



Trim Healthy
mama

PEANUT PROTEIN POWER

RECIPE COLLECTION



Trim Healthy De-Fatted Pressed Peanut Flour The Other Protein!

While nuts are part of the Trim Healthy Mama plan, all those dense calories can be easily eaten in excess. They can cling to places on our bodies that we least want them to and drive us nuts! Our De-Fatted Pressed Peanut Flour is the answer to a mouthful of peanutty pleasure without guilt or a stubborn scale.

Our peanut flour is a complete protein, containing 15 grams per $\frac{1}{4}$ cup serving, and can be added to meals and snacks that already contain some protein. However, it does not contain the amount of leucine needed to fuel our muscles properly. Because it's so delicious and peanutty, it works wonderfully with our optimized protein products, creating yummy recipes while fueling muscle synthesis! Visit the [Trim Healthy Online Store](#) to stock up and enjoy these delicious recipes!





Cottage Whip Banana Split (E or XO)

Whipped cottage cheese is a delicious way to add protein to your day! Kick it up a notch with added TH De-Fatted Peanut Flour and Optimized Vanilla Whey Protein! If you own a Ninja Creami, blend ingredients as noted, freeze, and process into creamy, delicious ice cream for an authentic banana split experience! To keep this an E, leave off the nuts and chocolate chips, or for the occasional crossover treat, indulge with all the toppings!

Single Serving or “split” it with a friend!

INGREDIENTS:

Whipped Cottage Cheese Ingredients:

- 1 cup 1% cottage cheese
(Good Culture is a great brand)
- 3 Tbs [TH De-Fatted Peanut Flour](#)
- 2 Tbs [TH Optimized Whey Protein Powder](#)
(Vanilla Flavor or flavor of choice)
- 1 Tbs [TH Gentle Sweet](#) (or to taste)



Split Ingredient Suggestions:

- 1 banana
- chocolate chips
- on-plan jam such as [Chia Berry Preserves](#)
- nuts (optional)
- chocolate drizzle, such as *Handy Chocolate Syrup*, [Trim Healthy Table](#), page 371
- on-plan store-bought caramel sauce or try one of these recipes: [Crazy for Caramel Sauce!](#) or the sauce from the Magic Salted Caramel Cupcakes, [Trim Healthy Table](#), page 379.

INSTRUCTIONS:

1. Blend together the whipped cottage cheese ingredients in a blender or using an immersion blender until smooth and creamy. (Image above is shown using this method)
2. Chill and enjoy OR make it into ice cream using the Ninja Creami (following manufacturer's instructions)



Choco-Nutty Protein Smoothie (FP with E Option)

Is it chocolatey, or is it peanutty?? This is a perfect combination of both! This chocolate peanut butter smoothie is rich, creamy, decadent, and packed with optimized amounts of protein to meet your Protein Nerd needs! As written, this is a Fuel Pull; if you need an energizing E Meal after your workout or anytime, add the optional banana for an over-the-top flavor explosion of chocolate, peanut butter, and banana! If you are looking for quick and easy this is it!

INGREDIENTS:

- ½ cup unsweetened nut milk of choice
- ¼ cup water
- ¼ cup low-fat cottage cheese
(Good Culture brand is amazing)
- ½ tsp [TH Natural Burst Vanilla Extract](#)
- 2 Tbs [TH De-Fatted Peanut Flour](#)
- ⅛ tsp [TH Mineral Salt](#)
- 1 tsp [TH Super Sweet Blend](#)
(add more if desired)
- 1 cup ice cubes (approximately 10 ice cubes)
- 4 Tbs [TH Optimized Whey Protein Powder](#)
(Chocolate Flavor)
- 1 banana (optional; for an E Meal)



INSTRUCTIONS:

1. Add all ingredients except the Optimized Whey into a blender and blend until smooth.
2. Add the Optimized Whey and blend for 45 more seconds. Enjoy!



Choc-Nut Muffin in a Mug (S)

With Peanut Butter Frosting OR Glosting Options

Craving something chocolatey and peanutty but short on time? This Choc-Nut Muffin in a Mug is the perfect, quick treat! Made in just a few minutes, it brings chocolate and peanut flavors together in a cozy, single-serving mug. Best of all, it's chock-full of protein! Grab a mug and a spoon—you're about to satisfy your sweet tooth while nourishing your health.

Single Serving

INGREDIENTS:

- 1Tbs [TH Baking Blend](#)
- 1Tbs [TH De-Fatted Peanut Flour](#)
- 2 Tbs [TH Optimized Whey Protein Powder](#) (Chocolate Flavor)
- 1Tbs [TH Gentle Sweet](#)
- 1 tsp [TH Super Sweet Blend](#)
- ⅛ tsp [TH Mineral Salt](#)
- ½ tsp baking powder
- 1 egg (beaten)
- 1Tbs 0% Greek yogurt (plain)
- 1Tbs coconut oil (melted)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- peanuts (small amount for topping)



INSTRUCTIONS:

1. Place the melted coconut oil and the beaten egg in a large mug and stir to combine.
2. Add all the dry ingredients to the mug and stir with a fork.
3. Next add the Greek yogurt, water, and vanilla and continue to blend all ingredients until smooth.
4. Place the mug in your microwave and cook on high for 1 minute and 30 seconds.
5. Oven Bake Method: Divide the batter into 2 well-greased muffin holes or use silicone liners and bake at 350 degrees for 12-15 minutes.
6. Frost or Glost your muffin after it cools, and top it with the optional peanuts. Enjoy!

NOTES: Adding a little water to a couple of empty muffin holes in your pan creates a steam effect while baking. Please remember that microwaves vary so adjust the time to the size of your microwave.

If you are dairy-sensitive, use a non-dairy yogurt. Our whey has always been lactose-free and most who are sensitive to dairy still do well with it. Some people, however, are highly sensitive and still experience stomach discomfort. Optimized Whey includes glycine, which helps reduce bloating and soothes the gut for easier digestion.

Peanut Butter Glossing (as shown in image on previous page)

INGREDIENTS:

- 2 tsp [TH De-Fatted Peanut Flour](#)
- 2 tsp heavy cream
(or Original Nutpods for DF)
- 2 tsp [TH Gentle Sweet](#)

INSTRUCTIONS:

1. Place all ingredients in a small bowl and blend until smooth.
2. Using a small spoon, drip the glossing onto the warm muffin.

Peanut Butter Frosting

INGREDIENTS:

- 1Tbs $\frac{1}{3}$ less-fat cream cheese
- 2 Tbs 0% Greek yogurt
- 1Tbs [TH Gentle Sweet](#)
- 1Tbs [TH De-Fatted Peanut Flour](#)
- $\frac{1}{2}$ tsp [TH Natural Burst Vanilla Extract](#)

INSTRUCTIONS:

1. Mix all ingredients in a small bowl until smooth.
2. Frost your muffin.