMILY protein powder, flaxseed, and salt until well combined.
3. If using, fold in chocolate chips, cacao nibs or raisins.
4. Refrigerate the mixture for 15–20 minutes to firm up.
5. Roll into bite-sized balls about 1 inch.
6. Store in the fridge in an airtight container for up to a week, or freeze for longer shelf life.

