

# WISH

World Integrated Systems in Health  
Dr. Sandra J. Bevacqua

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## High Protein Recipes

Made with Energizing Soy Protein or Instant Soy Protein Mix

### Cashew Butter Fudge

1 cup cashew butter  
1 cup Shaklee Energizing Soy Protein powder (any flavor)  
½ cup honey or ½ cup agave nectar  
If desired, you may add sesame seeds, sunflower seeds, pumpkin seeds, and/or dried fruit (chopped apricots, dates, cranberries, etc). Use approx 1/3 cup.

Mix together and form into balls. Wonderful snack!



### Honey Almond Fudge Fiber Bars

1 cup almond butter  
¾ cup Shaklee Energizing Soy Protein powder, cocoa flavor.  
2/3 cup agave nectar  
½ cup rice bran

Mix together, press into a square pan (8x8 or 9x9) and refrigerate.  
When set, slice into bite-sized pieces. Has the consistency of fudge but tastes like honey and almonds.

### Chocolate Chip Peanut Butter Fudge

1 cup crunchy or smooth organic peanut butter  
½ cup Shaklee Energizing Soy Protein powder, cocoa flavor.  
½ cup honey  
6 oz carob chips (or chocolate chips)  
½ cup slivered or chopped almonds

Mix together the first 4 ingredients and press into an 8x8 inch square pan or glass dish. Melt the chocolate chips (90 seconds in the microwave) and spread evenly over the top of the mixture. Sprinkle on the chopped almonds. Refrigerate for a few minutes to set and then cut into bite-sized pieces.

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## **Persimmon Cookies**

½ cup butter  
1 cup walnuts or pecans (optional)  
1 cup persimmon pulp  
1 cup organic brown rice flour and/or quinoa flour  
1 cup Instant Soy Protein powder  
1 egg  
1 cup raisins  
¾ cup honey or agave nectar  
½ tsp each of cinnamon and nutmeg  
¼ tsp of powdered clove  
1 tsp baking soda, dissolved in pulp

Combine ingredients and bake on greased cookie sheet in 400 degree oven until golden, approx 8 to 10 minutes.