

COOK WITH ME

SmartShape

Functional Treats

LOW CARB • HIGH PROTEIN • ENERGY



100%
NATURAL
INGREDIENTS



NO ADDED
SUGAR



PLANT-
BASED



Inhaltsverzeichnis

- **MATCHA PROTEIN ENERGY BALLS** 01
High-protein energy bites with matcha and almonds.
A quick and nutritious snack that supports sustained energy and recovery.
- **BLUEBERRY PROTEIN BITES** 02
Fruity, low-carb protein bites made with blueberry powder and whey protein. Perfect as a healthy snack or post-workout treat.
- **MATCHA ALMOND PROTEIN CAKE** 03
A light and flavorful protein cake combining matcha and almond flour. Low in carbohydrates and rich in protein.
- **STUFFED LETTUCE HEARTS** 04
Fresh lettuce cups filled with chicken, cottage cheese and vegetables. A simple high-protein meal that is light, refreshing and satisfying.

MATCHA PROTEIN ENERGY BALLS



Ingredients (ca. 10–12 balls)

- 60 g Vanilla Whey Protein
- 20 g Collagen Peptides
- 1–2 tsp Matcha Powder
- 40 g Almond Flour
- 20 g Coconut Flour
- 2 tbsp Almond Butter
- 1–2 tbsp Erythritol or Monk Fruit sweetener
- 1 tsp Vanilla Extract
- 40–60 ml Unsweetened Almond Milk

Optional:

- 1 tsp MCT Oil
- Shredded coconut or matcha powder for coating

Approximate Macros (per ball)

- Protein: ~7 g
- Fat: ~4 g
- Carbohydrates: ~2 g
- Calories: ~70 kcal



Why Matcha?

Matcha provides a combination of:

- L-Theanine
- natural caffeine
- powerful antioxidants



MATCHA PROTEIN ENERGY BALLS



Instructions

1. Combine dry ingredients

In a mixing bowl, combine:

- whey protein
- collagen peptides
- matcha powder
- almond flour
- coconut flour
- sweetener

2. Add wet ingredients

- almond butter
- vanilla extract
- almond milk

3. Mix the dough

Stir until a soft, moldable dough forms.
If the mixture is too dry, add a little more almond milk.

4. Shape the balls

Roll into small balls (about 20 g each).

5. Optional coating

Roll the balls in shredded coconut or matcha powder.

6. Chill

Place in the refrigerator for 30 minutes before serving.



BLUEBERRY PROTEIN BITES



Ingredients (ca. 8–10 balls)

- 40 g whey protein (vanilla or neutral)
- 20 g casein protein
- 10 g blueberry powder (freeze-dried blueberries)
- 30 g almond flour
- 3–4 tbsp egg whites or water
- Sweetener to taste
- (e.g. erythritol or stevia)

Optional:

- 10 g white chocolate chips (sugar-free if preferred)
- ½ tsp vanilla
- pinch of salt

Approximate Macros (per ball)

- Protein: ~6–7 g
- Carbohydrates: ~1–2 g
- Fat: ~2 g
- Calories: ~40 kcal



💡 Tip for a creamier texture

Add 1 tablespoon of skyr or non-fat Greek yogurt to the mixture. This makes the bites softer and more truffle-like.



BLUEBERRY PROTEIN BITES



Instructions

1. In a bowl, mix all dry ingredients:

- whey protein
- casein protein
- blueberry powder
- almond flour

2. **Slowly add egg whites** or water until the mixture becomes soft and moldable.

3. Fold in the **chocolate chips** (optional).

4. **Roll the mixture into small balls.**

5. Place them in the **refrigerator for about 20 minutes** to firm up.

💡 **Optional Coating**

You can roll the balls in:

- blueberry powder
- shredded coconut
- cocoa powder
- crushed almonds



MATCHA ALMOND PROTEIN CAKE



Ingredients (1 small cake / 6 slices)

- 200 ml egg whites
- 40 g whey protein (vanilla works best)
- 20 g casein protein
- 30 g almond flour
- 2 tsp matcha powder
- 1 tsp baking powder
- 50 ml unsweetened almond milk
- Sweetener to taste (erythritol or stevia)
- 1 tsp vanilla extract
- pinch salt

Approximate Macros (whole cake)

- Protein: ~55–60 g
- Carbs: ~8–10 g
- Fat: ~10–12 g
- Calories: ~380–420 kcal

Per slice (6 pieces):

- Protein: ~9–10 g
- Carbs: ~1–2 g



MATCHA ALMOND PROTEIN CAKE



Instructions

1. **Preheat** oven to 175 °C.
2. In a bowl mix all **dry ingredients**
 - whey
 - casein
 - almond flour
 - matcha powder
 - baking powder
 - salt
3. Add **egg whites, almond milk, vanilla and sweetener.**
4. Mix until you get a **smooth, slightly thick batter.**
5. Pour into a **small baking pan or loaf pan.**
6. Optional: sprinkle **almond slices** on top.
7. Bake for **18–22 minutes.**
8. Let cool for **10 minutes** before slicing.

SmartShape Tip

Für eine **Matcha-Protein-Glasur:**

Mix:

- 100 g **Skyr**
- ½ tsp **matcha**
- etwas **erythritol**

oben auf den Kuchen streichen.

Sehr clean, sehr proteinreich und optisch richtig schön grün.



STUFFED LETTUCE HEARTS WITH CHICKEN



Ingredients (2 servings)

- 4–6 lettuce hearts leaves (romaine or little gem)
- 150 g cooked chicken or turkey breast, finely chopped
- 100 g cooked broccoli or cauliflower, finely chopped
- 100 g low-fat cottage cheese
- 6–8 cherry tomatoes, chopped
- 1–2 tbsp fresh lemon juice
- Salt, to taste

Approximate Macros (per serving)

- Protein: ~35–40 g
- Carbohydrates: ~6–8 g
- Fat: ~3–4 g
- Calories: ~220–250 kcal



STUFFED LETTUCE HEARTS WITH CHICKEN



Instructions

1. Prepare the lettuce

Wash and dry the lettuce leaves carefully. Place them on a plate like small cups.

2. Prepare the filling

In a bowl combine:

- chopped chicken or turkey
- cooked broccoli or cauliflower
- cottage cheese
- chopped cherry tomatoes

3. Season the mixture

Add lemon juice and salt. Mix everything until well combined.

4. Fill the lettuce hearts

Spoon the mixture into the lettuce leaves.

5. Serve immediately

You can add a little extra lemon juice or fresh herbs on top.



COOK WITH ME

Functional Treats for a *Stronger Body*



Discover simple, high-protein recipes designed to support strength, energy and metabolic health. Each recipe is created with a focus on **clean ingredients, balanced macros and sustainable nutrition.**

Inside this book you'll find:

- ✓ high-protein desserts
- ✓ low-carb snacks
- ✓ functional energy bites
- ✓ healthy cakes & treats
- ✓ Simple recipes for everyday wellness

Perfect for anyone who wants to enjoy delicious treats without compromising their nutrition goals.

