

Recipes



Our story...

Hi! If you're new here, my name's Autumn. I'm a Certified Clinical Nutritionist with my Bachelors in Nutrition and Dietetics and my Masters in Nutrition and Human Performance. I'm also a Certified Clinical Nutritionist and a Certified Personal Trainer.

I wanted to create a clean and delicious protein powder that has the community's goals in mind while *also* tasting incredible. I polled the AENpeeps on Facebook, YouTube and Instagram to find out what YOU wanted in your protein powder.

After numerous polls and hundreds of comments, it came down to a few key factors:

1. High quality protein
2. A good option for weight loss
3. Something that tastes GREAT (and not chalky)

To optimize for the highest quality protein, I chose a pasture-raised whey isolate protein. Whey is one of the most studied proteins and has been consistently found to be best for body composition goals.(1) I also love that whey isolate is nearly free of lactose, making it a great option for most of those who are lactose intolerant. Whey is also one of the highest DIAAS score proteins.(2) This means it's easy to digest, absorb and use as a complete protein.

A ton of protein powders are either loaded with sugar (which is not supportive of a weight loss goal) OR it uses stevia (which tends to have a weird after-taste). So I opted for the naturally zero sugar monk fruit extract, which tastes smooth and sweet without the weird after-taste.

I love food and I know you love food as well - so creating a protein powder that tastes great in a variety of recipes was a hugely important consideration. I tested my protein powder in EVERY type of recipe I could think of: smoothies, chia pudding, protein waffle, protein pancake, grain-free oatmeal... the list goes on. Verifying that my protein powder would taste incredible in a variety of yummy protein-packed recipes was a non-negotiable.

And now after MANY long months of testing away in my kitchen, we finally have it HERE and READY!

Say hello to Autumn's Protein! Nutritionist created for your goals.



Protein designed for you



Zero sugar

To optimize for weight loss goals, I've chosen a naturally zero sugar sweetener called monk fruit extract.



Whey Isolate

Whey is one of the most studied protein powders ever. Whey isolate is a more pure form of whey that contains little to no lactose.



Clean, simple ingredients

No artificial flavors or sweeteners here!



Amazing flavor!

This protein powder was designed to mix well in smoothies, chia puddings, waffles and more.



Developed in my kitchen!

From start to finish, every aspect of my protein powder formula was created at home, in my kitchen (yup, the one in my YouTube videos!). I wanted to be extremely hands on throughout the entire process to ensure quality (and flavor) every step of the way.



How to use my protein powder

Blended in a smoothie

This is my personal favorite way to enjoy my protein powder. I have a ridiculous number of smoothie recipes in my [Complete Intermittent Fasting Bundle](#), [YouTube Channel](#), [Blog](#), [Instagram](#) and this free download.

Stirred into chia pudding

This helps to significantly boost the protein content of your chia pudding.

Made into a waffle

Or pancake! Checkout my simple blueberry pancake recipe in this free download.

Mixed in grain-free oatmeal

Thousands of men and women have RAVED about this recipe! Check it out in this free download.

Stirred into yogurt

You can add a scoop or two of my protein powder into yogurt (or greek yogurt!) to help boost the protein content even further. It also adds a little extra flavor without adding in sugar!



Get your protein!

You can get your zero sugar, pasture-raised protein powder and make ALL of these delicious recipes by heading over to our website, www.autumnellenutrition.com/shop!

Enjoy all of your delicious, protein-packed meals!

CLICK HERE FOR PROTEIN!



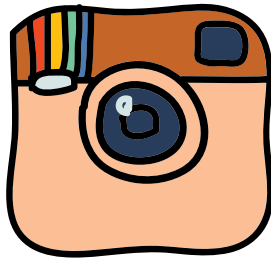
LET'S GET *social*

You can continue learning and nerding out over Nutrition with me and the rest of the AENpeeps through Facebook, YouTube, Instagram and the weekly newsletter! Check out the details and stay in the loop below!

YouTube

Get your weekly dose of nerdy nutrition deets on the Autumn Elle Nutrition YouTube Channel.

Head over [HERE](#) to stay in the loop.



Instagram

Share your journey by tagging your photos with the hashtags [#AENpeeps](#). You can also follow me for additional tips and inspo at [@autumnelle_nutrition](#).

Weekly Newsletter

Stay in the loop with your weekly Monday nutrition newsletter! Get the deets on upcoming challenges, new recipes, insider tips and more!

Head over [HERE](#) to subscribe.



Facebook Group

This is where you can share your experience, nerd out with other AENpeeps and have an impact on future programs, content, cookbooks and products. Join the AENpeeps [HERE](#)!

Tropical Coconut Smoothie

This smoothie is light and refreshing, yet incredibly satiating. It's one of my go-to's during the warmer summer months.

Serves 1



INGREDIENTS

- 1/2 serving Autumn's Vanilla Protein Powder
- 1/2 cup unsweetened greek yogurt OR an extra 1/2 serving Autumn's Vanilla Protein Powder
- 1/2 cup frozen coconut chunks
- 1/4 cup frozen pineapple
- 10 oz. unsweetened coconut milk (try my homemade option [HERE](#))
- 1 Tbsp. chia seeds
- 1/2 tsp. vanilla extract

01 Blend all ingredients until smooth. Optional to top with 2-3 Tbsp. toasted coconut flakes (unsweetened).



Nerdy note: Protein is crucial for achieving body recomposition goals.(3) You can adjust the amount of my protein powder used in your smoothie to fit your needs. You can calculate your protein needs for free with my video [HERE](#).

Vanilla Blueberry Keto Oatmeal

Over 90,000 peeps on YouTube are loving this recipe! Find out what all the fuss is about and try it today.

Serves 1



INGREDIENTS

- 1 Tbsp. each (chia seeds, hemp seeds, almond flour, flax seeds)
- 1/2 serving Autumn's Vanilla Protein Powder
- 1/2 cup unsweetened nut milk
- 1/2 tsp. vanilla extract
- 1/2 cup greek yogurt
- 1 tsp. ghee, coconut oil or butter
- 1/4 cup frozen blueberries

01 Combine the chia seeds, hemp seeds, almond flour, flax seeds, Autumn's Vanilla Protein Powder, nut milk and vanilla extract in a small sauce pan over medium heat. Allow to cook for 2-4 minutes or until the liquid has all been absorbed.

02 While the "oatmeal" cooks, add the ghee and blueberries to a small pan over medium low heat. Lightly saute until the "juices" have been released.

03 Remove the oatmeal from heat and stir in the greek yogurt. Top with cooked blueberries and optional additional zero sugar toppings (I used unsweetened coconut flakes and almonds).



Nerdy note: chia seeds provide significant sources of both fat and fiber. Just 2 Tbsp. contains around 7 grams of fiber to help keep you satisfied!

Chocolate Pumpkin Spice Waffle

During those cool months, this protein-packed waffle will give you
ALL the fall vibes!

Serves 1



INGREDIENTS

- 1 serving Autumn's Chocolate Protein Powder
- 1 egg (or 1 chia/flax egg)
- 1/2 banana, mashed (OR 1/4 cup pumpkin puree if carb sensitive)
- 1 tsp. cacao powder OR unsweetened cocoa powder

- 1/2 tsp. pumpkin spice

TOPPINGS (CHOOSE 2-3)

- 1/2 Tbsp. grass-fed butter
- 1 Tbsp. almond or peanut butter
- 1/4 cup favorite fruit
- 2 Tbsp. nuts or seeds
- 3 Tbsp. coconut flakes

01 Combine all ingredients, except for the toppings, and mix until smooth.

02 Cook according to your waffle maker instructions. Choose 2-3 toppings from the list above to make this a complete meal.



Nerdy note: If you're allergic to eggs, you can swap it out for 1 Tbsp. chia seeds or flax seeds mixed with 3 Tbsp. warm water. This makes one "chia/flax" egg and can be used as a replacement for eggs in most recipes.

Chocolate Strawberry Keto Oatmeal

There's nothing quite like the combination of chocolate and strawberries.

Serves 1



INGREDIENTS

- 1 Tbsp. each (chia seeds, hemp seeds, almond flour, flax seeds)
- 1/2 serving Autumn's Chocolate Protein Powder
- 1/2 cup unsweetened nut milk
- 1/2 tsp. vanilla extract
- 1/2 cup greek yogurt
- 1 tsp. ghee, coconut oil or butter
- 1/2 cup frozen strawberries
- Optional cacao nibs for topping

01 Combine the chia seeds, hemp seeds, almond flour, flax seeds, Autumn's Chocolate Protein Powder, nut milk and vanilla extract in a small sauce pan over medium heat. Allow to cook for 2-4 minutes or until the liquid has all been absorbed.

02 While the "oatmeal" cooks, add the ghee and strawberries to a small pan over medium low heat. Lightly saute until the "juices" have been released.

03 Remove the oatmeal from heat and stir in the greek yogurt. Top with cooked strawberries and optional cacao nibs for extra crunch.



Nerdy note: If you have slightly higher protein needs, you can up the protein by an additional 10 grams by using a full serving of Autumn's Chocolate Protein Powder.

Blueberry Hemp Smoothie

This is the OG Complete Intermittent Fasting Bundle smoothie ~ the fan fave for over 4 years!



Serves 1

INGREDIENTS

- 10 oz. unsweetened coconut milk or nut milk
- 1 serving Autumn's Vanilla Protein Powder
- 1/4 cup frozen blueberries
- 2 Tbsp. coconut butter
- 1 Tbsp. hemp seeds
- 1 Tbsp. chia seeds

01 Blend all ingredients until smooth. Optional to top with 1-2 Tbsp. cacao nibs or 2-3 Tbsp. toasted coconut flakes (unsweetened).



Nerdy note: Hemp seeds contain anti-inflammatory omega-3 fatty acids!

Double Chocolate Smoothie Bowl

Straight from the Autumn's Chocolate Protein label! If you love everything chocolate and peanut butter, then this is for you!



Serves 1

INGREDIENTS

- 1 serving Autumn's Chocolate Protein Powder
- 2 Tbsp. cacao or unsweetened cocoa powder
- 1 Tbsp. chia seeds
- 1 Tbsp. peanut butter
- 1/2 frozen banana OR 1/2 cup frozen cauliflower rice if carb sensitive
- 5 oz. unsweetened coconut or almond milk
- handful of ice

01 Blend all ingredients until smooth. Top with 1-2 Tbsp. cacao nibs, 1/2 banana (or 1/2 cup berries if carb sensitive) and optional 1 tsp. peanut butter drizzle.



Nerdy note: If you're carb sensitive, cauliflower rice is a great sub to bananas to help keep the sugar content even lower. And it's flavorless, so you don't have to worry about it altering the flavor.

The Classic Strawberry Smoothie

This smoothie is so simple, yet so surprisingly packed with flavor. It truly is a crowd pleaser, fit for nearly every taste preference.



Serves 1

INGREDIENTS

- 10 oz. unsweetened coconut milk or nut milk
- 1/2 serving Autumn's Vanilla Protein Powder
- 1/2 cup greek yogurt
- 1/2 cup frozen strawberries
- 1 Tbsp. chia seeds
- 2 Tbsp. peanut butter
- 1 tsp. vanilla extract

- 01** Blend all ingredients until smooth. Optional to top with 1-2 Tbsp. cacao nibs or 2-3 Tbsp. toasted coconut flakes (unsweetened).



Nerdy note: Skyr is another high protein swap to greek yogurt that can be used in this recipe. Just make sure it's unsweetened!

Protein-Packed Greek Yogurt

Not a fan of tart greek yogurt? Stir in Autumn's Protein Powder for added flavor AND protein!



Serves 1

INGREDIENTS

- 3/4 cup unsweetened, full-fat greek yogurt (or the single serve containers)
- 1/2 serving Autumn's Vanilla or Chocolate Protein Powder (your choice)

TOPPINGS (PICK 2-3)

- 1/2 cup fresh berries
- 1-2 Tbsp. cacao nibs
- 3 Tbsp. unsweetened toasted coconut flakes
- 2 Tbsp. nuts/seeds
- 1 Tbsp. nut butter

01

Stir the protein powder into the greek yogurt. Top with your choice of toppings.



Nerdy note: I prefer using full-fat and unsweetened greek yogurt. This helps to ensure that the satiety hormones (peptide YY and CCK) are fully activated.

Clean Blueberry Pancake

Featured from my **THRIVING Cookbook!** This is a classic, simple and protein rich pancake.



Serves 1

INGREDIENTS

- 1 serving Autumn's Vanilla Protein Powder
- 1 egg
- 1/2 banana, mashed
- 1 tsp. vanilla extract
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 2 Tbsp. frozen blueberries
- coconut oil or butter for cooking

01 Combine all ingredients except for blueberries and cooking oil in a bowl. Gently fold in blueberries.

02 In a pan over medium heat, add a little coconut oil to grease the pan. Cook pancake for 3-4 minutes on each side. Optional to top with 1 Tbsp. peanut butter or 2-3 Tbsp. homemade zero sugar whipped cream.



Nerdy note: This recipe is a hit with kids and family members! A perfect swap for the traditional high sugar pancakes.

PB + Chocolate Chia Pudding

This isn't your average chia pudding! Most chia pudding recipes are low in protein and fat, making it not an ideal option for a meal. On the flip side, this recipe is loaded with the protein, fat and fiber to help satiate you for *hours*.



Serves 1

INGREDIENTS

- 1/2 cup unsweetened full-fat greek yogurt
- 1 serving Autumn's Chocolate Protein Powder
- 2 Tbsp. chia seeds
- 3/4 cup unsweetened almond or coconut milk
- 1 Tbsp. peanut butter
- pinch of sea salt
- Optional 1/2 cup berries or 2 Tbsp. cacao nibs for topping

01 Combine all ingredients, except for the toppings, in a bowl. Allow this to sit for at least 30 minutes or overnight before eating. If letting it sit overnight, keep it covered in the fridge. Top with optional toppings before eating.



Nerdy note: This is a great recipe to make in bulk for a week of break-fasts. Just triple this recipe for 3 days worth of meals! Make sure to store your additional servings in the fridge.

Bundle up!

Autumn's Protein Powder was designed to pair perfectly with your Complete Intermittent Fasting Bundle recipes. You can gain access to 100+ additional recipes, 6 individualized protocols, 8 weeks of meal-by-meal planning and MORE with the Complete Intermittent Fasting Bundle!

Don't miss out! Grab everything you need to maximize your potential with the Complete Intermittent Fasting Bundle HERE.



Ron

"My goal was 40 lbs by July 25, 2020 and a total of 70 lbs by the end of 2020. On July 17, 2020 I was down 71 lbs...I'm getting some of my old swagger back"



Jennifer

"My gratitude for Autumn and her program is unending. I can't thank her enough for creating a program that breaks down the process of intermittent fasting in a way that was easy to understand and follow. I wouldn't have been able to meet my fitness goals without her."



Resources

1. Whey Protein Body Composition
2. DIAAS Scores
3. Protein + Body Composition

DISCLAIMER: THE AUTHOR IS NOT A DOCTOR. THE ADVICE THE AUTHOR PROVIDES HEREIN IS BASED ON YEARS OF PRACTICAL APPLICATION, EXPERIMENTING WITH HER OWN HEALTH AND PHYSIQUE AS WELL AS THE CLINICAL NEEDS OF OTHERS. ANY RECOMMENDATIONS THE AUTHOR MAY MAKE TO YOU REGARDING DIET, INCLUDING SUPPLEMENTS AND HERBAL OR NUTRITIONAL TREATMENTS MUST BE DISCUSSED BETWEEN YOU AND YOUR DOCTOR(S) TO ENSURE PROTECTION FOR CLIENT AND AUTHOR.