



Pumpkin Spice Protein **RECIPE BOOK**

DESSERTS • BREAKFAST • DRINKS • SNACKS



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1P RECIPES

START YOUR DAY RIGHT + MACRO FRIENDLY

BREAKFAST





PUMPKIN SPICE

BAKED OATMEAL

9 SERVINGS | [1 SERVING = 1 SLICE]

CALORIES

273

PROTEIN

14g

CARBS

31g

FATS

11g

INGREDIENTS

- 2 1/2 cups old-fashioned rolled oats
- 3 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)
- 1 1/2 cups unsweetened almond milk
- 1 [15 oz] can 100% pumpkin puree
- 2 large eggs
- 1/4 cup honey
- 2 Tbsp melted coconut oil
- 2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup chopped pecans
- cooking spray

Optional Toppings:

- maple syrup
- honey
- whipped cream

DIRECTIONS

- 1 Preheat oven to **375°F**. Lightly coat a **9x13 inch baking dish** with cooking spray.
- 2 In a **large bowl**, combine the oats, protein powder, milk, pumpkin, eggs, honey, coconut oil, pumpkin pie spice, cinnamon, baking powder, vanilla and salt, mix well.
- 3 Pour the mixture into the prepared baking dish; sprinkle the top with pecans.
- 4 Bake until golden on top and set, about **30-35 minutes**. Cut into ninths, and each slice will account for one serving. Serve with optional toppings: maple syrup, honey, and/or whipped cream, if desired.
- 5 **For Storing:** Cool baked oatmeal to room temperature and refrigerate in an airtight container (or in the baking dish, covered with plastic wrap) for up to **2 days**. Reheat in the microwave, or bake at 350°F until hot throughout, about 15 minutes.



SCAN TO
SAVE RECIPE
IN THE 1ST
PHORM APP



PUMPKIN SPICE

BANANA NUT BREAD

8 SERVINGS | (1 SERVING = 1 SLICE)

CALORIES

235

PROTEIN

17g

CARBS

33g

FATS

4g

INGREDIENTS

- 1/3 cup honey
- 1 tsp vanilla extract
- 2/3 cup 100% pumpkin puree
- 2 whole eggs
- 2 small ripe bananas
- 1/4 cup unsweetened vanilla almond milk
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 4 scoops **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**
- 1-1/4 cup oat flour
- non-stick cooking spray

Optional Toppings:

- walnuts
- pecans
- white chocolate chips
- dried fruit

DIRECTIONS

- 1 Preheat oven to **325°F**. Spray **9.5 x 5 in. rectangular bread loaf pan**, with non-stick cooking spray.
- 2 In **large bowl**, whisk together honey, vanilla, and pumpkin puree. Add the eggs and beat them well. Once you're done, whisk in the bananas and almond milk (or preferred milk).
- 3 Add in baking soda, salt, pumpkin pie spice, and cinnamon. Pour in the protein powder and oat flour. If you'd like, you can also add in nuts, chocolate chips or dried fruit.
- 4 Bake for **35-45 minutes** (or until toothpick/knife entered into the center comes out clean). Let cool in the pan for **10-15 minutes**.
- 5 Remove from pan and let cool for at least **20 more minutes** before slicing into eighths.
- 6 Serve right away. Or add press'n seal wrap to the top of the bread pan. **Store for 3 days on countertop or refrigerate for up to 5 days.**



SCAN TO
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PUMPKIN SPICE

CINNAMON ROLLS

8 SERVINGS | [1 SERVING = 1 ROLL]

CALORIES

267

PROTEIN

26g

CARBS

28g

FATS

6g



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INGREDIENTS

Cinnamon Rolls:

1/2 cup [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 1/4 cup all purpose flour

8 oz. non-fat plain greek yogurt

2 tsp baking powder

1/4 tsp salt

Filling:

2 Tbsp unsalted butter, melted

1/4 cup sugar substitute (or brown sugar)

1 Tbsp ground cinnamon

Frosting:

6 oz. fat-free cream cheese

1 Tbsp ground cinnamon

1 1/2 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 tsp vanilla extract

2 oz. greek yogurt

DIRECTIONS

1 Preheat the oven to **350°F**.

2 **Make Cinnamon Rolls:** In a **large bowl**, mix together your protein powder, flour, yogurt, baking powder, and salt (it'll turn into a ball). Your dough "ball" should be slightly sticky to the touch. If not add a tablespoon of flour at a time.

3 Flour a surface so that nothing sticks (you can use parchment paper) and place your dough onto it. Flatten out your dough into a rectangle with either your hands or a rolling pin (add a little flour to the top if you're using a rolling pin so it doesn't stick).

4 Brush on your melted butter onto the flat dough.

5 In a **small bowl**, mix up the sugar substitute and cinnamon and evenly distribute onto the dough.

6 Roll the dough up, slowly, to get the cinnamon roll look. Either cut the roll into 8 rolls or take a piece of floss/string and slice them.

7 Turn your cut pieces over, put them onto a greased baking sheet, and put them into the oven for **15 minutes**.

8 **Make the Frosting:** While the rolls are baking, mix all the 'frosting ingredients'; together until smooth (a hand mixer works best here). Top your cinnamon rolls with your frosting, and enjoy.



PUMPKIN SPICE

CINNAMON WAFFLES

4 SERVINGS | [1 SERVING = 1 WAFFLE]

CALORIES

267

PROTEIN

31g

CARBS

25g

FATS

5g

INGREDIENTS

Waffles:

1 cup high-protein pancake/waffle mix

2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 cup water

Icing:

1/4 cup non-fat plain greek yogurt

1/2 scoop [1st Phorm Level-1 Cinnamon Cookie Batter Protein Powder](#)

4 oz light cream cheese

1 tsp honey

sprinkle of ground cinnamon

Optional Toppings:

- sugar-free syrup
- whipped cream
- honey

DIRECTIONS

- 1 In a **medium bowl**, mix waffle ingredients together until combined.
- 2 Spray **waffle maker** with non-stick spray and pour about 1 cup of the waffle mixture into waffle maker. Cook according to waffle maker instructions.
- 3 Repeat until you have 4 waffles. Set waffles aside to let cool.
- 4 Mix icing ingredients except cinnamon in **other mixing bowl** until combined. Spread icing evenly over each waffle and sprinkle with cinnamon.



SCAN TO
SAVE RECIPE
IN THE 1ST
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PUMPKIN SPICE

MINI WAFFLES

1 SERVING | [1 SERVING = 4 MINI WAFFLES]

CALORIES

397

PROTEIN

41g

CARBS

50g

FATS

6g

INGREDIENTS

1/2 cup water

1/2 cup high-protein waffle/pancake mix

1/4 cup pumpkin puree

1 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 tsp ground cinnamon

cooking spray

Optional Toppings:

- peanut butter
- butter
- chopped walnuts
- sugar-free maple syrup
- honey

DIRECTIONS

- 1 Turn on your **mini waffle iron** and allow it to warm up.
- 2 In a **medium bowl**, mix all ingredients together until combined. The batter should match the consistency of normal waffle batter. Add water (or milk if desired) until the desired consistency. If your batter gets too runny, try adding more waffle/pancake mix.
- 3 Once the waffle iron is ready, lightly spray with cooking spray. Add 1/4 the batter and allow it to cook, no longer than a minute. Or follow the typical times for your waffle iron or cook each side of the waffle until golden brown.
- 4 Add waffles to a plate, add your toppings and enjoy!



SCAN TO
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IN THE 1ST
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PUMPKIN SPICE

MUFFINS

18 SERVINGS | (1 SERVING = 1 MUFFIN)

CALORIES
174

PROTEIN
8g

CARBS
12g

FATS
11g

INGREDIENTS

1 1/2 cup old-fashioned rolled oats

1 cup **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**

1 cup almond flour

3 whole eggs

1/2 cup 100% pumpkin puree

1 tsp baking soda

1 1/2 tsp vanilla extract

1/4 cup honey

1/2 cup coconut oil

pinch of salt

muffin tin liners or non-stick spray

Optional Add-Ins:

- 2 Tbsp flax meal
- 1 cup white chocolate chips

DIRECTIONS

- 1 Preheat the oven to **300°F**.
- 2 In a **large bowl**, start by mixing all wet ingredients, then the dry ingredients, mix well until combined.
- 3 Grab a **muffin pan**. Add muffin tin liners (if not be sure to spray muffin tin with non-stick spray) Then add batter to muffin pan.
- 4 Bake for **14-15 minutes**. Take out and let them cool for **5 minutes**, before serving.



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IN THE 1ST
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PUMPKIN SPICE

PANCAKES

2 SERVINGS | [1 SERVING = 2 PANCAKES]

CALORIES
283

PROTEIN
33g

CARBS
30g

FATS
5g

INGREDIENTS

1/2 cup high-protein pancake mix

2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1/2 cup pumpkin puree

1/2 tsp ground cinnamon

1/2 to 1 cup water

Optional Toppings:

- sugar-free syrup
- honey
- pecans

DIRECTIONS

- 1 Using a **medium bowl**, stir pancake mix, protein powder, pumpkin puree, and cinnamon together. Add in water slowly while stirring. The batter should match the consistency of normal pancake batter. Add water (or milk if desired) until the desired consistency. If your batter gets too runny, try adding more pancake mix.
- 2 Pour 1/4 of the batter over a preheated, hot **nonstick pan**, to create 4 pancakes total. [Smaller pancakes heat more evenly and cook more quickly.]
- 3 Cook the pancakes on each side for roughly **30 to 60 seconds** or until golden brown and set them to the side.
- 4 Remove from the pan and keep your protein pancakes warm with foil or a clean towel. Add your favorite low-calorie toppings, & enjoy!
- 5 **Store for 3-5 days** in the fridge or up to 2 weeks in the freezer. To reheat your protein pancakes, try baking them on an oven sheet until thoroughly heated or pop them in the microwave until warm and steamy.



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RECIPES

QUICK + EASY + HIGH-PROTEIN

DRINKS





HIGH-PROTEIN PUMPKIN SPICE SMOOTHIE


1 SERVING

CALORIES
270

PROTEIN
39g

CARBS
13g

FATS
7g



SCAN TO
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IN THE 1ST
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INGREDIENTS

8 oz. unsweetened almond milk

1 1/2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1/2 tsp vanilla instant pudding mix

1/4 tsp pumpkin pie spice

1/4 tsp ground cinnamon

1 1/2 cups ice

Optional Toppings:

- whipped cream
- chocolate chips
- chocolate syrup
- caramel

DIRECTIONS

- 1 Put all of the ingredients in the **blender**.
- 2 Blend the ingredients together on high for **30 seconds** to a minute (or until you achieve the preferred consistency).
- 3 Pour the smoothie into a cup, add optional toppings if desired and enjoy!





HIGH-PROTEIN CARAMEL PUMPKIN

COLD BREW

1 SERVING

CALORIES

240

PROTEIN

27g

CARBS

21g

FATS

6g

INGREDIENTS

- 1 cup cold brew (your choice)
- 2-4 drops zero cal sweetener
- 3/4 scoop **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**
- 2 Tbsp caramel macchiato creamer
- 2-4 oz almond milk (or your choice)
- 1/8 tsp vanilla extract
- 1 cup ice
- sprinkle of salt

Optional Toppings:

- whipped cream
- caramel
- ground cinnamon

INSTRUCTIONS

- 1 **For the Cold Foam:** Grab a glass, and add the milk, caramel macchiato creamer, protein powder, vanilla and a sprinkle of salt. **Froth** the mixture well, then set aside.
- 2 Then grab a **20oz or bigger cup**, add the ice. Then pour your favorite cold brew over the ice.
- 3 Add a few drops of zero cal sweetener.
- 4 Pour the cold foam over the cold brew. Add toppings if you would like. Enjoy!



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HIGH-PROTEIN PUMPKIN SPICE

ICED OR HOT LATTE

1 SERVING





HIGH-PROTEIN PUMPKIN SPICE

ICED OR HOT LATTE

1 SERVING

CALORIES
224

PROTEIN
24g

CARBS
13g

FATS
8g

INGREDIENTS

3/4 cup whole ultra-filtered milk

2 Tbsp 100% Pumpkin Puree

1/2 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1-2 espresso shots

1/2 Tbsp sugar-free maple syrup

1/2 tsp pumpkin pie spice

1/2 tsp vanilla extract

1 cup ice [only for iced latte]

Optional Toppings:

- whipped cream
- graham crackers
- ground cinnamon



INSTRUCTIONS FOR ICED LATTE

- 1 Grab a glass, and add the milk, pumpkin puree, protein powder, pumpkin pie spice, maple syrup, and vanilla. **Froth** the mixture well, then set aside.
- 2 Fill a tall glass with ice. Brew two shots of espresso [about 2 ounces] using an espresso machine. [You can also substitute cold brew]. Pour over the ice.
- 3 Pour the milk protein mixture over the espresso and ice, and stir to combine. Add any toppings you would like.

INSTRUCTIONS FOR HOT LATTE

- 1 Grab a glass, and add the milk, pumpkin puree, protein powder, pumpkin pie spice, maple syrup, and vanilla. **Froth** the mixture well. Now, steam the milk mixture to 150 F. Do so by pouring the mixture into a small saucepan with a thermometer and heating the milk on low, stirring frequently.
- 2 Brew two shots of espresso [about 2 ounces] using an espresso machine. Pour into a mug.
- 3 Pour the steamed milk over the espresso in the mug. Top off the latte with the reserved foam. Add any toppings you would like, and enjoy.



HIGH-PROTEIN PUMPKIN SPICE COFFEE

1 SERVING

CALORIES
192

PROTEIN
32g

CARBS
9g

FATS
3g

INGREDIENTS

1 cup coffee brew [your choice]

1/2 whole ultra-filtered milk

1 scoop 1st Phorm Level-1 Pumpkin Spice Latte Protein Powder

Optional Toppings:

- whipped cream
- caramel
- ground cinnamon

INSTRUCTIONS

- 1 Brew coffee of your choice, using a coffee or Keurig machine. Pour into a mug.
- 2 Then grab a glass or shaker cup. Add the milk and protein powder. **Froth** the mixture well or shake it up in a shaker cup.
- 3 Add mixture to hot coffee, stir. Add any toppings you would like and enjoy.





1P RECIPES

MACRO FRIENDLY + SHAREABLE

DESSERTS



PUMPKIN SPICE

COOKIES

10 SERVINGS | (1 SERVING = 1 COOKIE)

CALORIES

185

PROTEIN

9g

CARBS

24g

FATS

7g

INGREDIENTS

- 1 cup 100% pumpkin puree
- 1 egg white
- 2 Tbsp honey or maple syrup
- 2 1/2 cups rolled oats
- 2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)
- 1 tsp ground cinnamon
- 1/2 cup sugar-free white chocolate chips

DIRECTIONS

- 1 Preheat the oven to **350°F**. Start by mixing all wet ingredients, then combine the dry ingredients, to form a thick dough.
- 2 Line the **baking tray** with **parchment paper**. Now, form ten cookie shapes exactly how you want them because they won't change when being baked.
- 3 Bake in the oven for **10-15 minutes** until the cookies turn golden brown. Let the cookies cool down before serving. Enjoy!



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PUMPKIN SPICE HIGH-PROTEIN

CHEESECAKE BITES

2 SERVINGS | (1 SERVING = 1 CHEESECAKE BITE)

CALORIES

295

PROTEIN

29g

CARBS

23g

FATS

9g

INGREDIENTS

3/4 cup high-protein vanilla yogurt

1 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 tsp sugar-free cheesecake pudding mix

2 Tbsp low-fat cream cheese, soften

1/2 tsp pumpkin pie spice

1/2 tsp ground cinnamon

2 mini graham cracker crusts

Optional Toppings:

- whipped cream
- graham crackers
- pecans

DIRECTIONS

- 1 In your **small mixing bowl**, combine the yogurt, protein powder, pudding mix, cream cheese, pumpkin pie spice, and cinnamon. Stir with a spatula until combined well.
- 2 Divide the mixture into two and split it between the 2 mini graham cracker crusts.
- 3 For the best cheesecake consistency and flavor, chill them in the fridge for at least **1 hour** before serving.
- 4 Top each cheesecake bite with optional toppings, and enjoy! Can store them in the fridge up to **4 days**.



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PUMPKIN SPICE

CUPCAKES

21 SERVINGS | [1 SERVING = 1 CUPCAKE]

CALORIES

232

PROTEIN

12g

CARBS

24g

FATS

10g



SCAN TO
SAVE RECIPE
IN THE 1ST
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INGREDIENTS

Cupcake:

- 2 cups all-purpose flour
- 1 cup **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**
- 1 Tbsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cloves
- 1/2 tsp ground allspice
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup unsalted butter, softened
- 1/3 cup brown sugar
- 2 large eggs, room temperature
- 1 cup pumpkin puree
- 3/4 cup fat-free milk
- non-stick cooking spray

Cream Cheese Frosting:

- 1/2 cup unsalted butter, softened
- 6 oz fat-free cream cheese, softened
- 1 1/2 cup powdered sugar
- 3 1/2 scoops **1st Phorm Level-1 Natural Vanilla Protein Powder**
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

DIRECTIONS

- 1 Preheat the oven to **350°F**.
- 2 **Make the cake:** In a **medium bowl**, add the flour, protein powder, baking powder, cinnamon, nutmeg, cloves, allspice, baking soda, and salt together; set aside.
- 3 In a **large bowl**, beat the butter, brown sugar together with an electric mixer until light and fluffy. Add eggs, mix well. Then add pumpkin puree and milk; stir in flour mixture until just combined. Add the flour mixture, mix well.
- 4 Grease **24 muffin cups** or line cups with paper liners. Then spoon batter into the prepared muffin cups, filling each 3/4 full.
- 5 Bake in the preheated oven until tops spring back when lightly pressed, about **15-20 minutes**. Cool in the pans for **5 minutes**. Transfer to a wire rack and let cool, about **15 minutes**.
- 6 **Make the frosting:** Beat cream cheese and butter together in a large bowl with an electric mixer until smooth. Beat in powdered sugar and protein powder, a little at a time, until incorporated. Add vanilla extract and ground cinnamon; beat until fluffy.
- 7 Frost the cooled cupcakes. Enjoy!



PUMPKIN SPICE

SHEET CAKE

15 SERVINGS | [1 SERVING = 1 SLICE]

CALORIES

348

PROTEIN

14g

CARBS

30g

FATS

20g



SCAN TO
SAVE RECIPE
IN THE 1ST
PHORM APP

INGREDIENTS

Cake:

1 (15oz) can 100% Pumpkin Puree

1 cup white sugar

1/2 cup coconut oil

4 large eggs

1 cup all-purpose flour

1 cup **1st Phorm Level-1 Pumpkin
Spice Latte Protein Powder**

2 tsp ground cinnamon

1 tsp pumpkin pie spice

2 tsp baking powder

1 tsp baking soda

1 tsp salt

non-stick cooking spray

Frosting:

1/2 cup butter, softened

6 oz cream cheese, softened

1 tsp vanilla extract

1 1/2 cup powdered sugar

3 1/2 scoops **1st Phorm Level-1 Pumpkin
Spice Latte Protein Powder**

DIRECTIONS

1 Preheat the oven to **350°F**.

2 **Make the cake:** In a **large bowl**, beat the pumpkin, sugar, coconut oil, and eggs with an electric mixer until well combined.

3 Then add dry ingredients to the bowl: flour, protein powder, cinnamon, pumpkin pie spice, baking powder, baking soda, salt, and mix well.

4 Grab a **9x13 in cake pan**, spray with non-stick cooking spray. Then add the cake batter evenly to the pan.

5 Bake in the preheated oven for **20-25 minutes** or until you can poke a toothpick in and pull it out clean. Remove from the oven and let cool.

6 **Make frosting:** Beat together butter and cream cheese until smooth; stir in vanilla. Add confectioners' sugar and the protein powder a little at a time, beating until mixture is smooth.

7 Spread frosting evenly on top of cooled cake. Cut into 24 squares, and enjoy! Store in airtight container up to **4 days**.



PUMPKIN SPICE

PIE

8 SERVINGS | (1 SERVING = 1 SLICE OF PIE)

CALORIES

316

PROTEIN

17g

CARBS

37g

FATS

16g

INGREDIENTS

Crust:

- 2 cups protein oats
- 1/2 cup unsalted butter, melted
- 1/2 cup powdered sugar alternative
- 1/4 tsp ground cinnamon
- 1 tsp salt

Filling:

- 2 eggs
- 2 Tbsp sugar substitute
- 1 cup plain non-fat greek yogurt
- 2 cans (15oz) 100% pumpkin puree
- 2 scoops **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**
- 2 Tbsp Pumpkin Pie Spice
- 1/2 cup sugar-free maple syrup
- 2 tsp vanilla extract
- 1/2 tsp sea salt

DIRECTIONS

- 1 Preheat the oven to **350°F**. Then, grease a **9in pie pan**.
- 2 **Making the Crust:** Place the oats, melted butter, powdered sugar, cinnamon, and salt in a food processor. Blend until well combined and the oats clump together, about **20-30 seconds**.
- 3 Cover the bottom and sides of the pie pan with the crust, firmly pressing it in. When done, bake the crust for **6 minutes**.
- 4 **Make the Filling:** In a **large bowl**, add eggs and sugar. Whisk them together until the sugar is dissolved and mixed well with eggs. Add in the remaining ingredients and mix until well-incorporated. Pour the filling on top of the partially baked crust.
- 5 Bake for **35-40 minutes** or until custard is set and the crust is slightly browned. If you notice your crust browning too quickly, wrap aluminum foil around the edges to prevent the crust from burning.
- 6 Let cool for **30 minutes** to help set your pie. You can serve it right away or **refrigerate** for up to **2 days!** Cut the pie into eighths, and each slice will account for one serving.



SCAN TO
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PUMPKIN SPICE HIGH-PROTEIN MUG CAKE

1 SERVING

CALORIES

286

PROTEIN

35g

CARBS

19g

FATS

10g

INGREDIENTS

1 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1/2 tsp pumpkin spice

1/2 tsp baking powder

1/2 tsp baking soda

2 tsp sugar substitute

1/4 cup water

1/2 [1st Phorm Pumpkin Spice Crunch Protein Powder Level-1 Bar](#), cut up

Optional Toppings:

- whipped cream
- white chocolate chips
- chocolate syrup

DIRECTIONS

- 1 In a **large microwave-safe mug or bowl**, mix all dry ingredients.
- 2 Add water and stir into pudding consistency. Cut up the Level-1 Bar, and mix it in.
- 3 **Microwave** for about **30-60 seconds**. (Keep an eye on the mug to make sure it does not overflow)
- 4 Remove from microwave.
- 5 Add any other optional toppings on top and enjoy.



SCAN TO
SAVE RECIPE
IN THE 1ST
PHORM APP



PUMPKIN SPICE

PROTEIN ICE CREAM

2 SERVINGS | [1 SERVING = 1 CUP]

CALORIES
235

PROTEIN
29g

CARBS
12g

FATS
9g



SCAN TO
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INGREDIENTS

- 1 cup whole ultra-filtered milk
- 1 1/2 scoops **1st Phorm Level-1 Pumpkin Spice Latte Protein Powder**
- 1 Tbsp cheesecake instant pudding mix
- 1/2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- *1/4 cup** whole ultra-filtered milk

Optional Toppings:

- chocolate chips
- graham crackers
- whipped cream
- caramel
- ground cinnamon

DIRECTIONS

- 1 **Ninja Creami:** Grab your deluxe pint, add all ingredients and mix well.
- 2 Put into **freezer** for at least **24 hours**. The next day, take out the pint, let it sit on the counter for at least **15 minutes**.
- 3 Turn on your Ninja Creami. Add the extra ***1/4 cup of milk** to the top of the pint. Screw on the machine's processing lid, which is built with a paddle that has a blade, similar to a blender. Add the pint to the Creami. Push the **"ice cream"** button.
- 4 Take the processing lid off and add in any optional toppings you would like, add more milk if it's still pretty thick. Add the lid back on. Then push the **"mix-in"** button.
- 5 Take it out and enjoy.
- 6 **If you DO NOT have a Ninja Creami:** You can take your ice cream out of the freezer and let it out on the counter for at least **15 minutes or more**, then eat it.
- 7 **OR** you could also add the frozen ice cream to a blender and blend until it reaches perfect texture, add your toppings and dig in.



1P RECIPES

EASY + DELICIOUS + QUICK

SNACKS





PUMPKIN PIE

ENERGY BALLS

18 SERVINGS | [1 SERVING = 1 BALL]

CALORIES

115

PROTEIN

7g

CARBS

6g

FATS

7g

INGREDIENTS

- 1 cup high-protein nut butter
- 5 Tbsp 100% Pumpkin Puree
- 4 Tbsp sugar-free maple syrup
- 1 tsp vanilla extract
- 2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)
- 2 tsp pumpkin spice
- 1/2 cup sugar-free white chocolate chips

Optional Toppings:

- graham crackers
- ground cinnamon

DIRECTIONS

- 1 In a **large bowl**, mix together your nut butter, pumpkin puree, maple syrup, and vanilla extract until smooth.
- 2 Add in the protein, pumpkin spice, and white chocolate chips until the mixture is fully combined and there are no clumps. The dough will be a little wet, but if it's too sticky to work with, add an extra tbsp of protein powder until you reach the desired consistency.
- 3 Roll the dough into roughly tablespoon-sized balls for a total of 18.
- 4 **Optional:** If you'd like to, you may roll the balls in the crushed graham cracker.
- 5 **Refrigerate** the energy balls for **15-20 minutes** before serving.

*Can be stored in the fridge for up to a week.



SCAN TO
SAVE RECIPE
IN THE 1ST
PHORM APP



PUMPKIN SPICE

PROTEIN DIP

5 SERVINGS | (1 SERVING = 1/2 CUP)

CALORIES

74

PROTEIN

10g

CARBS

5g

FATS

2g

INGREDIENTS

1/2 cup 100% pumpkin puree

2 scoops [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

1 tsp pumpkin pie spice

1 (8 oz) container whipped topping

Serve with:

- apples
- graham crackers
- grapes
- vanilla wafers
- pretzels

DIRECTIONS

- 1 In a **large bowl**, mix the pumpkin, protein powder, and pumpkin pie spice together.
- 2 Then, fold in whipped topping.
- 3 Chill in the **refrigerator** for at least an **hour** or until ready to serve.
- 4 Serve with your choice of apples, graham crackers, grapes, vanilla wafers, pretzels, etc. Enjoy!

*Can be stored in the fridge for up to a week.



SCAN TO
SAVE RECIPE
IN THE 1ST
PHORM APP



PUMPKIN SPICE CRUNCH LEVEL-1

PROTEIN BAR

1 SERVING

CALORIES

180

PROTEIN

18g

CARBS

17g

FATS

6g



SCAN TO
GET THIS
PROTEIN
BAR!

INGREDIENTS

1 1st Phorm Pumpkin Spice Crunch Protein Powder Level-1 Bar

DIRECTIONS

- 1 Unwrap & enjoy on-the-go!
- 2 Other Options: chop it up and add to greek yogurt, or microwave for 15-20 seconds and top with whipped cream or see **page 22** for instructions on how to incorporate it into a mug cake.





PUMPKIN SPICE

PROTEIN POPCORN

1 SERVING | [1 SERVING = 5 CUPS]

CALORIES

273

PROTEIN

29g

CARBS

27g

FATS

6g

INGREDIENTS

1 bag of microwavable popcorn
cooking spray

1/2 tsp ground cinnamon

1/2 tsp salt

1 scoop [1st Phorm Level-1 Pumpkin Spice Latte Protein Powder](#)

Optional Toppings:

- festive candies
- chocolate chips

DIRECTIONS

- 1 Prepare the popcorn according to the package directions.
- 2 Once your popcorn is cooked, dump it into a **large bowl** and give it a few sprays with cooking spray. Don't use too much, but just enough to evenly coat the popcorn.
- 3 Slowly add the level-1, salt and cinnamon to mix it with the popcorn until all the popcorn is evenly coated.

Note: I don't recommend storing the popcorn because the freshness can't be guaranteed. If you're using fresh kernels cooked on the stove, you would want to make about 5 cups of popped popcorn to get the correct serving size.



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PERFECT FOR YOUR RECIPES

1ST PHORM PROTEIN



LEVEL-1 PUMPKIN SPICE LATTE MEAL REPLACEMENT PROTEIN

Designed to digest slower to help you hit your protein goals, stay fuller for longer, and curb your cravings.



LEVEL-1 BAR PUMPKIN SPICE CRUNCH MEAL REPLACEMENT PROTEIN BARS

High-quality and delicious source of protein in the convenience of a bar that you can eat anywhere. No matter what your goal is - Losing weight, building muscle, or being healthier overall.



1ST PHORM APP ALL IN ONE FITNESS APP

Whether you're trying to lose weight, gain muscle, get help with your nutrition, exercise more consistently, or just switch up your workout routine a bit, the 1st Phorm App has the tools to help get you the results you're looking for, all in one app.



110% MONEY-BACK GUARANTEE



RESULT-DRIVEN INGREDIENTS



PRODUCED IN THE U.S.A.



OUR MISSION:

HELP REAL PEOPLE GET REAL & LONG TERM RESULTS.

1st Phorm was founded on quality, built on service, and measured on results. You don't take shortcuts to get the results you want, and neither do we. That's why every recipe in our protein powder recipe book was designed to help you reach your goals and get the results you're after.



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