



# No Oven Recipes

*Stay Cool in the Kitchen this Summer  
with these No-Bake Recipes*



# *On The Menu*

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Vanilla Ginger Chiller

Chocolate PB&J Shake

Maple and “Brown Sugar” Overnight Oats

Strawberry Salad With Spinach and Feta

Black Bean Salad

Vegetarian Pizza Salad

Cucumber, Watermelon, and Mango Salad  
With Mint

Bell Pepper and Cabbage Slaw

Greek Zucchini Salad in a Mason Jar

Apple, Fennel, and Arugula Mason Jar Salad

No-Bake Peanut Butter Pretzel Bites

No-Bake Oatmeal Raisin Cookie Bites

Cookies & Cream Cookie Dough Bites

No-Bake Blueberry Pie Bars

Banana Mousse

Cookies & Cream Nice Cream

Watermelon Popsicles

Coconut Pineapple Popsicles



## *Vanilla Ginger Chiller*

**Prep Time: 5 Minutes**

**Cook Time: 0 Minutes**

**Serves: 1**

### **Method**

Place tea, ice, protein powder, honey, and ginger in blender; cover. Blend until smooth; serve immediately.

### **Ingredients**

- 1 cup brewed herbal tea (or green tea), chilled
- 1 cup ice
- 1 scoop Vanilla Protein Powder (I use Shakeology)
- 1 tsp. honey
- ½ tsp. fresh (or ground) ginger

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## *Chocolate PB&J Shake*

### **Ingredients**

- 1 cup water
- 1 cup ice
- 1 scoop Chocolate Protein Powder (I use Shakeology)
- 1 cup fresh (or frozen) mixed berries
- 2 Tbsp. peanut butter powder

**Prep Time: 5 Minutes**

**Cook Time: 0 Minutes**

**Serves: 1**

### **Method**

Place water, ice, protein powder, berries, and peanut butter powder in blender; cover. Blend until smooth; serve immediately.

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## *Maple and “Brown Sugar” Overnight Oats*

**Prep Time: 10 Minutes**

**Cook Time: 0 Minutes**

**Serves: 1**

### **Ingredients**

- ½ cup dry rolled oats
- 1 scoop Café Latte Protein Powder (I use Shakeology)
- ¼ tsp. ground nutmeg
- 1 cup unsweetened almond milk
- 1 Tbsp. chopped pecans
- 1 tsp. pure maple syrup

### **Method**

Add oats, protein powder, and nutmeg to a 16 oz. jar (or sealable container); stir to combine. Add almond milk; mix well. Seal lid; refrigerate overnight. Top with pecans and maple syrup just before serving. Store refrigerated in an airtight container for up to 24 hours.



# *Strawberry Salad With Spinach and Feta*

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Serves: 1



## Ingredients

- 2 tsp. extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- $\frac{3}{4}$  tsp. dry mustard
- $\frac{1}{2}$  tsp. poppy seeds
- 2 cups fresh baby spinach
- 1 cup sliced strawberries
- 1 green onion, finely chopped
- $\frac{1}{4}$  tsp. ground black pepper
- 1 Tbsp. crumbled feta cheese
- 1 Tbsp. sliced raw almonds

## Method

Combine oil, vinegar, mustard, and poppy seeds in a small bowl; whisk to blend. Set aside.

Combine spinach, strawberries, and green onion in a large serving bowl; mix well.

Drizzle salad with dressing. Season with pepper; toss gently to blend. Top with cheese and almonds.

# *Black Bean Salad*

Prep Time: 10 Minutes

Chill Time: 1 to 2 Hours

Serves: 8

## Ingredients

- 2 cans (15 oz. each) black beans drained, rinsed
- 1 can (15 oz.) corn rinsed, drained
- 2 medium red bell peppers chopped
- ¼ cup finely chopped fresh cilantro
- ¼ cup fresh lime juice

## Method

Combine beans, corn, bell peppers, and cilantro in a large bowl; mix well.

Drizzle with lime juice; toss gently to blend.

Chill, covered, in refrigerator for 1 to 2 hours before serving





# *Vegetarian Pizza Salad*

## Ingredients

- 1 tsp. olive oil
- 1 Tbsp. red wine vinegar
- 1 Tbsp. all-natural tomato sauce, no sugar added
- ½ tsp. dried oregano
- sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 1 cup fresh arugula
- 1 cup romaine lettuce
- 10 fresh basil leaves, torn into pieces
- ½ cup cherry tomatoes, halved
- ¼ medium green bell pepper, sliced
- ¼ medium onion sliced
- ¼ cup sliced mushrooms
- 5 black olives, sliced
- 2 bocconcini (small mozzarella balls, about 1 oz.)
- 1 pinch crushed red pepper (optional)

**Prep Time: 15 Minutes**

**Cook Time: 0 Minutes**

**Serves: 1**

## Method

To make dressing, combine oil, vinegar, tomato sauce, and oregano in a small bowl; whisk to blend. Season with salt and pepper if desired. Set aside. Combine arugula, romaine, basil, tomatoes, bell pepper, onion, mushrooms, olives, and dressing in a large serving bowl; toss gently to blend.

Top with bocconcini and crushed red pepper (if desired); serve immediately.

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## *Cucumber, Watermelon, and Mango Salad With Mint*

Prep Time: 15 Minutes

Cook Time: 0 Minutes

Serves: 1

### Ingredients

- ½ cup cubed mango
- ½ cup cubed watermelon
- 1 cup chopped cucumber
- 4 oz. cooked chicken breast boneless, skinless, sliced
- 2 Tbsp. coarsely chopped fresh mint leaves

### Method

Place mango, watermelon, cucumber, and chicken in a medium bowl; toss gently to blend.

Top with mint leaves.

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# *Bell Pepper and Cabbage Slaw*

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Serves: 8



## Ingredients

- 1 medium cabbage, shredded
- 1 medium green (or yellow) bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 medium red onion, chopped
- $\frac{1}{4}$  cup rice wine vinegar
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

## Method

Combine cabbage, bell peppers, onion, and vinegar in a large bowl; mix well.

Season with salt and pepper if desired.

Cover and refrigerate for 1 hour before serving.

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# *Greek Zucchini Salad in a Mason Jar*

## Ingredients

- ½ medium ripe avocado, cut into cubes
- ¼ cup reduced-fat plain yogurt
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped (or 2 Tbsp. red onion)
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. chopped fresh parsley
- ½ cup sliced celery
- ½ cup thinly sliced red bell peppers
- ½ cup thinly sliced red onion
- ½ cup sliced cucumber
- 6 cups shredded raw spinach
- ½ cup halved cherry tomatoes
- ¼ cup crumbled feta cheese
- ¼ cup pitted Kalamata olives
- 2 cups medium zucchini, spiralized (approx. 2 zucchini)

Prep Time: 25 Minutes

Cook Time: 0

Serves: 4

## Method

Place avocado, yogurt, garlic, shallot, lemon juice, and parsley in a blender; cover. Blend until smooth. Evenly divide dressing between 4 one-quart Mason jars. Set aside.

Evenly layer celery, bell peppers, onion, cucumber, spinach, tomatoes, cheese, olives, and zucchini on top of dressing in jars.

Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.





# *Apple, Fennel, and Arugula Mason Jar Salad*

**Prep Time: 20 Minutes**

**Cook Time: 0 Minutes**

**Serves: 4**



## **Ingredients**

- 4 cups warm water
- $\frac{3}{4}$  tsp. sea salt (or Himalayan salt), divided use
- 1 medium Granny Smith apple, cored, thinly sliced
- 1 cup apple cider vinegar
- 4 tsp. extra-virgin olive oil
- 2 tsp. raw honey
- 2 cups thinly sliced fennel
- $\frac{1}{4}$  cup toasted pecan pieces
- 4 cups baby salad greens
- 4 cups fresh arugula

## **Method**

Combine water and  $\frac{1}{2}$  tsp. salt in a medium bowl; mix to dissolve salt. Submerge apple slices in water. Let sit for 5 minutes; drain water. Set aside. While apple is sitting, combine vinegar, oil, remaining  $\frac{1}{4}$  tsp. salt, and honey in a small bowl; whisk to blend. Evenly divide dressing between 4 one-quart Mason jars. Set aside.

Evenly layer apples, fennel, pecans, salad greens, and arugula on top of dressing in jars.

Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

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# *No-Bake Peanut Butter Pretzel Bites*

## Ingredients

- 2 Tbsp. semi-sweet chocolate chips
- $\frac{1}{3}$  cup dry rolled oats
- $\frac{1}{3}$  cup all-natural peanut butter
- 1 scoop Chocolate Protein Powder (I use Shakeology)
- 1 packet 100 calorie pretzels (approx.  $\frac{1}{2}$  cup)

## Method

Line a small baking sheet with parchment paper; set aside

Place chocolate chips in a small microwave-safe bowl; microwave in high for 1 minute, or until melted. Set aside. Add oats, protein powder, and peanut butter to small mixing bowl; stir to combine. Crush pretzels into large chunks; add to protein powder mixture. Using clean hands, incorporate pretzels into mixture. Form into 6 balls, approximately 2 Tbsp. each. Place on prepared sheet.

Dip a fork into melted chocolate; drizzle over balls. Refrigerate for at least 1 hour. Store leftovers in an airtight container in the refrigerator for up to 4 days, or freeze for up to 1 month.

**Prep Time: 5 Minutes**

**Chill Time: 1 Hour +**

**Serves: 6**







## *No-Bake Oatmeal Raisin Cookie Bites*

**Prep Time: 20 Minutes**

**Cook Time: 0 Minutes**

**Serves: 24**

### **Ingredients**

- Parchment paper
- 1½ cups dry rolled oats
- ½ cup all-natural almond butter
- 2 scoops Vanilla Protein Powder (I use Shakeology)
- ⅓ cup unsweetened almond milk
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract
- ½ cup raisins

### **Method**

Line a large baking sheet with parchment paper; set aside. Add oats, almond butter, protein powder, almond milk, maple syrup, and extract to a large mixing bowl; stir until cookie dough consistency is reached. Add raisins; gently fold to incorporate.

Form dough into 24 (1-inch / 2½-cm) balls; place on parchment paper. Flatten into cookie shape. Refrigerate in an airtight container for up to 4 days, or freeze for up to 2 weeks.

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# *Cookies & Cream Cookie Dough Bites*

Prep Time: 11 Minutes

Cook Time: 0 Minutes

Serves: 12



## Ingredients

- $\frac{3}{4}$  cup all-natural smooth almond butter
- $\frac{1}{2}$  cup dry rolled oats
- 4 large pitted dates
- 2 scoops Cookies & Cream Protein Powder (I use Shakeology)
- 2 Tbsp. pure maple syrup (or honey)
- 2 Tbsp. cacao nibs

## Method

Place almond butter, oats, dates, protein powder, maple syrup, and cacao nibs in food processor; pulse until crumbly dough forms.

Roll into 12 equal balls, approximately 2 Tbsp. each.

Serve immediately, or store in an airtight container in the refrigerator for up to 24 hours, or frozen for up to 2 weeks.

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# *No-Bake Blueberry Pie Bars*

**Prep Time: 5 Minutes**

**Chill Time: 2 Hours +**

**Serves: 12**

## Ingredients

- Parchment paper
- 2 scoops Vanilla Protein Powder (I use Shakeology)
- ½ cup almond flour
- ½ cup oat flour
- ¼ cup all-natural almond butter
- ⅓ cup unsweetened almond milk
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract
- ½ cup freeze-dried blueberries

## Method

Line a large baking sheet with parchment paper; set aside

Add protein powder, almond flour, oat flour, almond butter, almond milk, maple syrup, and extract to a large mixing bowl; stir until cookie-dough consistency is reached.

Add blueberries; gently fold to incorporate.

Press dough mixture into prepared sheet, about ½-inch (1 cm) thick; refrigerate for at least 2 hours. Cut into 12 equal pieces. Store refrigerated in an airtight container for up to 4 days, or freeze up to 2 weeks.





## *Banana Mousse*

**Prep Time: 55 Minutes**

**Cook Time: 0 Minutes**

**Serves: 4**

### Ingredients

- 2 Tbsp. reduced-fat (2%) milk
- 1 Tbsp. raw honey
- 1 tsp. pure vanilla extract
- 2 large ripe bananas sliced, reserve 8 slices for garnish
- 1½ cups reduced-fat (2%) plain yogurt
- 4 fresh mint leaves (for garnish; optional)

### Method

Place milk, honey, extract, and bananas in blender; cover. Blend until smooth.

Place milk mixture in a medium bowl. Fold in yogurt; mix well. Cover.

Chill in the refrigerator, covered, for at least 45 minutes.

Portion mousse into four small serving bowls. Garnish each with two banana slices and one mint leaf.

# *Cookies & Cream Nice Cream*

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Serves: 4



## Ingredients

- 2 large bananas, chopped, frozen
- 2 scoops Cookies & Cream Protein Powder (I use Shakeology)
- 1 Tbsp. pure maple syrup
- ½ tsp. pure vanilla extract
- ¼ cup unsweetened almond milk
- 1 Tbsp. + 1 tsp. cacao nibs

## Method

Place bananas, protein powder, maple syrup, extract, and almond milk in a food processor or high-powered blender; cover. Pulse for 2 to 3 minutes, or until very smooth, scraping down sides as needed. Divide mixture evenly between four small bowls; garnish evenly with cacao nibs. Or, store in an airtight container in the freezer for up to 4 days until ready to eat. If frozen, set out at room temperature for 15 minutes to soften before serving.

# *Watermelon Popsicles*

Prep Time: 10 Minutes

Freeze Time: 4 Hours +

Serves: 4

## Ingredients

- 3 cups chopped watermelon
- 1½ tsp. honey
- 2 Tbsp. fresh lime juice

## Method

Place watermelon, honey, and lime juice in blender; cover. Blend until smooth.

Strain watermelon mixture evenly into four ice pop molds; freeze for at least four hours, or until set.





# Coconut Pineapple Popsicles

Prep Time: 10 Minutes

Freeze Time: 4 Hours +

Serves: 4

## Ingredients

- 1 cup cubed pineapple
- ½ cup unsweetened pineapple juice
- ½ cup canned lite coconut milk
- ¼ cup unsweetened shredded coconut
- 2 Tbsp. chopped fresh cilantro (or basil or mint)

## Method

Place pineapple, pineapple juice, coconut milk, coconut, and cilantro in blender; cover. Blend until smooth.

Pour pineapple mixture evenly into ice pop molds; freeze for at least four hours, or until set.

