



GINGERBREAD SHAKE RECIPES

Profile's Gingerbread Shake is here and we've caught all the warm holiday feelings! That's why we've created these six delectable Gingerbread recipes just in time for the holidays. Enjoy!

Gingerbread Pancake

Servings: 1

Ingredients:

- 1 package Profile Gingerbread Shake
- 1 egg
- 1 tsp. baking powder
- 1 tbsp. water, or to desired consistency
- Sugar-free maple syrup

Directions:

1. Combine pancake mix, cinnamon, and ginger in a small bowl. Stir to combine.
2. Add water, molasses, and vanilla; stirring lightly until combined.
3. Spray a griddle pan with vegetable oil and place over medium-high heat. Drop one large pancake onto hot griddle.
4. When holes appear in the center of pancake, flip over and continue cooking until golden brown.

Profile Exchange: 1 meal replacement, 1 oz. lean protein, free food

Gingerbread Martini

Servings: 1

Ingredients:

- 1 package Profile Gingerbread Shake
- Pinch of cinnamon
- Pinch of nutmeg
- Pinch of ground ginger
- 1 tsp. sugar-free maple syrup
- 8-10oz cold water

Directions:

1. Place package of Profile Gingerbread Shake into blender or shaker bottle.
2. Add cinnamon, nutmeg, syrup and water.
3. Blend until smooth.
4. Pour into a martini glass.

Profile Exchange: 1 meal replacement



GINGERBREAD SHAKE RECIPES

Chocolate Gingerbread Cookies

Servings: 1

Ingredients:

- 1 packet Profile Gingerbread Shake
- 1 medium egg white
- ¼ cup water
- 1 tsp. baking powder
- 1 tsp. cocoa powder
- Parchment paper

Directions:

1. Preheat oven to 350 degrees.
2. Mix together egg white, baking powder, and cocoa powder.
3. Add shake mix.
4. Slowly add the water until you reach a cookie-dough consistency.
5. Drop in half dollar portions on a baking sheet lined with parchment paper.
6. Bake for 7 minutes.

Profile Exchange: 1 meal replacement, 1 oz. very lean protein

Gingerbread Protein Bites

Servings: 1

Ingredients:

- 1 package Profile Gingerbread Shake
- 2 tbsp. powdered peanut butter
- 1 tbsp. water, (or more/less to reach desired consistency)
- 8 almonds, crushed

Directions:

1. Mix powdered peanut butter and water to reach peanut butter consistency. Add Gingerbread shake mix (and more water if needed) and mix well.
2. Roughly chop the almonds or put into a food processor, add to shake mixture and blend.
3. Roll into 4 balls and chill in refrigerator for 30 minutes.

Profile Exchange: 1 meal replacement, 1 fat



GINGERBREAD SHAKE RECIPES

Gingerbread Oatmeal

Servings: 1

Ingredients:

- 1 package Profile Gingerbread Shake
- 1 package Profile Maple & Brown Sugar Oatmeal
- ½ cup unsweetened vanilla almond milk
- 1 cup water
- 1 tbsp. sugar-free maple syrup

Directions:

1. Combine all ingredients in a microwave safe bowl and mix well.
2. Microwave for 2 minutes.

Profile Exchange: 2 meal replacements, 2 free foods (or make 2 servings for 1 meal replacement and 1 free food each)

Profile Gingerbread Latte

Servings: 1

Ingredients:

- 1 package Profile Gingerbread Shake
- 8oz. brewed coffee, cooled OR cold brewed coffee
- Fat-free whipped topping
- Pinch cinnamon
- Pinch nutmeg

Directions:

1. Add Gingerbread Shake mix and coffee into a Profile Shaker Bottle and shake well.
2. Pour into large coffee mug and microwave until you've reach desired temp, about 2 minutes.
3. Top with fat-free whipped topping and sprinkle with cinnamon and nutmeg.

Profile Exchange: 1 meal replacement