

10 GUILT-FREE CHRISTMAS TREATS

ENJOY THE HOLIDAY
SEASON WITH DELICIOUS,
WHOLESOME RECIPES!

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10 HEALTHY CHRISTMAS DESSERTS

HIGH-PROTEIN | LOW-SUGAR |
FESTIVE & DELICIOUS

STAY GUILT-FREE WHILE
ENJOYING THE HOLIDAYS!





Protein-Packed Gingerbread Cookies

Ingredients:

- 1 cup almond flour
- 1/2 cup vanilla protein powder
- 2 tbsp molasses
- 2 tbsp maple syrup
- 1 tsp cinnamon, 1 tsp ginger, 1/4 tsp nutmeg
- 1/4 cup unsweetened applesauce

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until a dough forms.
3. Roll out dough, cut into gingerbread shapes.
4. Bake for 12-15 minutes.

Nutrition per cookie (makes 12):

**Protein: 5g | Calories: 85 | Carbs: 8g |
Sugar: 2g**



Greek Yogurt Parfaits

Ingredients:

- 2 cups Greek yogurt (non-fat)
- 1/2 cup granola
- 1 cup mixed berries (strawberries, raspberries, blueberries)
- 2 tbsp maple syrup

Instructions:

1. Layer Greek yogurt, granola, and berries in a glass.
2. Drizzle maple syrup on top.
3. Serve immediately or refrigerate.

**Nutrition per serving (makes 4):
Protein: 12g | Calories: 180 | Carbs:
20g | Sugar: 6g**



Protein Snowballs

Ingredients:

- **1/2 cup vanilla protein powder**
- **1/4 cup almond butter**
- **2 tbsp maple syrup**
- **1/4 cup shredded coconut**

Instructions:

- 1. Combine protein powder, almond butter, and maple syrup in a bowl.**
- 2. Form into balls and roll in shredded coconut.**
- 3. Refrigerate for 1 hour before serving.**

Nutrition per ball (makes 10):

Protein: 6g | Calories: 95 | Carbs: 4g | Sugar: 2g



Dark Chocolate Protein Fudge

Ingredients:

- **1/2 cup dark chocolate chips**
- **1 scoop chocolate protein powder**
- **2 tbsp coconut oil**
- **1 tbsp maple syrup**

Instructions:

- 1. Melt chocolate chips and coconut oil in a microwave or double boiler.**
- 2. Stir in protein powder and maple syrup.**
- 3. Pour into a lined tray and refrigerate for 2 hours.**

Nutrition per piece (makes 12):

Protein: 4g | Calories: 75 | Carbs: 6g

| Sugar: 3g



Egg White Meringue Cookies

Ingredients:

- 3 egg whites
- 1/4 tsp cream of tartar
- 1/2 cup erythritol
- 1/4 tsp peppermint extract

Instructions:

1. Preheat oven to 200°F (93°C).
2. Whisk egg whites and cream of tartar until soft peaks form.
3. Gradually add erythritol and peppermint extract.
4. Pipe onto a baking sheet and bake for 2 hours.

Nutrition per cookie (makes 24):
Protein: 1g | Calories: 15 | Carbs: 1g
| Sugar: 0g



Almond Flour Christmas Cookies

Ingredients:

- 1 cup almond flour
- 1 scoop vanilla protein powder
- 1/4 cup unsweetened applesauce
- 2 tbsp maple syrup

Instructions:

1. **Preheat oven to 350°F (175°C).**
2. **Mix all ingredients into a dough.**
3. **Shape cookies and bake for 12 minutes.**

**Nutrition per cookie (makes 10):
Protein: 4g | Calories: 90 | Carbs:
5g | Sugar: 1g**



High-Protein Pumpkin Pie Bites

Ingredients:

- 1 cup pumpkin puree
- 1/2 cup Greek yogurt
- 1/4 cup almond flour
- 1 scoop vanilla protein powder
- 1 tbsp honey

Instructions:

1. Preheat oven to 375°F (190°C).
2. Combine all ingredients and pour into mini tart molds.
3. Bake for 15 minutes.

Nutrition per bite (makes 8):

**Protein: 6g | Calories: 75 | Carbs:
9g | Sugar: 3g**



Protein-Packed Apple Crisp

Ingredients:

- **2 large apples, sliced**
- **1/2 cup oats**
- **1 scoop protein powder**
- **1 tbsp maple syrup**
- **1 tsp cinnamon**

Instructions:

- 1. Preheat oven to 375°F (190°C).**
- 2. Layer apples in a baking dish.**
- 3. Mix oats, protein powder, cinnamon, and maple syrup. Sprinkle on apples.**
- 4. Bake for 20 minutes.**

**Nutrition per serving (makes 4):
Protein: 7g | Calories: 120 | Carbs:
18g | Sugar: 6g**



Coconut Protein Macaroons

Ingredients:

- 1 cup shredded coconut
- 1/4 cup almond flour
- 1 scoop vanilla protein powder
- 2 tbsp honey

Instructions:

1. **Preheat oven to 350°F (175°C).**
2. **Combine all ingredients in a bowl.**
3. **Shape into small balls and bake for 10 minutes.**

Nutrition per macaroon (makes 12):

Protein: 3g | Calories: 80 | Carbs: 5g | Sugar: 2g



Vanilla Bean Protein Ice Cream

Ingredients:

- **2 frozen bananas**
- **1 scoop vanilla protein powder**
- **1/4 cup almond milk**
- **1/2 tsp vanilla extract**

Instructions:

- 1. Blend all ingredients until smooth.**
- 2. Freeze for 1 hour before serving.**

**Nutrition per serving (makes 4):
Protein: 8g | Calories: 90 | Carbs:
15g | Sugar: 8g**

