

# Recipes from Beverly International's Facebook Page

<http://www.facebook.com/BeverlyInternational>

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## TIRAMISU PUDDING/ICE CREAM!!!

### Ingredients:

- 2 scoops Beverly International Cookies & Creme Ultimate Muscle Protein
- 1 scoop Beverly International Provosyn
- 8 oz water
- 1 Starbucks VIA Instant coffee packet
- 1T Truvia (unless you are already sweet enough. wink)

### Directions:

- 1) Combine all ingredients and mix until smooth.
- 2) Set in freezer for 30 minutes for pudding or an hour + for ice cream.
- 3) Cherish every last bite. Lick the bowl if you want. I did. ;)



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## ROCKY ROAD MOCHA PUDDING

### Ingredients:

- 6 oz Hazelnut coffee, brewed and chilled (or any other nutty-flavored coffee)
- 2 scoops of Beverly Rocky Road Ultimate Muscle Protein
- 1T Truvia
- 1T chopped nuts (not shown)
- 1/4 tsp unsweetened cocoa powder

### Directions:

- 1) Brew Coffee and chill in freezer.
- 2) Combine UMP, Truvia and chilled coffee in a small bowl and mix until smooth.
- 3) Top with cocoa powder and nuts.



### UMP BAKED APPLE FRITTER BALLS

#### Ingredients:

- ¾ cup Oat flour
- 3 scoops UMP Vanilla
- 1 tsp Cinnamon
- 1 small apple, peel & chop in small chunks
- 3 tbsp Honey
- ¼ cup unsweetened Almond Milk- you might need a bit more if the mix is too dry
- 1 tbsp Almond Butter



#### Directions:

Preheat oven to 350 and spray your cookie sheet with baking Pam

Mix all ingredients together in a bowl

Fold and mix

Roll into about 1-2 in. balls and place them on your cookie sheet.

Bake for 12-13 minutes or until you see they are a little brown

Drizzle on top: Ump, almond butter, almond milk, 1 pak Stevia - mix 'til you get a thin consistency and drizzle over the top of your Fritter Balls!

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### INCREDIBLE HULK UMP PUDDING

Place 8oz of water and 1-2 cups of fresh baby spinach in blender and mix thoroughly.

Add 2 scoops of Beverly International UMP. (I used Cookies & Creme) Blend until smooth.

Place pudding mixture in a bowl and in freezer for 30 minutes to set.

GET YO GREENS! ;)



## BLUEBERRY BANANA ROCKY ROAD FRENCH TOAST

### Ingredients for 2 servings:

- 2 pieces of Ezekiel Bread
- 1 scoop Beverly Rocky Road Ultimate Muscle Protein
- 4 egg whites
- 1T coconut or almond milk
- 1 banana
- 2T nut butter (whatever floats your boat)
- Walden Farm's Blueberry Pancake Syrup

### Directions:

- 1) Whisk egg whites with UMP and coconut milk in shallow dish.
- 2) Soak the bread in the dish for 3-5 minutes.
- 3) Place bread on to hot griddle and cook until browned on both sides.
- 4) Smother the bread in nut butter and bananas then top with syrup.
- 5) Try to breathe between bites.



**Nutrition facts per serving:** Calories: 340 / Protein: 30g / Carbs: 32g / Fat: 20g

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## ROCKY ROAD BANANA SPLIT

Serves 1

### Ingredients:

- 6oz Plain 0% Greek Yogurt
- 1 Scoop Beverly Rocky Road UMP
- 1 scoop Beverly Provosyn
- ¼ cup water
- 1 banana (you can leave this out for a lower carb option)
- 2 strawberries
- 1 T walnuts
- 2 T Walden Farm's Chocolate Syrup
- 2 T Walden Farm's Marshmallow Cream

### Directions:

- 1) Combine yogurt, protein powder and water and place in freezer for 30 minutes to an hour. Make sure it is frozen enough to roll into ice cream scoops but not too hard.
- 2) Slice banana and strawberries and place in serving dish.
- 3) Place Rocky Road UMP Ice Cream balls into center of fruit.



4) Drizzle with marshmallow cream and chocolate syrup and then sprinkle with walnuts.

**Nutrition:** Calories: 452 / Protein: 48g / Carbs: 35g / Fat: 12g

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### ROCKY'S CHICKEN & WAFFLES

Serves 2

#### Chicken Ingredients:

- 8 oz boneless skinless Chicken breast
- 1/2 cup Almond meal
- 2 tsp Garlic powder
- 1 tsp Salt
- 1 tsp Pepper
- 2 egg whites

#### Waffle Ingredients:

- 1 scoop Beverly's Rocky Road UMP
- 1 scoop Beverly's Provosyn
- 6 Egg whites
- 1 tsp baking powder
- Walden Farms Pancake Syrup

#### Directions:

- 1) Preheat oven to 400 degrees F.
- 2) Line a baking sheet with heavy-duty aluminum foil.  
Place a cooling rack over pan and spray rack with nonstick cooking spray.
- 3) In a shallow dish, almond meal, garlic powder, salt and pepper.
- 4) In a separate shallow dish, whisk egg whites.
- 5) Coat each chicken tender with egg whites and then dredge each in almond meal mixture.
- 6) Place on prepared rack in pan. Bake for 25 to 30 minutes, or until chicken is golden brown.
- 7) While chicken is baking, preheat the waffle iron.
- 8) Blend the egg whites, baking powder and protein powder in a blender.
- 9) Pour contents onto hot waffle iron.
- 10) Remove Chicken and serve on top of waffles with Walden Farm's Pancake Syrup.

**Nutrition:** Calories: 412 / Protein: 63g / Carbs: 7g / Fat: 15g

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### PROTEIN WAFFLE WITH BANANA ALMOND BUTTER SYRUP

Makes 2 servings

#### Ingredients:

- 1 Scoop Beverly International Ultimate Muscle Protein (Vanilla)
- 4 egg whites
- ¼ cup rolled oats





- ¼ tsp baking powder
- 1 banana
- 1 T almond butter
- 1 oz water

**Instructions:**

- 1) Preheat Waffle Iron
- 2) Combine UMP, Egg whites, oats and baking powder in blender and mix until smooth.
- 3) Place mixture onto waffle iron and cook until brown.
- 4) While waffle is cooking, rinse blender and place banana, almond butter and 1oz water into blender. Combine until smooth. (depending on how runny your almond butter is will determine how much water you need.)
- 5) Remove waffle, top with syrup and serve.



**Nutrition:** Calories: 235 / Protein: 26g / Carbs: 24g / Fat: 6

**MONSTER MUSCLE WAFFLE SAMMIE**

Makes 1 serving

**Ingredients:**

- 1 Scoop Beverly International Vanilla Ultimate Muscle Protein
- 1 piece of Ezekiel bread (you can substitute ¼ cup gluten free oats if you'd like)
- 3oz chicken breast, diced or shredded
- 4 egg whites
- ¼ tsp baking powder
- 8 raspberries
- 1T Truvia

**Directions:**

- 1) Preheat Waffle Iron.
- 2) Add egg whites, protein powder, baking powder and Ezekiel bread (or oats) in blender and combine until smooth.
- 3) Spray waffle iron with nonstick cooking spray and place mixture in the middle of waffle iron and cook until brown.
- 4) While the waffle is cooking, muddle the raspberries and Truvia together in a small bowl.
- 5) Remove waffle and cut into quarters.
- 6) Add Raspberry preserves and chicken.
- 7) DEVOUR.



**Nutrition:** Calories: 410 / Protein: 65g / Carbs: 25g / Fat: 6g

## JAZZberry UMP PANCAKES

### Ingredients:

- 2 scoops + 1T Beverly International Vanilla UMP
- 4 Egg whites
- 1/2 cup Raspberries, divided
- ¼ tsp baking powder
- 2 tsp Crystal Light PURE Mixed Berry Flavored drink mix. (Divided)
- 3T water (divided)

### Directions:

- 1) Preheat griddle on medium heat.
- 2) Combine UMP, egg whites, ¼ cup raspberries, baking powder, 1 tsp flavored drink mix and 2T of water in a blender. Combine well to make your protein batter.
- 3) Place heart-shaped pancake mold on to griddle and pour ¼ cup of mixture on to hot griddle.
- 5) While those are cooking, muddle your raspberries with 1T of Vanilla UMP and a tsp of the flavored drink mix in a small bowl.
- 6) Flip those pretty cakes over and remove once brown on both sides.
- 7) Serve with raspberry sauce on the side or pour on top like syrup.

\*\*\*You may also use a cookie cutter AFTER you have made the pancakes if you don't have the pancake mold.

**Nutrition:** Calories: 373 / Protein: 64 / Carbs: 19 / Fat: 6



## PEANUT BUTTER COOKIE DELIGHT

It tastes like a Nutter Butter! ;)

Makes 1 serving

### Ingredients:

- 1 Scoop Beverly Cookies & Creme UMP
- 1 Scoop of Beverly Vanilla UMP
- 1 T PB2
- 2 tsp Truvia
- 7oz water (divided)

### Directions:

- 1) In small mixing bowl combine, Vanilla UMP, PB2, and 3oz water. Mix until smooth.
- 2) In separate mixing bowl, combine Cookies & Creme UMP, 2 tsp Truvia and 4 oz water. Mix until smooth.



- 3) Layer the pudding in a serving dish and place both bowls into freezer for 15-20 minutes to set.
  - 4) Remove and try to breathe between bites.
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### ROCKY ROAD PROTEIN BARS

#### Ingredients:

- 2 cups oats
- 4 scoops NEW Beverly Rocky Road UMP
- 1/2 cup Truvia
- 1T unsweetened cocoa powder
- 1/2 cup almond butter
- 3/4 water
- 1/2 cup Walden Farm's Marshmallow Cream
- 1/4 cup chopped walnuts (or any nuts of your choice)



#### Directions:

- 1) Combine dry ingredients in a large mixing bowl.
  - 2) Then add wet ingredients and combine well.
  - 3) Keep mixing. Trust me. Mixture will look dry and crumbly but keep applying that elbow grease to make sure the almond butter is well-combined.
  - 4) Line an 8X8 dish with wax paper and place contents in the dish.
  - 5) Press the mixture down firmly.
  - 6) Place dish in the freezer for 30 minutes.
  - 7) Remove and cut into 8 bars.
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### SIN-NAMINT PROTEIN BREAD PUDDING

Makes 8 servings

#### Ingredients:

- 10 pieces of Ezekiel Bread, thawed
- 5 eggs
- 4 scoops Beverly Chocolate Ultimate Muscle Protein
- 1 cup water
- 1 tsp vanilla extract
- 1/2 cup Truvia
- 1T Cinnamon
- 1 tsp peppermint oil
- 1/2 cup dark chocolate chips (60% or higher)



**Directions:**

- 1) Preheat oven to 350.
  - 2) In large mixing bowl, beat eggs, UMP, water, truvia, cinnamon, peppermint and vanilla together. Then add Chocolate chips.
  - 3) Tear the Ezekiel bread into bite size pieces and add to the mixture. Toss and let it marinate for a few minutes so the bread can soak up all that goodness.
  - 4) Spray an 8X8 casserole dish with cooking spray.
  - 5) Place the gooey goodness in the dish.
  - 6) Bake for 40 minutes uncovered. Or until a toothpick comes out clean.
- Allow it to cool a bit before serving or if you can't wait, burn your tongue like me.
- 7) Take it to the face!!

**Nutrition:** Calories: 208 / Fat: 5g / Carbs: 21g / Sugar: 3g / Protein: 20g



**No Nonsense  
Supplements**

