



# **YAMMIT!** Recipes by Jay Robb

## **Pre-Workout Power!**

12 oz pure water or low-fat milk  
1/2 scoop Jay Robb Whey, Egg White, or Soy Protein  
1 scoop YAMMIT!  
Blend until creamy smooth.  
This can also be consumed 30 minutes after a workout to help boost recovery.

## **YAMMIT! Ice Cream**

8 oz pure water  
2 scoops YAMMIT!  
1/2 scoop Jay Robb Protein of choice (vanilla is best)  
1 cup ice (more ice makes it thicker—adjust as needed)  
(Blend until creamy smooth.)

## **The Fat Burner**

12 oz pure water  
2 scoops Jay Robb Whey, Egg White, or Soy Protein  
2 tsp golden flax seed oil  
1/3 scoop YAMMIT!

## **Pumpkin Power Delight**

12 oz pure water  
2 tbs low-fat sour cream  
1 to 2 scoops YAMMIT!  
1/2 scoop Jay Robb Protein of choice (vanilla is best)  
1/4 tsp pumpkin pie spice

## **All-Morning Energy**

32 oz pure water  
1 scoop Jay Robb Whey, Egg White, or Soy Protein  
1 tbs flax seed oil  
3 scoops YAMMIT! \*Store in thermos, and sip every 1/2 hour until noon.



## Get Energized...*YAMMIT!* Cookie Recipe

Glycogen Loading Power Rating: “10” (“10” is Best)  
Servings: Approximately 24

### PER COOKIE

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Calories: 80  
Protein: 2g  
Carbohydrate: 10g  
Fat: 4g

### DRY INGREDIENTS

$\frac{3}{4}$  cup organic brown rice flour  
1  $\frac{1}{2}$  cups Jay Robb YAMMIT! Nuggets  
2 tbs Jay Robb Whey Protein (vanilla flavor)  
2 tsp pumpkin pie spice  
1 tsp baking powder  
 $\frac{1}{4}$  cup walnut pieces  
2 tbs rice bran

Mix in medium bowl, and let stand.

### WET INGREDIENTS

1  $\frac{1}{4}$  cup pure water  
1/3 cup olive oil  
1 whole egg (or 1 tbs Jay Robb Vanilla Egg White Protein)

Mix in medium bowl. Pour in dry ingredients. Mix wet and dry ingredients until well mixed. Place 1 tablespoon mixed cookie dough on well-oiled cookie sheet, and repeat until all dough is used—keep each cookie approximately one inch apart. Tap cookie sheet on counter top to flatten cookies. Place in oven preheated to 390 degrees Fahrenheit for 12-16 minutes or until golden brown. Remove from heat and cool. Enjoy!

These are truly *guilt-free cookies that the entire family will love!* They make a great snack or dessert.

- ❖ Yammit! can be eaten as a crunchy snack, like cereal, or added to yogurt or cookies. And it can turn an ordinary protein drink into a high-energy tasty meal (mmm—like liquid pumpkin pie)!
- ❖ Naturally sweet Yammit! can be added to food and recipes to provide a sweet taste without any added sugar.

So get energized....*Yammit!*



## Pumpkin-like Pie

PREP TIME: About 5-7 minutes

### INGREDIENTS

12 oz pure water

1 scoop Jay Robb Egg White Protein (vanilla)

1 tbs pure unrefined coconut butter (*Omega Nutrition* brand is good) or melted butter

2 tsp pumpkin pie spice

3 scoops Jay Robb YAMMIT!

1 oz Arrowroot Powder (1 Jay Robb Protein scooper is equivalent to 1 ounce)

### TOPPING (optional)

4 oz low-fat sour cream mixed with 1 tbs Agave (low-glycemic sweetener, if available)

### DIRECTIONS

Place water in blender, and add ingredients one by one. Blend a few seconds after each ingredient is added. Once all ingredients are added, blend until creamy smooth.

Coat 9-inch pie pan with unrefined coconut butter or regular butter. Pour mixture from blender into pie pan. If needed, tap pan on counter top until mixture is evenly spread across pan.

Bake at 425 degrees Fahrenheit for 15-20 minutes until outside is golden brown and inside is cooked. Insert toothpick in middle. Pie is done when toothpick pulls out clean.

Remove from oven, and cool for approximately 30-60 minutes. At first, pie will be puffy—but will slowly flatten out. Cut into six pieces, and top each slice with dollop of sour cream (or Agave topping).

*Go ahead...indulge and enjoy this special "guilt-free" holiday treat without the traditional sugar "rush"!*