

Protein Gingerbread Sleigh & Reindeer

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Premium nutrition for healthy living

Ingredients:

- 4 scoops Muscle Food vanilla whey
- 100g coconut oil
- 1 heaped tsp ginger
- 1 heaped tsp cinnamon
- 1 tsp ground nutmeg
- 1 whole egg
- 200g almond flour (ground almonds)
- 50g coconut flour
- 1-2 tbsp. almond milk
- 1 tbsp. agave nectar



This super festive, and deliciously healthy, gingerbread sleigh has been filled with our very own Muscle Food sweets for added yuletide fun!

Cooking method

- 1 Combine all the dry and wet ingredients in a separate bowl until mixed.
- 2 Then, add them together and use your hands to form a dough.
- 3 To be able to roll the dough out for cutting, sprinkle some flour on your surface and rolling pin to avoid breaking, this can be almond flour/ coconut flour/plain/ whole wheat whichever you have/prefer.
4. Then, cut out the dough relative to what you're baking. (I cut around templates to make my reindeer sleigh).
- 5 Then place on a flat baking tray and bake at 175 degrees for 12-15 minutes until they are golden brown in colour and crisps.
- 6 (Try to avoid burning as this may cause them to become very hard once cool)
- 7 To decorate my sleigh, I used Sukrin sugar free icing sugar alternative to create all of my icing and piping details. I added a little bag of Muscle Food protein sweets for decoration.
- 8 Enjoy!

Serves: 8-10

180
CALORIES

9g
PROTEIN

5g
CARBS

14g
FAT

2g
FIBRE

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By
Courtney Pruce

