

Healthy
♥ Life

20g
PROTEIN

1ST PHORM LEVEL-1 BAR

GLUTEN FREE HIGH QUALITY PROTEIN

Layers of Delicious Flavor
Excellent Source of Protein
No Artificial Flavors

CARROT CAKE



10 BARS PER BOX

Net Wt. 15.53oz (440g) Bars / 22.3oz (640g) PER BOX

FALL 2026

PUMPKIN SPICE RECIPE GUIDE

HEALTHYLIFEBYHEATHER.COM



HEALTHY LIFE WITH HEATHER

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HEY! I'M *Heather!*

ABOUT HEATHER

I started in the same spot that many of my clients start. I was lost in my "diet" journey, my progress had stalled, and I knew very little about what to do to succeed!

I downloaded the 1st Phorm app, found a coach that taught me how to use "The Secret Sauce" to develop a Healthy Lifestyle and reach my goals.

ABOUT MY COMMUNITY

Supportive, compassionate, caring, delightful, and willing to help others. Our Healthy Life community is really an amazing place. We share recipes, workouts, motivation, advice, and all things Healthy Life each and every day. It truly is my happy place.

HEALTHY LIFE MISSION

The mission of Healthy Life is pretty simple. We are here to Help the World Feel Better.

This can be through learning more about nutrition, learning how to use exercise to improve quality of life, handing out a smile as we pass others in public, or simply being a good human.

HELPING THE WORLD FEEL *Better*

HEALTHYLIFEBYHEATHER.COM



HEALTHY LIFE WITH HEATHER



LEVEL 1 PUMPKIN SPICE LATTE

Why Level 1?

- High Quality Sourced Protein
- Easily Digested
- Easily Added To Sweet Treats
- Great Meal Replacement Option
- Awesome Taste
- The WAFFLES!



HOW TO ORDER

1. **CLICK** THE LINK BELOW!
2. THROW IT IN YOUR **CART**, DON'T WAIT, THIS FLAVOR IS **SEASONAL!!**
3. WAIT A FEW DAYS FOR THE DOORBELL TO **RING**.
4. MAKE YOUR **FAVORITE** TREAT AND ENJOY!
5. HIT YOUR **PROTEIN GOAL** DAILY TO LIVE A **HEALTHY LIFE!**



**LEVEL 1 PUMPKIN
SPICE LATTE**

PS.

YOU CAN SUB MANY
FLAVORS OF LEVEL 1 IN
THESE RECIPES! LET
ME KNOW WHAT
SWAPS YOU MAKE!

Luv. Luv. ❤️ HL

3

PUMPKIN SPICE LATTE LEVEL-1

IS BACK FOR A

**limited
time!!**

**Want the
goods??
BUY HERE!**

SHOP PSL



4

need more
pumpkin spice??



SHOP BARS

EXTRA FLUFFY SPICE MUFFINS

Ingredients:

- ¼ cup butter
- ¼ cup maple syrup
- 1 tsp vanilla
- 2 eggs
- ½ cup whole milk; fairlife
- 1 cup 4% cottage cheese
- 4 Tbsp cream cheese
- 1 ¼ cups bisquick baking mix
- 4 Tbsp ground flax seed
- 2 Tbsp pumpkin pie spice
- 1.5 scoop Level -1; Pumpkin Spice Latte



Instructions:

1. Preheat the oven to 375 degrees and lightly grease a 12 muffin tin cups. (you may also use muffin tin liners here)
2. Add melted butter, syrup, vanilla, eggs, cottage cheese, cream cheese and milk to a bowl. Whisk to combine well.
3. In a separate bowl, sift together bisquick, ground flax, pumpkin pie spice and level 1.
4. Add dry to wet mixture and mix to combine well.
5. Evenly disperse muffin mix into 12 muffin tins. Bake at 350 degrees for 15-25 minutes or until the muffins are set in the middle.
6. These are so light, fluffy and delicious!

THE PUMPKIN PIE

Ingredients:

- 2 frozen pie crusts (Great Value)
- 2 can (15oz) pumpkin puree (Libby's)
- 3 large eggs
- 1 $\frac{3}{4}$ cups nonfat Greek Yogurt
- $\frac{1}{2}$ cup brown sugar
- 2 Tbsp real maple syrup
- 1 cup old fashioned oats
- 3 scoops Level-1 (Pumpkin Spice Latte)
- 2 Tbsp ground flax seed
- 1 Tbsp cinnamon
- 1 Tbsp pumpkin pie spice



Instructions:

1. Place pie crusts on a cooking sheet to thaw.
2. Preheat the oven to 350 degrees.
3. Add oats, Level -1, flax seed, cinnamon & pumpkin pie spice to a blender and blend until a powder has formed.
4. Add pumpkin, eggs, yogurt, brown sugar, & maple syrup to a large bowl and blend with a hand mixer until well combined.
5. Slowly add in oat mixture and blend with a hand mixer until well combined.
6. Split batter evenly between the two pie shells.
7. Bake at 350 degrees for 30-40 minutes or until the pie has set and the crust begins to brown.
8. Best served cold and topped with whip cream (yes you must) and stored in the fridge (best if hidden from your spouse.)

PUMPKIN SPICE PROTEIN CAKE POPS

Ingredients:

- 1 cup almond flour
- 2 scoops Pumpkin Spice Latte Level-1 protein
- 4 oz low-fat cream cheese (room temp)
- 2 tbsp stevia (or other sweetener)
- 1 tbsp unsweetened applesauce
- dash of salt
- 1/2 cup white or semisweet chocolate chips
- cinnamon (to taste)
- sprinkles/toppings (optional)



Instructions:

1. In a medium bowl, mix almond flour, Level-1 protein, stevia, and salt.
2. Add cream cheese and applesauce, stir until a dough forms.
3. Put dough in freezer for 10 mins.
4. Remove, and roll into 1 inch balls (this made 12 for me)
5. Pour cinnamon into bowl, roll balls in cinnamon until lightly coated
6. Melt white chocolate in a separate bowl. Add sticks into the dough balls, and dip into the chocolate.
7. Place back into the fridge until the chocolate hardens.
8. ENJOY ❤️

LEVEL-1 PSL CAKEPOPS

Ingredients:

- **Cake Ingredients:**
- **2 boxes Swerve Yellow Cake Mixes**
- **Vegetable Oil**
- **4 Eggs**
- **1 Can Pumpkin Puree (15oz can)**
- **4 TBSP Pumpkin Spice**

Instructions:

“Frosting”/Mixing Step

Ingredients:

- **12 Scoops 1st Phorm Level-1 Pumpkin Spice Latte Protein**
- **2 Boxes Sugar-Free Cheesecake Pudding Mix**
- **2TBSP Pumpkin Spice**
- **3 TBSP Swerve Confectioners Sugar**
- **Water (for “frosting” consistency)**
- **Pan spray (helps for rolling)**
- **Corn starch (helps for rolling)**

Coating Ingredients:

- **Candy Melts (colors of choice, I used White, Green, Black, and Red)**
- **Crisco(used to thin out candy melts only- may or may not need based on what brand melts you use)**



LEVEL-1 PSL CAKEPOPS

- Make both cakes mixes as per instructions. Substitute water for can of pumpkin puree, and add in 4T Pumpkin Spice. Bake as specified until baked through and testing fork comes out clean. Let cool in pan, until you are able to safely touch it.
- Once cake is cooled, peel off hard outer edges and eat or dispose. With remaining cake, crumble with hands until in tiny crumbles.
- In separate bowl whisk together pudding mixes, 2T Pumpkin spice, and 3T Swerve confectioners sugar. Once combined, add water and continue to mix until it develops a “frosting” like consistency.
- In Mixer, or by hand, combine cake crumbles and all of frosting mixture. Once combined, continue to add the Level-1 PSL one scoop at a time. This dough will be EXTREMELY sticky as it combines. Once all protein has been added, leave in mixing bowl and place in fridge or freezer to stiffen and be easier to work with.
- Remove batter from fridge. Wrap your scale in a piece of parchment paper(easier to weigh). Place a piece of parchment paper on a cookie sheet as well. Spray your hands with non-stick cooking spray so they are lightly shiny. You will have to reapply to hands throughout this process. Weighing the dough into 1oz blobs, plop onto parchment paper with small amount of space between. I have found it is easier to measure all, and then roll all.
- Once you have 1oz dough balls, grease hands, and begin to roll all blobs into balls. Once rolled, lightly dust in cornstarch and re-roll. This will make it MUCH easier to work with later. Once all dough is rolled, place back into fridge.
- Create double boiler on stove and begin to warm candy melts until fully melted. If you need to thin out the melts, add small amounts of Crisco and mix together until correct consistency to dip cake pops in. Once fully melted, remove pops from fridge, and one at a time, dip a cake pop stick into melted chocolate and place directly into each pop. Let harden in fridge between steps. , once stick is hardened into place, remove from fridge and coat entire pop. Decorate as desired.

Makes 65(1oz) pops:

Macros per pop: (C:22g),(P:7g),(F:11.75g)

NO-BAKE PUMPKIN CHEESECAKE

Ingredients:

- 1 container Oiko's triple zero Greek Yogurt
- 1 scoop Level 1 Pumpkin Spice Latte
- 2 Keebler Mini Crusts
- 2 Tbsp Reddi Whip

Instructions:

1. Add the yogurt and Level 1 to a bowl and mix well to combine.
2. Divide evenly between the two pie shells.
3. Keep in the refrigerator until ready to serve.
4. Top with whip and serve with a smile!



PUMPKIN SPICE CHAI LATTE

Ingredients:

- 1 Chai tea bag
- 1 cup hot water
- ¼ cup milk of choice
- 1 scoop PSL protein powder

Instructions:

1. Heat water, steep tea bag for 3-5 mins
2. Add milk and PSL protein powder, use frother to mix
3. Drink hot or over ice



COTTAGE CHEESE CHEESECAKES

Ingredients:

- ½ cup 2% cottage cheese
- ⅔ cup Oikos triple zero (one container)
- 1 large egg
- 1 scoop Level-1

Instructions:

1. Preheat oven to 350 degrees.
2. Add cottage cheese, egg, Level-1, and yogurt to a bowl. Blend with a hand mixer until well combined.
3. Split between two ramekins and bake for 17-23 minutes or until cheesecake is set! Do not overcook, they will be dry!
4. Top with whipped cream. (not included in macros)
5. Enjoy!



PUMPKIN SPICE PB & OAT BARS

Ingredients:

- 3 dates; pitted
- ½ cup hot water
- 1 cup old fashioned oats; dry
- 2 Tbsp ground flax seed
- 1 Tbsp butter; softened
- 2 scoops Level-1; Pumpkin Spice Latte
- 6 Tbsp Peanut Butter
- 3 Tbsp coconut oil
- 2 Tbsp maple syrup
- 3 Tbsp cocoa powder



Instructions:

1. Add dates to a small bowl and soak in hot water for 3 minutes. Drain dates and add oatmeal, flax seed & butter. With your hands mix dates, oats, flax, and butter together. Press mixture into a small rectangle dish which is lined with wax paper.
2. Add Level-1 and peanut butter to another bowl and mix with a spoon or your hands until well combined. Press onto the oatmeal mixture into a smooth layer.
3. Preheat a small saucepan over medium heat. Add coconut oil and real maple syrup. Heat to combine. Remove from the heat and add cocoa powder. Stir to combine and pour over the PB layer.
4. Freeze for 1 hour. Slice into 16 squares and enjoy with friends. Please keep in the freezer until ready to eat!

PUMPKIN DIP

Ingredients:

- 2 single servings vanilla greek yogurt cups
- ½ scoop Level 1 Pumpkin Spice Latte
- ¼ tsp pumpkin pie spice
- ¼ tsp cinnamon
- 2 Tbsp whipped topping

Instructions:

1. In a small bowl mix together yogurt, Level 1 -Pumpkin Spice Latte protein, pumpkin pie spice and cinnamon.
2. Top with whipped topping and sprinkle with cinnamon for a little jazz.
3. Best served with yummy apples.



PUMPKIN SPICE LATTE MUG CAKE

Ingredients:

- 1 scoop Pumpkin Spice Latte Level-1
- ½ teaspoon baking powder
- 1-2 teaspoon Swerve brown sugar
- 1 large egg
- 1-2 tablespoon water - to loosen consistency; you can also use the milk of your choice instead of water
- Toppings/add ins of your choice (separate macros)

Instructions:

1. In a microwave safe mug (sprayed with nonstick cooking spray), whisk together protein powder, baking powder, and Swerve brown sugar.
2. Stir in egg until mixture is smooth.
3. Add water as needed to thin out consistency and stir to combine.
4. Microwave on high for 30-40 seconds, adding time in 5-second increments until top of cake is mostly dry. Be careful not to overcook or it will become sponge-y!
5. Add toppings and enjoy warm



PUMPKIN SPICE LATTE PUPPY CHOW

Ingredients:

- 1/2 cup peanut butter
- 3/4 cup semi-sweet chocolate chips
- 1/2 tbsp coconut oil
- 1 scoop Pumpkin Spice Latte Level-1
- 5 cups rice chex
- 1 cup Swerve powdered sugar

Instructions:

1. Add the peanut butter, chocolate, and coconut oil to a microwave safe bowl. Microwave in 30 second intervals, stirring each time, until melted. Stir in the protein powder.
2. Pour the peanut butter mixture over the rice chex and toss to combine and coat the chex.
3. Add the chex to a gallon sized plastic bag and sprinkle with the powdered sugar. Toss and shake until the chex is well coated with the powdered sugar.



PUMPKIN SPICE LATTE EDIBLE COOKIE DOUGH

Ingredients:

- $\frac{2}{3}$ cup almond flour
- 1 scoop Pumpkin Spice Latte Level-1 protein
- 1 teaspoon vanilla extract
- 2 tablespoon maple syrup
- $\frac{1}{2}$ cup chocolate chunks

Instructions:

1. To a blender, add the cottage cheese, vanilla extract, and maple syrup and blend until smooth.
2. Pour the cottage cheese mixture into a bowl then add in the almond flour, and protein powder, and mix.
3. Fold in the chocolate chips or chunks and enjoy!



PUMPKIN SPICE LATTE FREEZER PLEASERS

Ingredients:

- 1 container low fat/sugar free cool whip
- 1 scoop PSL Level-1
- 2 tb PB Fit
- 1/4 package sugar free vanilla pudding mix
- 1/4 cup vanilla almond milk
- sugar free Hershey's chocolate syrup

Instructions:

1. Combine cool whip, Level-1, PB Fit, vanilla pudding mix and almond milk in a medium bowl until fully mixed.
2. Use a cookie scoop to divide into 12 muffin cups.
3. Drizzle the top of each with chocolate syrup.
4. Place Muffin tin in freezer for 30+ minutes until set, and enjoy!!



PUMPKIN SPICE CHEESECAKE DIP

Ingredients:

- 2 scoops Level 1 Pumpkin Spice Latte
- 2 cups Oikos Triple Zero Vanilla
- 4 Tbsp cream cheese
- 1 package sugar-free Jello Pudding mix - cheesecake
- 1 cup Water
- 1 cup Libby's Pumpkin Puree
- 1 Pumpkin Pie Crunch - Level 1 Bar; chopped

Instructions:

1. Add Level - 1, Yogurt, Cream cheese, pudding mix, pumpkin, and water to a large bowl
2. Using a hand mixer, mix until well combined.
3. Transfer to a glass dish and top with chopped Level 1 Bar.



PUMPKIN SPICE ICED LATTE

Ingredients:

- 1 cup Fairlife Milk
- 1 scoop Level 1 Pumpkin Spice Latte
- 1 cup cold coffee
- 1 cup ice
- 2 Tbsp Redi whip topping

Instructions:

- Mix together level 1 and milk.
 - Add ice and coffee to a large glass.
 - Pour over protein and add the whip!
- Enjoy!!



PUMPKIN MILKSHAKE

Ingredients:

- 1 scoop Pumpkin Spice Latte Level 1
- 1/2 cup Vanilla Carb Smart Icecream
- 1/4 cup pumpkin puree
- 1/4 tsp pumpkin pie spice
- 2/3 cup milk of choice
- A handful of ice

Instructions:

- Combine all ingredients in a blender. Blend until smooth.
- Top with whip, dust with cinnamon, and enjoy!



SPICED PUMPKIN CAKE

Ingredients:

- 1 box spice cake mix
- 1 can pumpkin
- ½ cup mini chocolate chips
- 1 scoop Level 1 Pumpkin Spice Latte

Instructions:

1. Add the cake mix, pumpkin and Level 1 Pumpkin Spice Latte to a bowl and mix using hand mixer.
2. Add chocolate chips and mix thoroughly.
3. Put in a cake pan and bake at 325 degrees for 15-20 minutes.
4. Don't forget to top with yummy whipped cream.
5. Best if stored in the fridge and yummy served cold.



MINI PUMPKIN CHEESECAKE

Ingredients:

- 14 mini pie crusts; Pillsbury
- 3 scoops Level 1 Pumpkin Spice Latte
- 1.75 cups (1 small can) pumpkin puree, Libby's
- 8 oz reduced-fat cream cheese; softened
- 3 large eggs
- 1 Tbsp cinnamon
- 1 Tbsp nutmeg
- 1 Tbsp vanilla

Instructions:

1. Preheat oven to 350 degrees.
2. Place pie crusts in muffin tins and set aside.
3. Add Level 1, pumpkin puree, softened cream cheese, eggs, cinnamon, nutmeg, and vanilla to a large bowl. Use a hand mixer to combine until smooth.
4. divide evenly across the pie shells.
5. Bake at 350 degrees for 30-40 minutes or until cheesecake filling is set.
6. Top with whipped cream and enjoy!
7. Store in the refrigerator for 3-5 days!



Husband Approved!

PUMPKIN SPICE PUPPY CHOW

Ingredients:

- 1 Stick Butter
- ½ cup white chocolate chips
- ½ cup Skippy Peanut Butter
- 1 Tbsp Vanilla
- 8 Cups Rice Chex
- 2 Cups Cheerios
- 2 Scoops Level 1 Pumpkin Spice Latte
- ½ cup chopped walnuts



Instructions:

1. Add butter, white chocolate chips, and peanut butter to a small saucepan and heat on medium-low heat until melted. Stirring often to prevent burning.
2. Add vanilla once melted, and stir to combine.
3. Add rice chex to a large bowl and stir in chocolate mixture until coated.
4. In a large zip lock bag, add chocolate covered chex, cheerios, walnuts and 2 scoops of Level 1. Shake to mix and cover.
5. Store in an airtight container in the fridge or freezer and enjoy in moderation!

PUMPKIN SPICE PANCAKES

Ingredients:

- 1 scoop Pumpkin Spice Latte Level 1
- 1 serving pancake mix of choice
- 1/3-1/2 cup water
- maple syrup and whip to top

Instructions:

1. Preheat skillet over low to medium heat.
2. In a small mixing bowl, whisk together Level 1 - Pumpkin Spice Latte Level 1, pancake mix, and water.
3. Spoon 1/4 of the batter onto a greased skillet. Cook for 2 minutes, or until bubbles appear in the pancake batter. Flip and cook 2 more minutes.
4. Repeat until all cakes are cooked.
5. Top as desired and SMASH!



PUMPKIN BARS

Ingredients:

- 2 medium overripe bananas; mashed
- ½ cup water
- ½ tsp salt
- 1 tsp vanilla
- ¼ cup pancake syrup or maple syrup
- 2 scoops Level 1 Pumpkin Spice Latte
- 2 cups dry whole grain oatmeal
- ½ cup walnuts

Instructions:

1. Preheat oven to 350 degrees.
2. In a large bowl, add banana and mix with a hand mixer.
3. Add water, salt, vanilla, and syrup, and mix until blended.
4. Add level 1 and mix until blended.
5. Add Oats and walnuts, stir until combined.
6. Add to a greased glass dish.
7. Bake at 350 degrees for 20-25 minutes or until set and brown around the edges.



PUMPKIN CHOCOLATE POWER BALLS

Ingredients:

- 1.5 cups peanuts
- 2 Tbsp honey
- 1.5 scoops Level 1 Pumpkin Spice Latte
- 1 cup whole grain oats
- 1 Tbsp chia seeds
- 1 Tbsp chia, flax, hemp blend
- 10 pieces dark chocolate
- 1/4 to 1/2 cup water

Instructions:

1. Add peanuts to a food processor. Pulse until a paste is achieved. Pulse a little at a time to give the peanuts time to rest (don't catch them on fire like I did ;))
2. Add ground peanuts, Level 1, and honey to a bowl and combine.
3. Add oats, chia seeds, and seed blend to the bowl and fold to combine.
4. Add chocolate and fold to combine.
5. Add 1/4 cup water and mix until dough mixture forms. If needed, add the other 1/4 cup of water. But do not add too much water, you want these to be dry to form the balls.
6. Form 12 balls and put on wax paper. Freeze for 1 hour.
7. Store in the refrigerator for up to one week!



CHOCOLATE PUMPKIN BREAD

Ingredients:

Dry Ingredients

- 1 $\frac{3}{4}$ cup Dark Chocolate Kodiak Cake Mix
- 2 scoops Level 1 Pumpkin Spice Latte
- $\frac{1}{3}$ cup sugar
- 2 tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- 1 Tbsp pumpkin pie spice

Wet Ingredients

- $\frac{1}{2}$ cup unsweetened almond milk
- 1 cup unsweetened applesauce
- 1 cup pumpkin puree
- $\frac{1}{2}$ tsp Vanilla extract



Instructions:

1. Preheat oven to 375 degrees
2. Spray loaf pan with non-stick spray
3. Add all dry ingredients to bowl and stir to combine
4. Add all wet ingredients to another bowl and mix with a hand mixer.
5. Slowly add dry ingredients to wet and stir with a hand mixer until combined.
6. Add to the loaf pan.
7. Bake for 20-30 minutes or until toothpick comes out clean
8. Enjoy!

NO-BAKE PUMPKIN CHOCOLATE BARS

Ingredients:

- 2 cups old-fashioned oats
- 3 scoops Level 1 Pumpkin Spice Latte
- 3 Tbsp Honey
- 1/2 cup pumpkin puree
- 1/2 Tbsp coconut oil, melted
- 4 Tbsp Dark Chocolate Chips
- 1/2 Tbsp coconut oil, melted

Instructions:

1. Add oats, Level 1 Pumpkin Spice Latte, honey, pumpkin, and coconut oil to a medium-sized bowl.
2. Mix until well combined. Transfer to a parchment paper-lined dish. Set aside.
3. In a small bowl, combine dark chocolate chips and coconut oil into a microwave-safe dish. Microwave 15 seconds and sit. Then 15 seconds more and stir. Repeat until melted.
4. Drizzle chocolate over bars. Refrigerate 1 hour. Cut into 12 equal bars and enjoy!
5. Store in refrigerator



PUMPKIN PB DIP

Ingredients:

- $\frac{1}{3}$ cup canned pumpkin
- $\frac{1}{4}$ scoop Level 1 Pumpkin Spice Latte
- 2 Tbsp PB Fit powder
- 1 Tbsp PB Fit powder (prepared with water for drizzle)
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp pumpkin pie spice
- 2 Tbsp whipped topping

Instructions:

1. In a small bowl make peanut butter with 1 Tbsp of pb powder and set aside.
2. In another small bowl mix together the canned pumpkin, Level 1 -Pumpkin Spice Latte powder, pb powder, cinnamon and pumpkin pie spice.
3. Drizzle the peanut butter on top.
4. Don't forget the whipped cream to finish it off.
5. Apples are perfectly paired with dip. ENJOY!



PUMPKIN SPICE MUG CAKE

Ingredients:

- 1 scoop Pumpkin Spice Latte Level 1
- 8g sugar-free butterscotch pudding mix
- 1/3 cup milk of choice
- 1/2 tsp baking powder
- whip to top

Instructions:

1. In a mug or microwave-safe bowl, whisk together PSL Level 1, pudding mix, baking powder, and milk.
2. Microwave 45-60 seconds. **DO NOT OVERCOOK!!!**
3. Top with whip (and maybe some chocolate chips) and **ENJOY!**



CATHY'S PUMPKIN SPICE COOKIES

Ingredients:

- 500g sweet potato; cooked and peeled
- 2 eggs
- 3 scoops Level 1 Pumpkin Spice Latte
- 1 T local honey
- ½ cup pumpkin puree
- 1 tsp Baking Powder
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- Pinch of salt
- 2 Tbsp coconut flour
- 2 cups old-fashioned oats
- 20g chopped walnuts



Instructions:

1. Preheat the oven to 375 degrees. Line a cooking sheet with parchment paper.
2. Add sweet potato, egg, pumpkin puree, Level 1, and honey into a medium-sized bowl.
3. With a hand mixer, mix until well combined.
4. Add baking powder, cinnamon, pumpkin pie spice, salt, flour, and oats, stir until combined.
5. Add walnuts; mix until combined
6. Divide into 14 servings and place on a lined cooking sheet.
7. Bake at 375 degrees for 15 minutes or until they start to brown.
8. Enjoy them with a warm sweater and a great book.

PROTEIN MINI WAFFLES

Ingredients:

- 1 scoop Level-1 protein powder
- ½ cup Kodiak Cakes Pancake or waffle Mix
- 1/2-3/4 cup water based on desired thickness

Instructions:

1. In a medium sized bowl, Mix all ingredients together
2. Use mini waffle maker and cook through
3. Makes abotu 4 mini waffles or 1.5 waffles



JOIN THE TEAM!

skool



JOIN OUR ONLINE COMMUNITY

GO TO ONLINE
COMMUNITY

If you are not yet a member of the **Healthy Life** online family, click this link to join!

Make sure to join our online community for the most up to date communications, challenges, workouts and more!

This is where you will get to experience the **Healthy Life Community!**

You will notice a post each day. This is where you are free to ask questions, post accountability, recipes, motivation, and just support & encourage each other! Everyone is on this journey together so take advantage of getting to know one another!

You will also find LIVE full body workouts, recipes, client spotlights, education, motivation, weekly mini challenges with giveaways and MORE!

Go into the settings and make sure your notifications are turned ON for the group so you don't miss anything!

Also be sure to check out the Guides for more information!

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(\$29.99/month value)



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Healthy ♥ Life

THANKS YOU!

You are a HUGE part of
Healthy Life!

Thank you!

From the bottom of my
heart, Thank You for
supporting me and the
mission of Healthy Life.
By signing up for this recipe
guide
you help me, and my team
fulfill the mission of helping
the world feel better!

luv luv ♥ Heather