

2 Ingredient Berry Compote

Recipe from: minimalistbaker.com

Makes 6 Servings

Ingredients

3 cups frozen or fresh fruit of choice (I used a combination of strawberries, blueberries and raspberries)

3 Tbsp freshly squeezed orange juice (juice from about one orange)

Optional Add-Ins

¼ tsp ground cinnamon

¼ tsp fresh or ground ginger

1 tsp Chia seeds (add after removing from heat)

Directions

1. Place fruit and orange juice in a small saucepan over medium heat.
2. Once bubbling, reduce heat to medium-low and use a wooden or sturdy silicon spoon to muddle and mash fruit.
3. Continue cooking for 10-12 minutes, occasionally mashing fruit to combine.
4. Remove from heat and transfer to clean jar or container to cool thoroughly.
5. Store in the fridge.
6. Serve cold or reheated on French toast, waffles or pancakes (much better than syrup!), oatmeal, or plain Greek yogurt for a touch of natural sweetness.

Nutrition Information per Serving (~1/4 cup, without add-ins): Calories- 27, Total Fat- 0gm, Saturated Fat- 0gm, Chol- 0mg, Carbs- 6.3gm, Protein-0.5gm, Sodium- 1mg



Blueberry Oatmeal Protein Squares

Recipe from: [Food Solutions Magazine, Sept 2014](#)

Makes 9 Squares

Ingredients

- 3 cups old fashioned oats, dry
- 2 tsp baking powder
- 4 tsp ground cinnamon
- 2 cups whey protein powder
(full measuring cup, not scoops)
- 1 $\frac{3}{4}$ cup milk of choice
(cow's, unsweetened almond, etc)
- $\frac{1}{2}$ cup unsweetened applesauce
- 2 Tbsp coconut oil, melted
- 2 tsp vanilla extract
- 2 whole eggs
- 2 cups frozen or fresh blueberries



Directions

1. Preheat oven to 350°F. Grease 11x7 baking pan.
2. Mix oats, baking powder, cinnamon and protein powder.
3. In a separate bowl, mix milk, applesauce, melted coconut oil, vanilla and eggs.
4. Combine contents of both bowls and mix well.
5. Gently fold in blueberries. Pour into baking pan.
6. Cook 15-20 minutes or until set.
7. Let cool completely before cutting into bars.

Notes

- Cut into **9 squares** if you are planning to use these squares as a **meal replacement**.
- Cut into **18 squares** if you are planning to use these squares as a **snack**.

Nutrition Information per Serving (meal replacement size): Calories- 260, Total Fat- 8gm, Saturated Fat- 4.5gm, Chol- 70mg, Carbs- 28gm, Protein-21gm, Sodium- 190mg

Nutrition Information per Serving (snack size): Calories- 130, Total Fat- 4gm, Saturated Fat- 2gm, Chol- 35mg, Carbs- 14gm, Protein-10.5gm, Sodium- 95mg