BODY BY EATS

Protein Powder

Leigh Peele
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Here are just a few of the books you have to choose from...
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The Purpose of This Cookbook and Protein Powder

My philosophy on food is to eat real food as much as possible. While I don’t believe in food scare tactics, I do believe in a diet filled with a variety of nutrients from whole foods. That being said, there are times when meeting your protein needs can become difficult either in cost or logistics. This cookbook will help you with the following things:

1. Provide you with ideas and techniques on how to work with protein powder.
2. Give you breathtaking recipes (already tested and loved).
3. Provide you with ideas about recipes to make yourself.
4. Give you the ability to add variety to your protein experience.
5. Change your thinking about protein powder forever.

What This Book is Not?

1. It is not trying to replace whole food.
2. It is not trying to give you the same ole tired recipes.

Overview of Cooking with Protein Powder

When most people think of protein powder, they think of grainy shakes or hard as rock cookies. Fear no more! Once you learn these recipes and the techniques of cooking with protein powder, it will change how you use it forever.

Protein Powder in Cooking

It is safe to say there will not be a lot of protein shakes made with steak. Though, I will warn you there is the urban legend of the “Tuna PWO Shake” floating around various bodybuilding message boards. For this book, I am going to ignore meat-based proteins and stick to protein in a powder form and the role it plays.

If you think fat loss or training is complex, take a peek into the world of food chemistry.

Food chemistry technically started rolling into place when man first stumbled onto the greatest of inventions - fire. The technical name came somewhere in the late 1700’s. The most noted first act of food chemistry was when Carl Wilhelm Scheele isolated acid from apples. Even now, new areas are explored. One such popular method is using liquid nitrogen to alter the rate of freezing food. Any foodie worth their salt knows about Molecular Gastronomy or Wylie Dufresne.
Did you know all of this can be applied to the art of protein powder food manipulation?

Protein powder shouldn’t be seen as a curse. Protein powder is already used in a multitude of things you eat daily. The difference is the type of protein used. For example, the best type of protein to make bread is Gluten. Gelatin is another protein used in many desserts like ice cream or Jell-o. Different types = different results.

**Why You Destroy Your Protein Creations**

Protein is the binding agent and traps moisture. However, if cooked in the wrong way or too much, it can become extremely dry and rubbery. I am sure most of you have experienced (as have I) a botched protein recipe. A lot of those horrible protein tragedies could be avoided by using the proper cooking techniques. I am going to try to give you an example of why most of your protein recipes come out as disasters.

Have you ever bought an extra lean steak, put it in the pan with a little water (no oil) and then turned it on high? The steak turns into an overcooked rubbery mess. The same is true with a protein powder - except worse.

Most protein powders have little to no fat or carbohydrates in them. There is nothing for the protein powder to bind to, so what you mix it with is extremely valuable. This is why top chefs know the best steaks come from cooking speed and fat. Since this is the case, why do you think you can take a ton of protein, throw it in a hot oven with no fat and little carbs, and create a delicious masterpiece? It isn’t going to happen, it can’t. It is against the laws of food chemistry.

To recap: *Protein Powder needs moisture*

Fat provides the best moisture. So, if you are cooking with protein powder and using something like peanut butter, you are going to get better results. Pumpkin and applesauce are two carb options that often yield favorable results. Technically there isn’t a method of cooking with protein powder. It is all trial and error.
What is The Full Proof Way of Cooking with Protein Powder?

Don’t cook it. When you cook the powder, you activate the binding nature of the protein to seal in moisture. If there is no moisture, you are going to fail. If you heat it up too fast, you are going to fail.

Protein powder will always work in a non-cooking situation better than heated. Smoothies, yogurt, cream cheeses, nut butters, milk, ice cream, and puddings are just a few items protein powder will always mix well with cold. You can have a 1001 combination of flavors and toppings with just a little experimenting. A lot of the recipes I come up with are various combinations of those items because they provide the right texture and moisture to work with the behavior of uncooked protein powder.

The Fool Proof Yogurt Formula

Add 15g of protein powder to any yogurt cup between 100g of yogurt. To increase texture add seeds, nuts, or fruits.

Here are a few ideas:

15g Choc Protein Powder + 100g Vanilla Bean Yogurt + 30g Almond Slices
15g Strawberry Protein Powder + 100g Banana Yogurt + 30g Sundrop Choc Chips
15g Vanilla Protein + 100g Sliced Strawberries + 30g Pecans
15g Flavorless Protein Powder + 100g Plain Yogurt + 50g Avocado + Squeeze Lemon + Sprinkle Salt
15g Vanilla Protein + 100g Plain Yogurt + 10g Sugar + 30g Chopped Dates + 30 Chopped Fig
15g Choc Protein Powder + 100g Banana Yogurt + 50g Cottage Cheese + 15g Peanut Butter
15g Fruit Punch Protein Powder + 100g Plain Yogurt + 30g Dried Cranberries + 30g Pomegranate
15g Flavorless Protein Powder + 100g Plain Yogurt + 1 Tbsp Fresh Chopped Dill + 100g Cucumber

Other Easy Ideas?

Here are a few other ideas you can use protein powder in with items that are already made.

1. Cottage Cheese
2. Ice Cream
3. Mac and Cheese
4. Puree’s or Potatoes
5. Chili’s or Spaghetti Sauces
6. Salsa
7. Melted Cheese Dips and Chips
8. Nut Butters
9. Cake Frosting
10. Cereal
11. Oatmeal
12. Puddings

Those are just a few ideas to get you started!
Types of Protein Powder

In the past, protein powder was pretty straightforward. You either got Whey or...you got Whey. Now, there is a collection of protein powders ranging from Whey to Pea. I am not going to get into the debate over bioavailability or digestion rate. This is about cooking, not debate. What I am going to cover is taste. Before my rank, I am going to cover a few things.

#1 - The brand of protein powder matters

This is reasonably understood, but some people think all protein powders are created equal. Protein powders are as different as beers. It can vary depending on companies, flavoring, processing, etc. All of these things change the shape and taste of your protein powder. While you may save money on cheaper powders, it doesn’t do much good if you hate the flavor.

I have found taste and quality differs from price range, but it does seem to be the expression “you get what you pay for” rings true in the taste category.

#2 - Texture comes in all different grains

You might find a set of protein (rice, whey, etc) has an entirely different texture from another. This has a lot to do with processing and macro structure. Take home point, there is going to be a significant difference between a rice protein and a whey protein.

The type of protein you use in recipes matter to how the recipes taste.

#3 - Experiment with flavors

There is more to life than chocolate and vanilla. In fact, there is even tasteless protein powder. You can have a lot of fun using the protein powder as a flavor profile itself, especially to cold cheeses or yogurt.

Beware! When protein powder goes wrong on flavor - it goes terribly wrong. Make sure to do a little research (e.g look at reviews, ask a friend) before committing to a flavor.

Chart of the Best Proteins for Cooking and Flavor

As I stated before, no two protein powders are alike in taste or quality. I have ranked and rated these protein powders based upon their average performance. A protein like Whey certainly has more options than Pea Protein. Still, at least 3 or more protein powders were tasted in each section (except for goat). In every category, a high end/high quality protein was tested (even in goat).
This chart was put together to give you a visual of what I feel are the best protein powders based on the following criteria:

**Taste/Texture** - This judges how the protein tasted and the texture it had. A lower ranking was given if the powder was grainy, too strong, or didn’t mix well.

**Uncooked** - This judges how well the protein tasted and performed texturally in an uncooked environment.

**Cooked** - This judges how well the protein tasted and performed texturally in an uncooked environment.

**Cost/Ease** - This judges how cheap or easy it is to find a quality product.

<table>
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<th>Taste/Texture</th>
<th>Uncooked</th>
<th>Cooked</th>
<th>Cost/Ease</th>
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<td>Whey Protein</td>
<td>★★★★★</td>
<td>★★★★★</td>
<td>★★★★</td>
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<td>Egg Protein</td>
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<tr>
<td>Soy Protein</td>
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<td>Rice Protein</td>
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<tr>
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*Goat Protein powder was only tested in one brand. I feel more testing needs to take place for an accurate assessment, but I wanted to list it out anyway.*
**Individual Look at Each Protein**

**Whey** - A protein from processed cheese (original from cow’s milk) to a powdered form.

Pros - Cheap, easy to find, tastes great, lots of options and variety in flavors.

Cons - Highest rate of digestive and intolerance issues of all powder proteins. Some people have a problem with the ethical side of the dairy industry and would rather choose a plant-based powder.

**Best Overall Brand - Isopure (Dutch Chocolate)**

You can get a 7.5 tub for under $100. It is an isolate and lactose free. It has had favorable reports for gas and digestion issues. The taste is always rated high, and the company seems to be good in customer service and quality control.

**Egg** - A protein from processed and dried egg whites.

Pros - Easy to find and great taste and cook-ability; great alternative for those who have whey tolerance issues.

Cons - Some people have a problem with the ethical side of the poultry industry and would rather choose a plant-based powder. The best tasting powders can get higher in cost. Small base of allergies.

**Best Overall Brand - MRM Egg Protein (Vanilla)**

The mix is extremely smooth and tasty. I personally use the Chocolate and the Vanilla due to issues with Whey. It is a little more cost wise, but worth it for taste and quality. Solid company ethics are a bonus.

**Soy** - A protein derived from defatted soy flour.

Pros - Vegan, easy to find, good taste.

Cons - Small base of allergies. Lots of controversy and research, thus far not conclusive in status. Taste can be very brand specific.

**Best Overall Brand – Genisoy**

Lots of flavor variety and pretty cheap. Mixes well.
**Hemp** - A protein derived from hemp seeds.

Pros - Vegan, very low in allergies or intolerance.

Cons - Grainier taste, almost a meal replacement due to carb contents needing to be higher.

**Best Overall Brand – Nutivia**

3lbs for 20 bucks, not bad. Taste is best in my opinion for hemp powders.

**Pea** - A protein derived from peas.

Pros - Vegan, very low in allergies or intolerance.

Cons - Grainier taste, most of them are pretty unappealing when compared to whey or egg.

**Best Overall Brand - Now Pea Protein**

Cheap and a no-carb option. It is still grainy, but it is doable if vegan or have allergies.

**Rice** - A protein derived from rice grain.

Pros - Vegan, very low in allergies or intolerance.

Cons - Grainier taste, most of them are pretty unappealing when compared to whey or egg.

**Best Overall Brand - Sun Warrior (Chocolate)**

Flavor is pleasant, it also mixes very well. The texture is by far the best of all rice proteins I have tried. The product is a bit costly but worth it. I use it as a protein source.

**Casein** - A protein from processed cheese (original from cow’s milk) to a powdered form.

Pros - Great taste and cook ability

Cons - Small base of allergies. Lots of controversy and research, thus far not conclusive in status. Some people have a problem with the ethical side of the dairy industry and would rather choose a plant- based powder.

**Best Overall Brand - True Protein**

Can’t be the price. Lots of flavor options.
**What About Protein Blends?**

I think with Protein Blends the same of above is true. For example, an egg, whey and casein protein blend is going to fall within similar lines with each other. I have yet to see (but I am sure it is out there) a blend of rice and whey you can buy at the stores. I have mixed blends myself (like egg and rice) and found it to be better than just rice. I think that is a bit of a no-brainer assessment, but I wanted to throw it out there anyway.

**Protein Powder “Accessories”**

With protein powder, it isn’t just about the powder itself, it is about what you mix with it. Here are a few ideas you can take with you on your next experiment.

**Liquids**

- Water
- Cow Milk
- Soy Milk
- Almond Milk
- Goat Milk
- Juice

**Gums/Fibers**

- Xanthan Gum
- Guar Gum
- Pectin

**Calorie Sweeteners**

- White Sugar
- Maltodextrin
- Dextrose
- Raw Sugar
- Honey
- Agave Syrup

**Low/Calorie Free Sweeteners**

- Splenda
- Stevia
- Truvia
- Ideal
- Erythritol
More about Sugar/Sweeteners

I stuck to this because they are the easiest to find and most popular. There is a ton more available, especially online. Company websites often show you a conversion for sugar.

(Note: There are conversion charts for the artificial sweeteners, but I wanted to explain my stance here.)

The biggest surprise you might find in this book is my use of plain white or brown sugar in recipes. How can I, a fitness professional, suggest people put refined sugar on purpose in a drink? Have I not read the studies about all the horrible things it does?

Well, let’s look at why people usually quit using refined sugar.

1. They can’t control it.
2. They have a medical problem which requires them to limit or remove it.
3. They are afraid of it due to research.
4. They think it is a pointless calorie - why bother using it.

While this is not a book on the detail of sugars, I talk about this type of thing a lot on my blog, podcasts and in my books. Instead of going into long detail about the myths of sugar or the right or wrong reasons for not using it, here is why I do use it.

1. In small amounts it is safer that almost any other sweetener product there is.
2. It is easy on the digestive system.
3. It is cheap.
4. It tastes good.
5. It has calories.

You may think the last one is very odd and doesn’t make much sense, but I believe in owning your calories. I believe the more you try to “cheat the system”, the more you may be dishonest with the future of your eating. I also have never had digestive issues with regular sugar or corn syrup. Even the “natural” alternatives can give some people problems – I know they have to me. Please note: these are anecdotal statements. You should always do the right thing for you.

From a physiological standpoint, sugar is a powerful fuel source and can positively affect hormones, especially in a deficit. Fast-acting sugar – yes - can have it downfalls towards overconsumption. It can also have benefits. If you learn to control it and use it properly, it can work well.

That being said about sugar, I have provided you a chart to help sort through conversions with substitutions and sweeteners.
**A Quick Recap and Final Words**

1. Don’t over-heat the protein.

2. Take it slow. Heat up anything with protein powder at a slower rate. It will allow for better texture and control with your recipes.

3. Experiment with flavors, brands, and protein types.

4. “Accessories” make a world of difference. The right blender can change everything. The wrong sweetener can ruin anything.

5. More moisture the better. Test out creams, purees veggies, nut butters, etc.

6. Protein powder should not make up every meal you have. Variety is the key to health.

7. Don’t be afraid of small amounts of sugar; you will find most recipes use natural foods to get their sweetness anyway.

8. Using protein powder doesn’t mean you are going to magically have results. It is just a means, not a solution.

9. Protein powder meals can be tasty and a great way to get in your amino acids. Jump in with an open mind.

I hope you enjoy these recipes and the lessons given. Let’s get “cookin!”
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Pumpkin Cinnamuffins

Ingredients:
Grams/Ounces
175 canned pumpkin
1 large egg
2 large egg whites
35 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
5 g baking powder
41 g flour
1/2 tsp cinnamon
73 g sugar

Ingredients:
Cups/Spoons
3/4 cup canned pumpkin
1 large egg
2 large egg whites
1 scoop (a little over) vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1 tsp baking powder
1/3 cup flour
1/2 tsp cinnamon
6 tbsp sugar

Directions:
1. Pre-heat oven to 325 F.
2. In a large bowl, sift flour, protein powder, baking powder and cinnamon.
3. Add sugar, pumpkin, eggs and stir.
4. Fill muffin tin with paper cups and spray with cooking spray or oil.
5. Fill the cup with batter. If you want larger muffins adjust cooking times.
6. Bake for 10-12 minutes or until you get a clean toothpick.

Yields 12 muffins

Serving: Calories- 62.57, Protein- 3.93 g, Fat- 0.66 g, Carbs- 10.23 g, Fiber- 0.61 g, Sodium- 110.93 mg

Entire Recipe: Calories- 750.82, Protein- 47.16 g, Fat- 7.86 g, Carbs- 122.86 g, Fiber- 7.35 g, Sodium- 1331.25 mg
Double Chocolate Chip Cookies

Ingredients:
Grams/Ounces
38 g premade cookie (I use a natural double chocolate chip cookie dough)
6 g chocolate protein powder (30 g or 1 scoop is 110-130 calories) (I used Egg protein)

Ingredients:
Cups/Spoons
1 premade cookie (I use a natural double chocolate chip cookie dough)
1/5 scoop chocolate protein powder (30 g or 1 scoop is 110-130 calories) (I used Egg protein)

Directions:
1. Preheat oven to 350 F (or to the temperature setting on the package) and line a baking sheet with parchment paper (you only need a small amount if you are making one cookie at a time).
2. Mash the protein powder into the cookie until the powder isn’t visible.
3. Place the cookie on the parchment paper and bake for 10 minutes. If it isn’t done check every 1-2 minutes until it is done. Serve warm.

Tip: You can add more protein powder; just make sure to take 1-2 minutes of the time for each gram of protein.

Yields 1 serving

 Entire Recipe: Calories- 193.68, Protein- 6.74 g, Fat- 8.2 g, Carbs- 23.79 g, Fiber- 1 g, Sodium- 176.32 mg
Chocolate PB Soufflé

Ingredients:
Grams/Ounces

30 g chocolate protein powder (30 g or 1 scoop is 110-130 calories)
20 g PB2
10 g cocoa powder
1 packet of Stevia (or any sweetener of your choice, make sure to adjust calories)
10 g peanut butter
3 fl oz original almond milk, unsweetened

Ingredients:
Cups/Spoons

1 scoop chocolate protein powder (30 g or 1 scoop is 110-130 calories)
1-3/4 tbsp PB2
2 tbsp cocoa powder
1 packet of Stevia (or any sweetener of your choice, make sure to adjust calories)
2/3 tbsp peanut butter
6 tbsp original almond milk, unsweetened

Directions:

1. Put all dry items in mixing bowl and mix together.
2. Add the peanut butter and milk.
3. Whisk together all items until completely mixed. There should be no lumps of powder or peanut butter. If need you can add small drops of extra milk for thicker peanut butters.
4. Pour mixture in soufflé dish.
5. Place dish in microwave and heat for 30 seconds. Take out the dish and move (small amount) of cooked outside towards the middle allowing the mass of liquid to hit the outside again.
6. Heat for 15-20 seconds more, repeat same step of moving outer cooked layer inside. If it was really liquidy the first time still then do 20 seconds. If it had some firm spots stick to 15.
7. Allow it to sit for 1 minute. Then take a butter knife and run around the edges of the dish, turn the dish over onto a plate and like that, you have a beautiful, soft, melting in mouth, protein soufflé.

Yields 1 serving

 Entire Recipe: Calories- 348.94, Protein- 36.58 g, Fat- 13.38 g, Carbs- 20.55 g, Fiber- 4.13 g, Sodium- 301.66 mg
Date and Cream Cheese "Bread Pudding"

Ingredients:
Grams/Ounces
2 Pumpkin Cinnamuffins (pg 13)
20 g prunes, chopped
25 g dried dates, chopped
50 g fat free cream cheese

Directions:
1. Put all ingredients in a food processor and blend until smooth. Serve immediately.

Yields 1 serving

Entire Recipe: Calories- 299.95, Protein- 16.33 g, Fat- 2.19 g, Carbs- 53.73 g, Fiber- 4.97 g, Sodium- 502.82 mg
Body Building Staple

Ingredients:
Grams/Ounces

29 g oatmeal (instant or rolled)
30 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
20 g peanut butter
151 g 2% cottage cheese
5 g sugar (or any sweetener of your choice, make sure to adjust calories)

Ingredients:
Cups/Spoons

1/3 cup + 1/2 tbsp oatmeal (instant or rolled)
1 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1-1/4 tbsp peanut butter
2/3 cup 2% cottage cheese
1-1/4 tsp sugar (or any sweetener of your choice, make sure to adjust calories)

Directions:

1. Cook oatmeal according to directions, omitting any milk, sugar, or butter. Set aside and let cool to room temperature (you can speed this up by putting it in the fridge or freezer).
2. Once cooled, mix oatmeal together with all other ingredients until well combined. Serve or save for later.

Yields 1 serving

Entire Recipe: Calories- 505.36, Protein- 53.02 g, Fat- 15.72 g, Carbs- 37.86 g, Fiber- 5.08 g, Sodium- 946.46 mg
Dreamcicle Shake

Ingredients:
Grams/Ounces

8 fl oz skim milk
30 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1/8 tsp xanthum gum
250 g frozen peaches

Ingredients:
Cups/Spoons

1 cup skim milk
1 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1/8 tsp xanthum gum
1 cup frozen peaches

Directions:

1. Blend milk, protein powder, and xanthum gum together in a blender until there is no visible powder. Add peaches and blend on high until smooth. Serve immediately.

Yields 1 serving

 Entire Recipe: Calories- 264.52, Protein- 32.5 g, Fat- 1.4 g, Carbs- 30.48 g, Fiber- 4.38 g, Sodium- 290 mg
Cottage Butter Pita

Ingredients:
Grams/Ounces
32 g peanut butter
113 g 2% large curd cottage cheese
10 g chocolate protein powder (30 grams or 1 scoop is 120-130 calories)
55 g pocket pita (55 grams or 1/2 is 150-160 calories)

Ingredients:
Cups/Spoons
2 tbsp peanut butter
1/2 cup 2% large curd cottage cheese
1/3 scoop chocolate protein powder (30 grams or 1 scoop is 120-130 calories)
1/2 full pocket pita (55 grams or 1/2 is 150-160 calories)

Directions:
1. Mix peanut butter, cottage cheese (dry curd would be best but large curd will work), and protein powder together.
2. Stuff mixture into pita and eat.

Tips:  
- If you want to reduce the sodium, use a low sodium cottage cheese.
- If lactose intolerant they now have cottage cheese made by Lactaid at most stores. It is also hormone free.
- If you want to reduce calories you can use a powdered peanut butter like pb2.

Yields 1 serving

Entire Recipe: Calories- 486.41, Protein- 35.41 g, Fat- 20.17 g, Carbs- 40.81 g, Fiber- 3.54 g, Sodium- 839.11 mg
### Super Protein Tortillas

#### Ingredients:

<table>
<thead>
<tr>
<th>Grams/Ounces</th>
<th>Cups/Spoons</th>
</tr>
</thead>
<tbody>
<tr>
<td>125 g ricotta cheese</td>
<td>1/2 cup ricotta cheese</td>
</tr>
<tr>
<td>65 g cottage cheese</td>
<td>4-1/2 tbsp cottage cheese</td>
</tr>
<tr>
<td>15 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)</td>
<td>1/2 scoop flavorless protein powder (30 g or 1 scoop is 110-130 calories)</td>
</tr>
<tr>
<td>1/2 tsp paprika</td>
<td>1/2 tsp paprika</td>
</tr>
<tr>
<td>1/2 tsp garlic</td>
<td>1/2 tsp garlic</td>
</tr>
<tr>
<td>1/2 salt</td>
<td>1/2 salt</td>
</tr>
<tr>
<td>1 tsp parsley</td>
<td>1 tsp parsley</td>
</tr>
<tr>
<td>Sprinkle black pepper</td>
<td>Sprinkle black pepper</td>
</tr>
<tr>
<td>130 g black beans</td>
<td>1/2 cup black beans</td>
</tr>
<tr>
<td>10 g light &quot;butter&quot; like Smart Balance Light</td>
<td>2/3 tbsp light &quot;butter&quot; like Smart Balance Light</td>
</tr>
<tr>
<td>80 g corn tortillas (35-40 g or 1 tortilla is 80-90 calories)</td>
<td>2 small corn tortillas (35-40 g or 1 tortilla is 80-90 calories)</td>
</tr>
<tr>
<td>105 g salsa (30 g or 2 tbsp is 10-25 calories)</td>
<td>7 tbsp salsa (30 g or 2 tbsp is 10-25 calories)</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

#### Directions:

1. In a medium bowl, mix together ricotta cheese, cottage cheese, protein powder, paprika, garlic, salt, parsley, and pepper.
2. In a small pot, heat black beans with “butter”, and a little bit of salt and black pepper to taste if needed, for 4-5 minutes.
3. Lay out the tortillas. Spread a thick layer of cheese mixture on the bottom on each. Follow with a layer of beans and then salsa. Serve.

Yields 2 servings

Serving: Calories- 270.19, Protein- 22.52 g, Fat- 3.92 g, Carbs- 36.18 g, Fiber- 5.77 g, Sodium- 727.65 mg

Entire Recipe: Calories- 540.38, Protein- 45.06 g, Fat- 7.86 g, Carbs- 72.35 g, Fiber- 11.55 g, Sodium- 1455.3 mg
Garlic Cheese & Hummus Spread

Ingredients:

Grams/Ounces

- 100 g roasted garlic hummus
- 100 g 2% cottage cheese
- 10 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)
- 1 tsp garlic pepper blend
- Sprinkle of salt (1/16 tsp)

Cups/Spoons

- 6-2/3 tbsp roasted garlic hummus
- 7 tbsp 2% cottage cheese
- 1/3 scoop flavorless protein powder (30 g or 1 scoop is 110-130 calories)
- 1 tsp garlic pepper blend
- Sprinkle of salt (1/16 tsp)

Directions:

1. Stir all ingredients together in a medium bowl until well combined.
2. Spread over bread or crackers. You can also use this as a dip for pita chips, pretzel sticks, veggies.

Yields 2 servings

Serving: Calories- 177.02, Protein- 14.22 g, Fat- 7.79 g, Carbs- 12.48 g, Fiber- 0.16 g, Sodium- 485.41 mg

Entire Recipe: Calories- 354.04, Protein- 28.43 g, Fat- 15.6 g, Carbs- 24.98 g, Fiber- 0.33 g, Sodium- 970.83 mg
Protein Packed Gravy

Ingredients:
Grams/Ounces
6 fl oz 99% fat free chicken broth, low sodium
4 fl oz skim milk
35 g almond flour (1/4 cup little over)
10 g potato starch (little under tbsp)
20 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)
1/2 tsp salt
1/3 tsp garlic
1/2 tsp pepper
Sprinkle onion powder

Ingredients:
Cups/Spoons
3/4 cup 99% fat free chicken broth, low sodium
1/2 cup skim milk
1/4 cup (a little over) almond flour
1 tbsp (a little under) potato starch
2/3 scoop flavorless protein powder (30 g or 1 scoop is 110-130 calories)
1/2 tsp salt
1/3 tsp garlic
1/2 tsp pepper
Sprinkle onion powder

Directions:
1. In a large bowl, sift together flour, starch, and protein powder. Stir in spices.
2. In a medium pot, add broth and bring to a boil.
3. Slowly add the milk and stir it continuously so it doesn’t curdle.
4. Remove from heat and slowly add the flour mixture. Stir with a whisk while adding.
5. Keep stirring. If too thin, return to the heat slowly and keep stirring. The gravy can get too thick very fast, so move cautiously.
6. Put gravy in a food processor and blend for 10-15 seconds. If it thins out too much, simply heat it up and stir it a little more.
7. Pour over your desired dish.

Tip- It is great with the Protein Mashed Potatoes (pg 26).

Yields 4 servings

Serving: Calories- 73.84, Protein- 6.34 g, Fat- 0.25 g, Carbs- 11.55 g, Fiber- 0.41 g, Sodium- 441.64 mg

Entire Recipe: Calories- 295.37, Protein- 25.36 g, Fat- 1.01 g, Carbs- 46.21 g, Fiber- 1.62 g, Sodium- 1766.53 mg
Protein Mashed Potatoes

Ingredients:
Grams/Ounces

592 g red potatoes, chopped in large squares (around 1-inch)
1 tsp crushed garlic
56 g light "butter" like Smart Balance Light
2 fl oz plain almond milk, unsweetened
1/4 tsp onion powder
1 tsp pepper
1-1/4 tsp salt
10 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)

Ingredients:
Cups/Spoons

4 medium red potatoes, chopped in large squares (around 1-inch)
1 tsp crushed garlic
1/4 cup light "butter" like Smart Balance Light
1/8 cup plain almond milk, unsweetened
1/4 tsp onion powder
1 tsp pepper
1-1/4 tsp salt
1/3 scoop flavorless protein powder (30 g or 1 scoop is 110-130 calories)

Directions:

1. Put potatoes in a large pot. Cover with water and bring to a boil. Cook until soft enough to pierce through with a fork.
2. Strain the potatoes and place them back in the pot with the remaining ingredients. Keep a little milk on hand incase it gets to thick than you desire.
3. Mix using an electric mixer. Serve or save potatoes.

Tip: You can serve these with the Protein Packed Gravy (pg 25)

Yields 4 serving

Serving: Calories- 170.20, Protein- 5.15 g, Fat- 5.3 g, Carbs- 25.45 g, Fiber- 2.08 g, Sodium- 686.67 mg

Entire Recipe: Calories- 680.78, Protein- 20.62 g, Fat- 21.22 g, Carbs- 101.83 g, Fiber- 8.33 g, Sodium- 2746.67 mg
Protein Mary

Ingredients:
Grams/Ounces
10 oz V8 Juice
15g flavorless protein powder (30 g or 1 scoop is 110-130 calories)
Sprinkle of salt (1/16 tsp)
Garnish: Celery stick

Directions:
1. Combine all ingredients in blender and blend for 1 minute on medium speed.
2. Pour protein juice over ice and garnish with celery. Serve immediately.

Yields 1 serving

Entire Recipe: Calories- 123.29, Protein- 14.5 g, Fat- 0.81 g, Carbs- 14.5 g, Fiber- 3 g, Sodium- 789.75 mg
Perfect Peach Creamy Dream

Ingredients:
Grams/Ounces
192 g peach, ripe, sliced
66 g fat free cream cheese
1/8 tsp cinnamon
15 g protein powder (30 g or 1 scoop is 110-130 calories)

Ingredients:
Cups/Spoons
1-1/2 cup peach, ripe, sliced
1/4 cup fat free cream cheese
1/8 tsp cinnamon
1/2 scoop protein powder (30 g or 1 scoop is 110-130 calories)

Directions:
1. Preheat oven to 500 F.
2. Place peach slices into small pan and cook for 10 minutes.
3. Mix cinnamon, cream cheese, and protein powder together in a small bowl. Transfer to serving bowl then drizzle warm peaches on top.

Yields 1 serving

Entire Recipe: Calories- 194, Protein- 23.5 g, Fat- 1 g, Carbs- 22.75 g, Fiber- 3.75 g, Sodium- 130.14 mg
Quo Pro Mac and Cheese

Ingredients:
Grams/Ounces
199 g elbow pasta (57 g is 180-200 calories)
12 fl oz whole milk
4 fl oz 99% fat free chicken broth, low sodium (or vegetable broth)
113 g 2% extra sharp cheddar cheese, grated
113 g 2% Monterey jack cheese, grated
112 g light "butter" like Smart Balance Light (room temperature)
15 g Dijon mustard
10 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)
1/2 tsp black pepper
1/2 tsp salt

Cups/Spoons
7 oz elbow pasta (57 g is 180-200 calories)
1-1/2 cup whole milk
1/2 cup 99% fat free chicken broth, low sodium (or vegetable broth)
1 cup 2% extra sharp cheddar cheese, grated
1 cup 2% Monterey jack cheese, grated
1/2 cup light "butter" like Smart Balance Light (room temperature)
1 tbsp Dijon mustard
1/3 cup flavorless protein powder (30 g or 1 scoop is 110-130 calories)
1/2 tsp black pepper
1/2 tsp salt

Directions:
1. Cook pasta noodles as directed on package (excluding adding any salt or oil). Drain and rinse in cold water. Set aside.
2. In a large pot, add milk, broth, cheese, “butter”, and mustard. Heat on medium and stir until cheese is melted and mixed in.
3. Stir noodles into cheese mixture and let sit on low for 15 minutes. Stir occasionally.
4. Add protein powder, salt, and pepper. Mix thoroughly and then serve warm.

Yields 6 servings

Serving: Calories- 348.1, Protein- 20.33 g, Fat- 16.97 g, Carbs- 28.52 g, Fiber- 1.37 g, Sodium- 795.83 mg

Entire Recipe: Calories- 2088.6, Protein- 122 g, Fat- 101.8 g, Carbs- 171.8 g, Fiber- 8.2 g, Sodium- 4775 mg
Blueberry Surprise Muffins

Ingredients:
Grams/Ounces
3 large eggs
40 g oil
60 g heavy cream
152 g vanilla protein powder (1 scoop or 30 g is 110-130 calories)
2 tsp baking powder
8 g low carb sweetener (or any sweetener of your choice, make sure to adjust calories)
74 g blueberries
93 g fat free cream cheese
1/4 tsp cinnamon
1 tbsp lemon zest
5 second spray non-stick spray

Directions:
1. Preheat oven to 375 F. Line 9 muffin tins with cups and spray with non-stick cooking spray.
2. Mix cream cheese, cinnamon, and lemon zest together in a small bowl. Cover and set in the fridge.
3. Combine the eggs, oil, and cream into a medium or large bowl; whisk together until mixed well.
4. Add the vanilla protein powder, baking powder, and low carb sweetener. Stir until just combined. Don't over stir because protein powder can be temperamental.
5. Gently fold in the blueberries. Get out cream cheese mixture from fridge. Spoon 1/2 the batter into the prepared muffin tins. Scoop 33 g (about 2 tbsp) of the cream cheese mixture into the center of each muffin. Fill prepared muffin tin with remaining batter.
6. Bake for 10 minutes or until no longer wet looking on top.

Tip- You can use sugar (or any other sweetener of your choice) instead of the low carb sweetener, just make sure to adjust the calories – 48 grams (1/4 cup) sugar is 192 calories.

Yields 9 muffins

Serving: Calories- 177.58, Protein- 17.11 g, Fat- 9.92 g, Carbs- 4.89 g, Fiber- 9.95 g, Sodium- 224.3 mg

Entire Recipe: Calories- 1598.17, Protein- 154.08 g, Fat- 89.52 g, Carbs- 44.04 g, Fiber- 6.78 g, Sodium- 20.18 mg
Spicy Berry Shake

Ingredients:
Grams/Ounces

218 g frozen berry mix
8 fl oz skim milk
20 g flavorless protein (30 g or 1 scoop is 110-130 calories)
Sprinkle of black pepper
Sprinkle of ground red pepper

Ingredients:
Cups/Spoons

1-1/4 cup frozen berry mix
1 cup skim milk
2/3 scoop flavorless protein (30 g or 1 scoop is 110-130 calories)
Sprinkle of black pepper
Sprinkle of ground red pepper

Directions:

1. Blend together protein powder, berry mix, and milk.
2. Sprinkle top with black and red pepper. Serve.

Yields 1 serving

Entire Recipe: Calories- 257.63, Protein- 24.24 g, Fat- 1.39 g, Carbs- 37.04 g, Fiber- 7.91 g, Sodium- 204.34 mg
# Protein Pie Crust

## Ingredients:
- **Grams/Ounces**
  - 30 g pecan, chopped
  - 30 g sunflower seeds
  - 15 g walnut, chopped
  - 21 g light "butter" like [Smart Balance Light](https://www.smartbalance.com)
  - 20 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
  - 1/2 tsp nutmeg
  - Splash of almond milk if needed

## Directions:
1. Pre-heat oven to 300 F.
2. Lay out a sheet of parchment paper on a flat baking sheet.
3. Mix all items together in processor.
4. Spread evenly on baking sheet and bake for 10 minutes or until the texture you desire. Makes a great crumble bottom for the pie recipes.

Yields 4-8 servings

1 gram is: Calories- 5.68, Protein- 0.25 g, Fat- 0.47 g, Carbs- 0.1 g, Fiber- 0.05 g, Sodium- 2.61 mg

Entire Recipe: Calories- 664.77, Protein- 29.22 g, Fat- 55.57 g, Carbs- 11.94 g, Fiber- 5.51 g, Sodium- 310.83 mg

## Ingredients:
- **Cups/Spoons**
  - 1/4 cup pecan, chopped
  - 1/4 cup sunflower seeds
  - 1/8 cup walnut, chopped
  - 1-1/2 tbsp "butter" like [Smart Balance Light](https://www.smartbalance.com)
  - 2/3 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
  - 1/2 tsp nutmeg
  - Splash of almond milk if needed
Cherry Berry Oatmeal

Ingredients:
Grams/Ounces

40 g oatmeal (instant or rolled)
10 g dried blueberries
10 g dried cherries
123 g low fat strawberry yogurt
20 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)

Ingredients:
Cups/Spoons

1/2 cup oatmeal (instant or rolled)
1 tbsp dried blueberries
1 tbsp dried cherries
1/2 cup low fat strawberry yogurt
2/3 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)

Directions:

1. Cook oatmeal according to directions, omitting any milk, sugar, or butter.
2. Mix oatmeal together with all other ingredients until well combined. Heat in microwave for 20-40 more seconds. Serve warm.

Yields 1 serving

Entire Recipe: Calories- 402.48, Protein- 27.68 g, Fat- 4.8 g, Carbs- 62.14 g, Fiber- 5.43 g, Sodium- 256.54 mg
Banana Caramel Shake

Ingredients:
Grams/Ounces
300 g frozen ripe bananas
8 oz skim milk
30 g vanilla whey protein (30 g or 1 scoop is 110-130 calories)
7 g swizzle of caramel

Cups/Spoons
2 medium frozen ripe bananas
1 cup skim milk
1 scoop vanilla whey protein (30 g or 1 scoop is 110-130 calories)
1 tsp swizzle of caramel

Directions:

1. Break up bananas into ice cube size chunks. Blend bananas, milk, and protein together on high until creamy. Pour in a glass and top with caramel swirl. Serve immediately.

Yields 1 serving

 Entire Recipe: Calories- 476.46, Protein- 34.3 g, Fat- 2.02 g, Carbs- 80.27 g, Fiber- 8.8 g, Sodium-317.83 mg
Coconut Bites

Ingredients:
Grams/Ounces
30 g almond slivers
30 g walnuts
33 g sunflower seeds
15 g coconut flakes (large)
32 g honey
15 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
Sprinkle salt
Sprinkle ginger

Cups/Spoons
1/4 cup almond slivers
1/4 cup walnuts
1/4 cup sunflower seeds
3 tbsp coconut flakes (large)
1-1/2 tbsp honey
1/2 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
Sprinkle salt
Sprinkle ginger

Directions:
1. In a food processor, blend all items together except for seasoning.
2. Remove from processor and place mixture on a cutting board. Mold them into 8 individual balls.
   If you need a little moisture, use a touch of water in a ball with each ball.
3. Season each ball with a little salt and ginger.

Yields 8 bites

Serving: Calories- 114.36, Protein- 4.07 g, Fat- 8.06 g, Carbs- 6.38 g, Fiber- 1.32 g, Sodium- 18.05 mg

Entire Recipe: Calories- 914.88, Protein- 32.58 g, Fat- 64.48 g, Carbs- 51.06 g, Fiber- 10.61 g, Sodium- 144.5 mg
Nut N Honey Protein Bar

Ingredients:
Grams/Ounces
182 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
34 g non-fat powdered milk
58 g fat free cream cheese
2 large eggs
1 large egg white
80 g oatmeal, uncooked rolled
89 g dates, dried
85 g honey
24 g almonds, sliced
14 g olive oil
1/2 tsp vanilla extract

Ingredients:
Cups/Spoons
6 scoops vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1/2 cup non-fat powdered milk
1/4 cup fat free cream cheese
2 large eggs
1 large egg white
1 cup oatmeal, uncooked rolled
1/2 cup dates, dried
1/4 cup honey
1/4 cup almonds, sliced
1 tbsp olive oil
1/2 tsp vanilla extract

Directions:
1. Preheat oven to 350 F.
2. Put all ingredients together in a large mixing bowl. Mash all ingredients together until everything is combined.
3. Pour batter into a 9X9-inch baking dish; Bake for 15 to 20 minutes. At 15 minutes check by inserting a toothpick; if the toothpick comes out clean it is done.
4. Allow to rest for 10 minutes before cutting into 10 portions.

Yields 10 servings

Serving: Calories- 206.96, Protein- 19.54 g, Fat- 4.22 g, Carbs- 22.66 g, Fiber- 2.42 g, Sodium- 36.56 mg

Entire Recipe: Calories- 2069.6, Protein- 195.53 g, Fat- 42.33 g, Carbs- 226.63 g, Fiber- 24.18 g, Sodium- 365.56 mg
### Apple Pie Bar

**Ingredients:**

<table>
<thead>
<tr>
<th>Grams/Ounces</th>
<th>Cups/Spoons</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 g sunflower seed</td>
<td>2-1/2 tbsp sunflower seed</td>
</tr>
<tr>
<td>15 g walnut, chopped</td>
<td>2 tbsp walnut, chopped</td>
</tr>
<tr>
<td>10 g almond slivers</td>
<td>1-1/2 tbsp almond slivers</td>
</tr>
<tr>
<td>25 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)</td>
<td>1 scoop (little under) vanilla protein powder (30 g or 1 scoop is 110-130 calories)</td>
</tr>
<tr>
<td>15 g canned pumpkin</td>
<td>1 tbsp canned pumpkin</td>
</tr>
<tr>
<td>21 g apple sauce (I used Motts no added sugar)</td>
<td>1-1/2 tbsp apple sauce (I used Motts no added sugar)</td>
</tr>
<tr>
<td>1 tsp cinnamon</td>
<td>1 tsp cinnamon</td>
</tr>
</tbody>
</table>

**Directions:**

1. Put all ingredients in a food processor. Pulse until there is a nice chop, then purée until sticky.
2. Take out of processor; make sure to scrape the sides clean. Form mixture into a bar. Serve or save for later in refrigerator.

Yields 1 serving

Entire Recipe: Calories- 409.62, Protein- 29.66 g, Fat- 26.02 g, Carbs- 14.2 g, Fiber- 4.57 g, Sodium- 253.22 mg
# Chocolate Protein Cheesecake

## Ingredients:

<table>
<thead>
<tr>
<th>Grams/Ounces</th>
<th>Cups/Spoons</th>
</tr>
</thead>
<tbody>
<tr>
<td>116 g fat free cream cheese</td>
<td>1/2 cup fat free cream cheese</td>
</tr>
<tr>
<td>15 g chocolate protein powder (30 g or 1 scoop is 110-130 calories)</td>
<td>1/2 scoop chocolate protein powder (30 g or 1 scoop is 110-130 calories)</td>
</tr>
<tr>
<td>16 g sugar (or any sweetener of your choice, make sure to adjust calories)</td>
<td>4 tsp sugar (or any sweetener of your choice, make sure to adjust calories)</td>
</tr>
<tr>
<td>10 g chocolate almond milk, unsweetened</td>
<td>2 tsp chocolate almond milk, unsweetened</td>
</tr>
<tr>
<td>1 g cocoa powder</td>
<td>1 g cocoa powder</td>
</tr>
</tbody>
</table>

Optional: 35 g [Protein Pie Crust (pg 34)]

## Directions:

1. Mix all ingredients together in a bowl until well combined. You can also whisk it to get it a little fluffier. Serve as is or top mixture over the [Protein Pie Crust (pg 34)] and serve.

## Yields 1 serving

Entire Recipe: Calories- 242.16, Protein- 28.95 g, Fat- 2.36 g, Carbs- 26.28 g, Fiber- 0.71 g, Sodium- 760.49 mg

Entire Recipe with base: Calories- 437.62, Protein- 37.54 g, Fat- 18.7 g, Carbs- 29.79 g, Fiber-2.33 g, Sodium- 851.89 mg
PDR Protein

Ingredients:
Grams/Ounces
15 g walnut, chopped
33 g prunes
11 g dried dates
10 g raisins
25 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
5 g almond milk

Ingredients:
Cups/Spoons
2 tbsp walnut, chopped
3 tbsp prunes
1 tbsp dried dates
1 tbsp raisins
1 scoop (little under) vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1-1/4 tsp almond milk

Directions:
1. Mix all items together in a food processor.
2. Mold into individual bar. If you need a little more moisture you can use almond milk or water.

Yields 1 serving

Entire Recipe: Calories- 362.66, Protein- 23.69 g, Fat- 11.14 g, Carbs- 41.91 g, Fiber- 5.91 g, Sodium- 218.45 mg
Spicy, Salty, and Sweet Protein Balls

Ingredients:
Grams/Ounces
29 g oatmeal (instant or rolled)
25 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
32 g peanut butter
20 g sugar
33 g sunflower seeds
1/2 tsp salt
Paprika to taste

Ingredients:
Cups/Spoons
1/3 cup + 1/2 tbsp oatmeal (instant or rolled)
1 scoop (a little under) vanilla protein powder (30 g or 1 scoop is 110-130 calories)
2 tbsp peanut butter
5 tsp sugar
1/4 cup sunflower seeds
1/2 tsp salt
Paprika to taste

Directions:
1. Cook oatmeal according to directions, omitting any milk, sugar, or butter.
2. Preheat oven to 350 F. and cover a baking sheet with parchment paper.
3. Mix oatmeal, protein powder, peanut butter, and sugar in a bowl together until well combined.
4. Chop sunflower seeds in a food processor until finely chopped (like the size of bread crumbs). Spread out on a plate.
5. Using dry hands, or a spoon, form oatmeal mixture into 8 balls and roll in sunflower seeds. Lay balls out on the prepared baking sheet and sprinkle remaining sunflower crumbs on top.
6. Bake for 5-7 minutes. Take out and let cool then sprinkle with salt and paprika. Serve warm or cold.

Yields 8 balls

1 ball: Calories- 86.66, Protein- 4.93 g, Fat- 4.33 g, Carbs- 7 g, Fiber- 0.82 g, Sodium- 186.13 mg

Entire Recipe: Calories- 693.29, Protein- 39.38 g, Fat- 34.65 g, Carbs- 55.98 g, Fiber- 6.64 g, Sodium- 1489.06 mg
Perfect Pumpkin Pancakes

Ingredients:

Grams/Ounces

5 second spray non-stick cooking spray
120 g pancake mix (I used Bob’s Red Mill)
50 g vanilla protein powder (30 g or 1 scoop is 110-130 calories) (I used Egg protein)
113 g apple sauce (I used Motts no added sugar)
81 g canned pumpkin
30 g brown sugar
1 large egg
2 fl oz skim milk

Optional: Garnish with chopped apple

Directions:

1. Heat a large skillet over medium heat. Spray with non-stick cooking spray (2-3 seconds). You want a water droplet to lightly bubble on contact. That is the perfect temperature.
2. Mix all ingredients together and let batter sit for a few minutes.
3. Pour the size of large silver dollars and flip as needed. Repeat until all batter is gone, make sure to spray with non-stick cooking spray in between batches.
4. Protein makes the pancakes cook a lot faster and fluff less. Be watchful and start with test batches.

Yields 4 servings (makes about 8 pancakes, depending on size)

Serving: Calories- 223.38, Protein- 13.61 g, Fat- 2.24 g, Carbs- 37.21 g, Fiber- 2.69 g, Sodium- 608.17 mg

Entire Recipe: Calories- 893.53, Protein- 54.46 g, Fat- 8.93 g, Carbs- 148.83 g, Fiber- 10.74 g, Sodium- 2432.63 mg
CoCo Chocolate Ice Cream

Ingredients:
Grams/Ounces

60 g protein powder, chocolate (1 scoop or 30 g is 120-130 calories)
22 fl oz chocolate almond milk, unsweetened
7 g low carb sweetener (or any sweetener of your choice, make sure to adjust calories)
2 g xanthum gum
5 g instant coffee
10 g unsweetened cocoa powder
3 packets of Stevia (or any sweetener of your choice)

Ingredients:
Cups/Spoons

2 scoops protein powder, chocolate (1 scoop or 30 g is 120-130 calories)
2-3/4 cup chocolate almond milk, unsweetened
1/4 cup + 2 tsp low carb sweetener (or any sweetener of your choice, make sure to adjust calories)
1/2 tsp xanthum gum
1 tbsp instant coffee
2 tbsp unsweetened cocoa powder
3 packets of Stevia (or any sweetener of your choice)

Directions:

1. Make sure you ice cream maker is ready to use.
2. Put protein powder and milk into blender and blend for 30 seconds.
3. Add in all other ingredients and blend together for 1 minute or until there is no more visible powder. Do not blend longer than 2 minutes.
4. Transfer all ingredients to ice cream maker and follow manufacturer’s instructions. Let ice cream set in the freezer for 10-30 more minutes then serve.

Tip- You can use sugar (or any other sweetener of your choice) instead of the low carb sweetener, just make sure to adjust the calories – 48 grams (1/4 cup) sugar is 192 calories.

Yields 2 serving

Serving: Calories- 215.41, Protein- 27.75 g, Fat- 6.29 g, Carbs- 11.94 g, Fiber- 2.56 g, Sodium- 260.62 mg

Entire Recipe: Calories 430.82, Protein- 55.5 g, Fat- 12.59 g, Carbs- 23.88 g, Fiber- 5.14 g, Sodium- 521.23 mg
Window Sill Yogurt

Ingredients:
Grams/Ounces
123 g low fat peach yogurt
85 g peaches, chopped
12 g vanilla protein powder (30 g or 1 scoop is
110-130 calories)
17 g sunflower seeds

Cups/Spoons
1/2 cup low fat peach yogurt
1/2 cup peaches, chopped
1/3 scoop (a little over) vanilla protein powder
(30 g or 1 scoop is 110-130 calories)
1/8 cup sunflower seeds

Directions:
1. Mix all ingredients together in a bowl and serve.

Tip- If you can’t find peach yogurt you can use vanilla and add extra peaches.

Yields 1 serving

Entire Recipe: Calories- 290.24, Protein- 20.26 g, Fat- 10.12 g, Carbs- 29.53 g, Fiber- 2.14 g, Sodium- 183.48 mg
Figgy Delicious

Ingredients:
Grams/Ounces
50 g almond slivers
60 g sunflower seeds
15 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
44 g dried fig
33 g dried dates
15 g almond milk, unsweetened
32 g brown rice crisp cereal (32 g or 1 cup is 120-130 calories)

Ingredients:
Cups/Spoons
6-3/4 tbsp almond slivers
7-1/4 tbsp sunflower seeds
1/2 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
4 tbsp dried fig
3 tbsp dried dates
1 tbsp (little over) almond milk, unsweetened
1 cup brown rice crisp cereal (32 g or 1 cup is 120-130 calories)

Directions:
1. Mix all items together in a food processor.
2. Mold into individual bar. If you need a little more moisture you can use almond milk or water.

Yields 4 servings

Serving: Calories- 264.06, Protein- 10.2 g, Fat- 13.58 g, Carbs- 25.81 g, Fiber- 4.44 g, Sodium- 33.51 mg

Entire Recipe: Calories- 1056.22, Protein- 40.28 g, Fat- 54.34 g, Carbs- 103.22 g, Fiber- 17.78 g, Sodium- 134.04 mg
Nutty Buttery Oatmeal

Ingredients:
Grams/Ounces

- 80 g oatmeal
- 21 g light "butter" like Smart Balance Light
- 20 g walnuts, chopped
- 1 tsp salt
- 1/4 tsp pepper
- 15 g flavorless protein powder (30 g or 1 scoop is 110-130 calories)
- 20 g plain almond milk, unsweetened (water as needed)

Directions:
1. Cook oatmeal according to directions, omitting any milk, sugar, or butter.
2. Add all ingredients to oatmeal and stir together until well combined.

Ingredients:
Cups/Spoons

- 1 cup oatmeal
- 1-1/2 light "butter" like Smart Balance Light
- 2-2/3 tbsp walnuts, chopped
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 scoop flavorless protein powder (30 g or 1 scoop is 110-130 calories)
- 1-1/3 tbsp plain almond milk, unsweetened (water as needed)

Yields 2 servings

Serving: Calories- 285.58, Protein- 12.76 g, Fat- 13.32 g, Carbs- 28.66 g, Fiber- 4.91 g, Sodium- 1284.17 mg

Entire Recipe: Calories- 571.16, Protein- 25.52 g, Fat- 26.64 g, Carbs- 57.33 g, Fiber- 9.83 g, Sodium- 2568.34 mg
Iced Chai Tea Protein

Ingredients:
Grams/Ounces
4 fl oz Black Chai Tea
4 fl oz original almond milk
20 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1/8 tsp cinnamon
1/8 tsp ginger
sprinkle of nutmeg
1 drop vanilla extract

Directions:
1. Make tea according to directions (omitting any sweetener or milk). Allow to cool down to room temperature.
2. Blend all ingredients in a blender until powder is no longer visible. Pour over ice (to your preference) and serve immediately.

Yields 1 serving

Entire Recipe: Calories- 108.92, Protein- 16.5 g, Fat- 1.92 g, Carbs- 6.67 g, Fiber- 1.17 g, Sodium- 248.33 mg
Power Key Lime Pie

Ingredients: Grams/Ounces
123 g low fat key lime yogurt
116 g fat free cream cheese
15 g vanilla protein powder (30 g or 1 scoop is 110-130 calories)
15 g sugar (or any sweetener of your choice, make sure to adjust calories)
Optional: 35 g Protein Pie Crust (pg 34)
Garnish: Key lime zest and 1/2 key lime slice

Ingredients: Cups/Spoons
1/2 cup low fat key lime yogurt
1/2 cup fat free cream cheese
1/2 scoop vanilla protein powder (30 g or 1 scoop is 110-130 calories)
1-1/4 tbsp sugar (or any sweetener of your choice, make sure to adjust calories)
Optional: 35 g Protein Pie Crust (pg 34)
Garnish: Key lime zest and 1/2 key lime slice

Directions:
1. Mix all ingredients together in a bowl until well combined. You can also whisk it to get it a little fluffier. Serve as is or top mixture over the Protein Pie Crust (pg 34) and garnish with key lime zest and 1/2 key lime slice.

Tip- If you can’t find key lime yogurt you can use vanilla and add key lime juice (or lime juice). I would add a tsp at a time.

Yields 1 serving

Entire Recipe: Calories- 337.18, Protein- 34.68 g, Fat- 3.62 g, Carbs- 41.47 g, Fiber- 0.49 g, Sodium- 841.33 mg

Entire Recipe with base: Calories- 532.64, Protein- 43.27 g, Fat- 19.96 g, Carbs- 44.98 g, Fiber- 2.11 g, Sodium- 932.73 mg
Berry Cream Dip

Ingredients:
Grams/Ounces

Cream Base:
- 122 g vanilla yogurt
- 60 g 2% cream cheese
- 57 g vanilla coconut ice cream
- 15 g vanilla protein (30 g or 1 scoop is 110-130 calories)

Berry Topping:
- 3oz almond milk
- 31 g frozen raspberry
- 38 g frozen blackberry
- 39 g frozen blueberry
- 15 g flavorless protein (30 g or 1 scoop is 110-130 calories)
- 15 g sugar

Ingredients:
Cups/Spoons

Cream Base:
- 1/2 cup vanilla yogurt
- 1/4 cup 2% cream cheese
- 1/8 cup vanilla coconut ice cream
- 1/2 scoop vanilla protein (30 g or 1 scoop is 110-130 calories)

Berry Topping:
- 6 tbsp almond milk
- 1/4 cup frozen raspberry
- 1/4 cup frozen blackberry
- 1/4 cup frozen blueberry
- 1/2 scoop flavorless protein (30 g or 1 scoop is 110-130 calories)
- 1-1/3 tbsp sugar

Directions:

1. In a medium bowl, mix all cream base items together.
2. For berry topping, throw all items in a food processor.
3. In serving glass, put a large layer of Cream Base and then top with Berry Topping.

Yields 2 servings

Serving: Calories- 317.38, Protein- 20.1 g, Fat- 11.26 g, Carbs- 33.88 g, Fiber- 2.96 g, Sodium- 333.83 mg

Entire Recipe: Calories- 634.75, Protein- 40.19 g, Fat- 22.55 g, Carbs- 67.76 g, Fiber- 5.93 g, Sodium- 667.63 mg
Choc O Lot!

Ingredients:
Grams/Ounces
140 g chocolate pudding (I used JELL-O)
25 g chocolate protein powder (30 g or 1 scoop is 110-130 calories)
8 g coconut flakes (large)

Ingredients:
Cups/Spoons
1-1/4 cup chocolate pudding (I used JELL-O)
1 scoop (little under) chocolate protein powder (30 g or 1 scoop is 110-130 calories)
1-1/2 tbsp coconut flakes (large)

Directions:
1. Mix pudding and protein powder together in a bowl until protein is dissolved. Top with coconut flakes and serve.

Yields 1 serving

Entire Recipe: Calories- 366.65, Protein- 24.55 g, Fat- 13.37 g, Carbs- 37.36 g, Fiber- 2.12 g, Sodium- 463.12 mg
Protein Crispy Treats

Ingredients:
Grams/Ounces

43 g brown rice crisp cereal (32 g or 1 cup is 120-130 calories)
50 g milk chocolate
31 g honey
30 g light "butter" like Smart Balance Light
40 g oats, instant
50 g protein powder (30 g or 1 scoop is 110-130 calories)
1/2 tsp vanilla extract

Directions:
1. Pre-heat oven to 325 F.
2. Lay out a sheet of parchment paper in a 9X9 baking pan. Make sure it reaches the top edges.
3. Place milk chocolate in a medium glass bowl. Melt in the microwave for 20 seconds (or until no longer chunky).
4. Add the rest of the items to the bowl and mix together.
5. Dump mixture and spread evenly into the pan. Bake for 15 minutes or until crisps. Cooking times will vary based on oven. The first time watch how yours goes.

Yields 8 servings

Serving: Calories- 125.52, Protein- 6.21 g, Fat- 3.98 g, Carbs- 16.23 g, Fiber- 1.1 g, Sodium- 82.91 mg

Entire Recipe: Calories- 1004.16, Protein- 49.7 g, Fat- 31.8 g, Carbs- 129.79 g, Fiber- 8.8 g, Sodium- 663.06 mg
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