

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

PROTEIN POWDER RECIPES THAT YOU WON'T HAVE TO CHOKE DOWN



If you want to get the most out of your diet and training, you want to eat enough protein. And if you want to do that without having to get too fancy with your meal planning, you're probably going to have to pick up some protein powder.

What you don't have to do, though, is resign yourself to a daily regimen of bland protein shakes. Instead, you can add protein powder to a wide variety of recipes like these to make all kinds of high-protein treats.

01. Protein Peanut Butter Fudge

Serves 24

These might not be filled with peanut butter, but they taste like Reese's just the same. And you'll get that classic peanut butter cup taste in an easy-to-make protein fudge.

Blend together coconut oil, chocolate protein powder, peanut butter, cocoa powder, and sweetener. Then you just have to transfer it to the molds and wait for it to set.

Nutrition Facts (Per Serving) 88 CALORIES | 4 g PROTEIN | 3 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|--|------------------------------------|
| ✓ 1/2 cup coconut oil, softened | ✓ 1/4 cup unsweetened cocoa powder |
| ✓ 2 scoops WHEY+ chocolate protein isolate | ✓ 2 Tbsp. pure honey |
| ✓ 1/2 cup salted creamy peanut butter | ✓ 1 tsp. vanilla extract |
| | ✓ 12 drops liquid stevia |

DIRECTIONS

Fill a mini-muffin pan with 24 liners; set aside.

In a blender or food processor, blend all ingredients until smooth. Pour 1 tablespoon of the mixture into each muffin liner.

Place the muffin pan in the refrigerator for 45-60 minutes or until the fudge firms up. Can be stored in the refrigerator for up to 1 week, but we doubt they'll last that long.

02. Raspberry Almond Chocolate Protein Ice Cream

Serves 7

Looks can be deceiving. A bowl of this healthy dessert would seemingly belong in any ice cream parlor, but it actually has no heavy cream, eggs, or sugar. Instead the base is made with cottage cheese so you can get the rich, creamy texture you love with a better nutritional profile. That's also helped by a whole cup of chocolate protein power, which is also the sweetener in this wholesome dessert.

Nutrition Facts (Per Serving) 293 CALORIES | 30 g PROTEIN | 22 g CARBS | 8 gFAT

INGREDIENTS

- | | |
|--|------------------------------------|
| ✓ 2 1/5 cups (17.5 oz.) low-fat cottage cheese | ✓ 1 Tbsp. pure vanilla extract |
| ✓ 2 cups unsweetened soy milk | ✓ 1/2 cup toasted almonds, crushed |
| ✓ 4 scoops WHEY+ chocolate protein isolate | ✓ 1/3 cup fresh coconut shavings |
| ✓ 1/3 cup dark cocoa powder | ✓ 2/3 cup frozen raspberries |

DIRECTIONS

In a food processor, blend cottage cheese until it becomes really smooth and creamy. Scrape the sides several times to make sure you get every last bit of cheese. Add soy milk, protein powder, cocoa powder and vanilla. Continue blending until very well combined.

Transfer to ice cream churner and let the mixture turn until it sets, about 20-25 minutes. Add almonds, coconut and raspberries and continue churning for about 30 seconds.

Transfer the ice cream to a plastic container and put in the freezer to firm up, about an hour. Form nice ice cream scoops and place them on a cookie sheet that's been lined with parchment paper. Put the scoops in the freezer until they are completely set, at least 2-3 hours. Transfer pre-scooped ice cream to an airtight plastic container.

03. Protein Pizza Crust

Serves 8

To build a better pizza, start with a better crust. Start with almond flour with a scoop of whey protein, and you're able to get a grain-free base without any white flour. So there are about 7 grams of carbs per serving – half of that being fiber. But keep in mind the calories have to come from somewhere, and in this case you're eating fat in place of those simple carbs.

Nutrition Facts (Per Serving) 239 CALORIES | 10 g PROTEIN | 7 g CARBS | 20 g FAT

INGREDIENTS

- | | |
|---|-----------------------------------|
| ✓ 3 cups almond flour | ✓ 3/4 tsp. salt |
| ✓ 1/3 cup coconut flour | ✓ 4 large eggs, lightly beaten |
| ✓ 1/4 cup (1 scoop) unflavored whey protein isolate | ✓ 1/2 cup butter, melted |
| ✓ 2 tsp. baking powder | ✓ 1/4 cup unsweetened almond milk |
| ✓ 2 tsp. garlic powder | |

DIRECTIONS

Preheat oven to 350 degrees F.

In a large bowl, whisk together almond flour, oat fiber OR coconut flour, whey protein, baking powder, garlic powder and salt. Stir in eggs, melted butter and almond milk until dough comes together. It will be somewhat sticky.

Take half the dough and form into a ball. Flatten the ball into a disc and roll out between two pieces of parchment paper to about 1/2 inch thickness (around 10 inches in diameter). Peel off top layer of parchment. Lift bottom parchment with crust on it onto a baking sheet or pizza stone. Bake 8 minutes, then remove from oven and put on your favourite toppings. Bake 5 to 7 minutes more.

Turn on broiler to high and broil pizza 4 to 5 inches from heat source for 1 to 2 minutes, until cheese is melted, bubbly and a bit browned.

Remove from oven and let sit 5 minutes.

04. Protein Hot Chocolate

Serves 14

It's hard to find a delicious hot chocolate mix in a packet. Usually the pre-made powders contain little more than powdered milk, cocoa, and sweetener – plus artificial flavors and possibly hydrogenated oils.

If you want a healthy alternative, it only takes a few ingredients to make your own protein hot cocoa mix. Start with either vanilla or chocolate protein powder, depending on how chocolatey you like it to be, and then add cocoa powder, sugar, and salt.

Nutrition Facts (Per Serving) 61 CALORIES | 8 g PROTEIN | 8 g CARBS | 1 g FAT

INGREDIENTS

✓ 1 cup (4 scoops) WHEY+
protein isolate

✓ 1/4 cup unsweetened cocoa
powder

✓ 1/2 cup coconut sugar

✓ Pinch of salt

DIRECTIONS

Combine all ingredients in a bowl and mix together with a whisk. Store in an airtight container. Mix 2-3 heaping Tbsps of mix to one cup hot water, or even better, raw milk and serve.

05. Protein Power Biscotti

Serves 16

Instead of wheat flour, the batter starts with a mix of quinoa flour and whey protein powder. You don't need mix-ins, but if you choose to use some, this recipe is a great way to enjoy dried fruit or nuts without over-eating trail mix by the handful.

Nutrition Facts (Per Serving) 69 CALORIES | 5 g PROTEIN | 6 g CARBS | 3 g FAT

INGREDIENTS

✓ 3/4 cup quinoa flour

- ✓ 1/3 cup WHEY+ vanilla protein isolate
- ✓ 1/2 tsp. baking powder
- ✓ 1/2 tsp. ground cinnamon (or ginger)
- ✓ 1/8 tsp. salt
- ✓ 1 large egg
- ✓ 1 egg white
- ✓ 3 Tbsp. pure honey
- ✓ 1 Tbsp. coconut oil
- ✓ 1/2 tsp. vanilla extract
- ✓ 1/4 cup chopped dried cranberries (or other fruit)
- ✓ 1/4 cup chopped mixed nuts

DIRECTIONS

Preheat oven to 325 degrees F. Line a cookie sheet with parchment paper or a silpat.

In a large bowl, whisk the flour, protein powder, baking powder, optional spice, and salt. In a small bowl, whisk the egg, egg white, honey, melted butter, and vanilla until blended. Add the egg mixture to the flour mixture; add any stir-ins, if using. Mix until just blended. (it does not have to be completely cohesive at this point).

Transfer dough mixture to prepared cookie sheet. Using wet hands, press and shape dough to form into a 12x3-inch log.

Bake for 20 to 25 minutes, until the log is set and brown. Remove from oven and let cool for 15 to 20 minutes. Reduce oven temperature to 300F.

Slice biscotti at a 45-degree angle into 16 slices (about 3/4-inch thick). Lay flat on the same cookie sheet and return to the oven for 12 to 15 minutes until lightly browned. Flip cookies and bake for another 12 to 15 minutes.

Transfer cookie sheet to a wire rack; cool completely on cookie sheet.

06. Vanilla Bean Protein Icing

Serves 20

Anytime you need to sneak some nutrition into a classic dessert, make a batch of this amazing icing. You'll want to drizzle it over everything – and with these macros, you

can. Use it in place of maple syrup for your protein pancakes, slather it on breakfast muffins, and finish any kind of cake or sweet treat with this protein icing.

Nutrition Facts (Per Serving) 92 CALORIES | 13 g PROTEIN | 4 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|--|--|
| ✓ 2 1/3 cups WHEY+ vanilla protein isolate | ✓ 1/4 cup macadamia butter (or coconut butter) |
| ✓ 1 cup powdered erythritol | ✓ 1 Tbsp. vanilla extract |
| ✓ 1/2 cup coconut flour | ✓ 3" vanilla bean pod, seeds |
| ✓ 2 cups nonfat plain Greek yogurt | scraped |

DIRECTIONS

In a large bowl, whisk together the whey protein powder, powdered erythritol and coconut flour.

In a high-speed blender, add the Greek yogurt, macadamia butter and vanilla extract and vanilla beans (or vanilla paste). Blend on low speed. While blending, slowly add in the dry ingredients. The mixture will thicken. Give it a taste and add some salt, more erythritol or more vanilla, according to your preference. Scoop into jars, seal tightly and refrigerate to store.

07. Pumpkin Pie Protein Cookies

Serves 12

You don't need a whole slice of pie to tackle your cravings for fall flavors. Instead of using that pumpkin puree for a pie filling, bake a batch of these gluten-free cookies.

They have over twice as much protein as fat, and each cookie contains less than a gram of sugar. Since they're sweetened with a mix of agave, sugar alcohols, and stevia, these pumpkin cookies are satisfying without seeming like a healthy dessert.

Nutrition Facts (Per Serving) 72 CALORIES | 5 g PROTEIN | 9 g CARBS | 2 g FAT

INGREDIENTS

- ✓ 1/4 cup coconut flour
- ✓ 2 scoops WHEY+ vanilla protein isolate
- ✓ 1 tsp. ground cinnamon
- ✓ 1/4 tsp. ground nutmeg
- ✓ 3/4 tsp. baking powder
- ✓ 1/2 tsp. xanthan gum
- ✓ 1/4 tsp. salt
- ✓ 1 1/2 Tbsp. coconut oil, melted
- ✓ 1 tsp. vanilla extract
- ✓ 3/4 cup pumpkin puree
- ✓ 1/4 cup agave syrup
- ✓ 2 Tbsp. granulated erythritol
- ✓ 2 Tbsp. granulated stevia

DIRECTIONS

In a small bowl, whisk together the coconut flour, protein powder, cinnamon, nutmeg, baking powder, xanthan gum, and salt. In a separate bowl, whisk together the coconut oil and vanilla. Stir in the pumpkin purée. Stir in the agave. Mix in the Swerve and Truvia until completely dissolved. Stir in the coconut flour mixture until completely incorporated. Let the cookie dough rest for at least 10 minutes.

While the cookie dough rests, preheat the oven to 325 degrees F, and line a baking sheet with parchment paper or a silicone baking mat.

Drop the cookie dough into 12 rounded scoops onto the prepared baking sheet, and flatten to the desired thickness and width using a spatula. (Between 1/4" to 1/2" is best.) Bake at 325 degrees F for 11-13 minutes. Cool the cookies on the baking sheet for at least 10 minutes before turning out onto a wire rack.

08. Protein Oatmeal Breakfast Cake

Serves 8

Spoil yourself from the moment you wake up by sitting down to have a slice of cake and a cup of coffee. This has all the nutrition of a healthy bowl of oatmeal, only the ingredients are baked to be served up as an oat cake.

And like oatmeal, this is adaptable, so go ahead and toss in any nuts, seeds, or fruit that's in your pantry. The original recipe includes suggestions for banana walnut, pumpkin spice, and blueberry almond versions.

Nutrition Facts (Per Serving) 133 CALORIES | 18 g PROTEIN | 11 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|---|--|
| ✓ 2 cups old-fashioned oats | ✓ 1/2 cup mashed banana |
| ✓ 1 cup (4 scoops) WHEY+
vanilla protein isolate | ✓ 1/2 cup nonfat plain Greek
yogurt |
| ✓ 2 Tbsp. powdered stevia | ✓ 1 tsp. vanilla extract |
| ✓ 2 Tbsp. ground flaxseed | ✓ 1 cup unsweetened almond
milk |
| ✓ 1 tsp. baking powder | ✓ 1/3 cup egg whites |
| ✓ 1 tsp. baking soda | |
| ✓ Dash of salt | |

DIRECTIONS

Pre-heat your oven to 350 degrees F.

Mix all the dry ingredients together in a large mixing bowl.

In a separate bowl, combine the remaining wet ingredients (except the berries, crushed nuts, etc.) and mix well.

Slowly add the wet mixture to the dry ingredients and stir thoroughly together. The "batter" should be thick, almost the consistency of a big bowl of cold oatmeal. It should not be too dry like a cookie batter and also not too runny. Pour your mixture into a well-sprayed casserole or pyrex dish.

If using them, add your berries now by "dropping" them into the dish and "fold" them in gently. (I find this works better, as they do not drop all the way to the bottom).

Bake your breakfast cake at 350 degrees F for about 35 minutes. Check at 30 minutes; the cake should be slightly brown on top and pulled away slightly from the sides. A toothpick/fork should also come out clean (from the center).

09. Protein Peanut Butter Cookies

Serves 12

Four ingredients are all you need to make these peanut butter cookies. Not only are they easy to bake, but they're nutritious. And thanks to the use of protein powder instead of flour, they're totally grain-free.

Nutrition Facts (Per Serving) 191 CALORIES | 10 g PROTEIN | 15 g CARBS | 11 g FAT

INGREDIENTS

✓ 1 cup creamy salted peanut
butter

✓ 2/3 cup coconut sugar

✓ 1 large egg

✓ 1/2 cup (2 scoops) WHEY+
vanilla protein isolate

DIRECTIONS

First, preheat oven to 350 degrees F and line a baking sheet with parchment paper.

Place all ingredients in a medium-sized bowl and mix until your consistency is like cookie dough. Depending on the thickness of your peanut butter, you may need to add a few more tablespoons of protein powder.

Spoon out 2 tablespoons of dough into your palms and roll into a ball. Flatten between your palms and place on a baking sheet. Use a fork to create classic peanut butter cookie criss-cross marks on your cookie.

Bake at 350 for 10-12 minutes or until the edges begin to turn golden brown. Let cool for 10-15 minutes so that the cookies can harden!

10. Protein Peanut Butter & Jelly Snack Cups

Serves 4

If you want to grab a spoon and dig right into the jars of swirled PB&J, then this will be your ideal snack. The stuff in the jar is more than peanuts and fruit – there's also high fructose corn syrup and preservatives. Instead, use nutrient-rich chia seed jam to start. Then add a mixture of all-natural peanut butter (or PB2), protein powder, and almond milk. You'll get all the same flavors with less fat and sugar.

Nutrition Facts (Per Serving) 297 CALORIES | 19 g PROTEIN | 20 g CARBS | 18 g FAT

INGREDIENTS

Strawberry Chia Seed Jam:

- | | |
|--------------------------------|----------------------------|
| ✓ 1 cup chopped strawberries | ✓ 1 Tbsp. chia seeds |
| ✓ 1 1/2 Tbsp. granulated sugar | ✓ 1/2 tsp. vanilla extract |

Protein Peanut Butter:

- | | |
|--|----------------------------|
| ✓ 1/2 cup peanut butter | ✓ 1/2 tsp. ground cinnamon |
| ✓ 3/4 cup unsweetened almond milk | ✓ 1/2 tsp. vanilla extract |
| ✓ 6 Tbsp. (1 1/2 scoops) WHEY+ vanilla protein isolate | ✓ 4 tsp. pure maple syrup |

DIRECTIONS

Strawberry Chia Seed Jam

In a medium-sized non-stick pot, bring the blueberries and 3 tbsp of maple syrup to a low boil. Stir frequently, and reduce heat to low-medium to simmer for about 5 minutes. Lightly mash the blueberries with a potato masher or fork, leaving some for texture.

Stir in the chia seeds until thoroughly combined and cook the mixture down until it thickens to your desired consistency, or about 15 minutes. Stir frequently so it doesn't stick to the pot.

Once the jam is thick, remove from heat and stir in the vanilla extract. Add more maple syrup to taste if desired. Enjoy on toast, English muffins, oatmeal, vegan overnight oats, oat bars, tarts, cookies, banana soft serve, smoothies, and more. The jam should keep for at least a week in an air-tight container in the fridge.

Peanut Butter

In a food processor, add peanut butter, almond milk, protein powder, cinnamon, and vanilla. Process until smooth, stopping to scrape down the bowl as needed.

Add sweetener to taste and process again until blended. Add a pinch of salt if desired.

Scoop into a jar and swirl in your favourite jam. Will keep in the fridge in a sealed container for at least 1.5-2 weeks. This spread will thicken up considerably once chilled.

11. Coffee Protein Green Smoothie

Serves 1

To add protein to a regular coffee, mix half a scoop of protein powder (or a little more) into two tablespoons of hot water so it dissolves completely. Then add it to the hot coffee.

Nutrition Facts (Per Serving) 190 CALORIES | 29 g PROTEIN | 17 g CARBS | 2 g FAT

INGREDIENTS

✓ 1/2 cup chopped spinach,
frozen

✓ 1/2 banana, frozen

✓ 1 scoop WHEY+ vanilla
protein isolate

✓ Handful of ice

✓ 1/2 cup unsweetened vanilla
almond milk

✓ 1/2 cup cold coffee

DIRECTIONS

Add all ingredients to a high-powered blender and blend until well combined and creamy.

12. Piña Colada Quinoa Protein Muffins

Serves 12

These piña colada muffins are full of bright flavors from the pineapple, which will help you wake up and feel refreshed. And the chia seeds, quinoa, and whey protein powder ensure you're starting your day fully fueled.

Nutrition Facts (Per Serving) 169 CALORIES | 8 g PROTEIN | 14 g CARBS | 10 g FAT

INGREDIENTS

- | | |
|-------------------------------------|--|
| ✓ 6 Tbsp. chia seeds | ✓ 2 tsp. vanilla extract |
| ✓ 1 can (14 oz.) light coconut milk | ✓ 2 scoops WHEY+ vanilla protein isolate |
| ✓ 1/2 cup unsweetened almond milk | ✓ 1 cup cooked quinoa |
| ✓ 1 cup unsweetened pineapple juice | ✓ 1/2 cup coconut flour (or oat flour) |
| ✓ 1/2 cup pineapple chunks, drained | ✓ 2 tsp. baking powder |

DIRECTIONS

Preheat oven to 375 degrees F and spray a non-stick 12 muffin tin thoroughly with cooking spray. Make sure to use a high quality non-stick 12 muffin tin sprayed well with cooking spray, foil lined paper cups or BPA free silicone cups. Set aside.

In a large bowl, whisk together mashed bananas, peanut butter, milk, applesauce and vanilla extract. Add protein powder, oats, baking powder, baking soda, cinnamon

and gently stir until combined. Batter will be quite thick. Fill each tin with batter dividing evenly, approximately 2/3 - full. Top each muffin with 1 tsp peanut butter and swirl with a toothpick. Bake for 20 minutes, remove from the oven and let cool in the tin for at least 45 minutes before transferring onto the cooling rack. The longer muffins cool, less crumbly they are. I find these muffins taste best a few hours after baking and cooled down.

13. Matcha Protein Ice Cream Bars

Serves 12

Ice cream bars are one of the most satisfying snacks, but they contain little to no nutrients. So you're not tempted by the freezer aisle in the grocery store, make these green tea ice cream bars at home.

They're loaded with healthy foods like protein powder, hemp hearts, and almonds. This recipe uses a vegan protein powder, but it'll work with any kind. Using whey isolate, you'll get more protein per serving as compared to pea, hemp, and quinoa protein powders.

Nutrition Facts (Per Serving) 213 CALORIES | 18 g PROTEIN | 7 g CARBS | 13 g FAT

INGREDIENTS

- | | |
|--|--------------------------------|
| ✓ 1/2 cup coconut cream | ✓ 2/3 cup ground almonds (or |
| ✓ 1/2 cup almond butter | hemp hearts) |
| ✓ 1/4 tsp. liquid stevia | ✓ 2 Tbsp. matcha powder |
| ✓ Zest of 1 lemon | ✓ 2 Tbsp. hemp hearts |
| ✓ 1 1/2 cups (6 scoops) WHEY+
vanilla protein isolate | ✓ 2 oz. dark chocolate, melted |

DIRECTIONS

To remove the cream from the coconut milk, place can in the fridge for at least 24 hours. Flip upside down, open with a can opener drain out the liquid, leaving you with the coconut cream.

Add wet ingredients to a large bowl. Stir to mix. Set aside.

Add dry ingredients to a small bowl. Whisk to combine fully. Drop into the wet mixture and stir with a large spoon until fully incorporated. The mixture should be like dough, you may have to mix with your hands.

Line a 13x9 pan with parchment paper draping from all sides. Press the dough into the pan and spread evenly. Place in the freezer for 2 hours.

Remove from the freezer and cut into squares. Drizzle each individual with melted chocolate and sprinkle with hemp hearts. Serve immediately, or right from the freezer.

14. Almond Whey Protein Bread

Serves 6

This won't have a light, sticky texture like white bread. Replacing the starch with protein makes a cakey loaf of bread, which means it won't crumble or break when you run a butter knife across it.

Nutrition Facts (Per Serving) 243 CALORIES | 14 g PROTEIN | 8 g CARBS | 18 g FAT

INGREDIENTS

- | | |
|--|---|
| ✓ 1 1/2 cups almond flour | ✓ 2 tsp. baking soda |
| ✓ 1/4 cup ground flaxseed | ✓ 2 tsp. apple cider vinegar |
| ✓ 5 medium eggs | ✓ Pinch of sea salt |
| ✓ 1 scoop unflavored whey protein powder | ✓ 1/2 Tbsp. butter or oil, for greasing |

DIRECTIONS

Grease your bread pan. Preheat your oven to 150°C (or 300°F).

Combine all of the dry ingredients in a bowl until evenly mixed together. Beat the eggs thoroughly, adding the cider vinegar in the process. Or even better give them a

massive whizz in a blender. Thoroughly mix the beaten eggs and vinegar with the dry ingredients and pour into the greased bread pan.

Stick it in the oven for 45 minutes. Take it out of the oven and stick a piece of spaghetti (gluten free, of course!) down the middle. If it comes out clean then we're done cooking! Leave it for a good 15 minutes to settle, then slice a couple and enjoy with your favourite spread.

15. Cherry Limeade Fruit Dip

Serves 12

Don't have time to serve more than a pre-made fruit platter at a party? Make this creamy dip to go along with, and it'll turn basic foods into a unique spread.

It's good with graham crackers and pineapple chunks, and this dip will even ensure there's not a heap of diced cantaloupe left over. Pretzel sticks are a good option for those who love salty-sweet combos.

Nutrition Facts (Per Serving) 162 CALORIES | 5 g PROTEIN | 12 g CARBS | 11 g FAT

INGREDIENTS

- | | |
|---|---------------------------------------|
| ✓ 8 oz. cream cheese, softened | ✓ Juice of 1 lime |
| ✓ 6 oz. nonfat Greek yogurt | ✓ 1 tsp. lime zest (or more to taste) |
| ✓ 1/2 cup powdered sugar | |
| ✓ 2 Tbsp. (1/2 scoop) WHEY+ vanilla protein isolate | ✓ 8 oz. whipped topping |
| | ✓ 3 Tbsp. cherry preserves |

DIRECTIONS

In the bowl of your mixer combine cream cheese, yogurt, powdered sugar, and protein powder. Slowly add lime juice, zest, and Cool Whip until incorporated.

In a small bowl swirl cherry preserves along the inside walls of the bowl. Add the limeade dip. Chill for at least 30 minutes.

16. Peanut Butter & Jelly Protein Oatmeal

Serves 4

Rather than using jam that's loaded with added sugar, this recipe starts by mashing raspberries together with chia seeds. And those aren't the only superfoods in here. This nutritious oatmeal also has mashed banana, a touch of honey, and whey – one of the most beneficial forms of protein. You're also getting one-third of the recommended daily amount of fiber because of the oats.

Nutrition Facts (Per Serving) 287 CALORIES | 17 g PROTEIN | 35 g CARBS | 12 g FAT

INGREDIENTS

- | | |
|--------------------------|---|
| ✓ 3 Tbsp. chia seeds | ✓ 1 ripe banana, mashed |
| ✓ 1 1/2 cups raspberries | ✓ 1/2 cup WHEY+ vanilla protein isolate |
| ✓ 2 Tbsp. pure honey | |
| ✓ 1 cup steel-cut oats | ✓ 1/4 cup natural peanut butter |
| ✓ 1/2 cup milk | ✓ 1 tsp. ground cinnamon |

DIRECTIONS

In a bowl, mix together chia seeds and 1 cup water. Let sit for about 45 minutes to form a gel, stirring occasionally to prevent clumping.

Pulse together chia gel with raspberries and honey in a blender or food processor. Chill overnight.

Place oats, a pinch of salt and 3 cups water in a medium sized saucepan. Bring to mild boil, immediately turn off heat, cover and let oats soak overnight.

In the morning, stir milk into the oats and heat over medium-low heat for 5 minutes, stirring in additional milk if too dry.

Stir in 1 cup of the raspberry chia jam along with the banana, whey protein, nut butter and cinnamon; warm through.

17. Red Pepper Protein Wraps

Serves 4

Whey protein might not sound as tasty as the wheat or corn tortillas typically used to make wraps, but you won't notice the protein powder. That's in the background, whereas the red pepper is delicious enough to make standard sandwich ingredients shine. And if you don't like bell peppers, go ahead and use sun-dried tomatoes instead.

Nutrition Facts (Per Serving) 59 CALORIES | 8 g PROTEIN | 5 g CARBS | 1 g FAT

INGREDIENTS

- | | |
|-------------------------------|----------------------|
| ✓ 1/8 cup psyllium husks | ✓ 1 egg white |
| ✓ 2 Tbsp. whey protein powder | ✓ 1 red pepper |
| ✓ 1 large egg | ✓ Seasoning to taste |

DIRECTIONS

Blend everything together. Then, heat up a nonstick pan with some coconut oil (just a teaspoon) and let it get hot. When it gets sizzling hot, spoon your mix in the center of the pan and, with a spoon, spread it around as it cooks. Lower the heat to medium.

Once it looks like it's cooked on one side, flip it. Do this four times to get four wraps!

18. Protein Fudge Pops

Serves 6

Making homemade fudgsicles has never been more rewarding. With this recipe, you can use chocolate protein powder to make the beloved snack. There's no sugar added, just a splash of whatever kind of milk you have on hand. These fudge popsicles have ten times the protein and half the calories of the packaged kind, and when you make them yourself, you can also add mix-ins like frozen berries.

Nutrition Facts (Per Serving) 44 CALORIES | 10 g PROTEIN | 2 g CARBS | 1 g FAT

INGREDIENTS

✓ 1/2 cup (2 scoops) WHEY+
chocolate protein isolate

✓ 1 Tbsp. unsweetened cocoa
powder

✓ 1/4 cup milk

DIRECTIONS

Simply add the first three ingredients to your blender, stand mixer, or food processor. You can also mix them by hand using a whisk however, expect some lumps! Once your fudge mixture is thoroughly combined, it is time to fill your popsicle molds! If you do not own a popsicle mold, an ice cube tray will do the trick. Just be sure that if you are using a popsicle tray to freeze the fudge pops for an hour before putting your popsicle sticks in so that they stand up straight. Fill each mold half way and then, if you would like, add a few frozen berries. Then, fill up the rest of your molds! Place your fudge pops into the freezer for a few hours and tah-dah!

19. Peach Protein Pancakes

Serves 2

In this recipe, the fruit is simply sliced up and laid on top of the pancakes while they cook. As the batter puffs up, it'll engulf the peaches so you'll have big chunks of juicy fruit in every bite. Rather than covering this healthy breakfast in sugary syrup, top with Greek yogurt and almonds.

Nutrition Facts (Per Serving) 471 CALORIES | 47 g PROTEIN | 25 g CARBS | 20 g FAT

INGREDIENTS

✓ 2 scoops WHEY+ vanilla
protein isolate

✓ 3 large eggs

✓ 2/5 cup low-fat milk

✓ 1 Tbsp. butter

✓ 2 pinches of sea salt

✓ 1/4 cup oat bran

✓ 1 tsp. vanilla extract

✓ 1/4 cup old-fashioned oats

✓ 1 large peach

✓ 2/3 cup low-fat plain Greek
yogurt

✓ 3 Tbsp. slivered almonds
✓ Cinnamon to taste

DIRECTIONS

Mix the powder, milk, butter, oat bran, oats, eggs, salt and vanilla extract with an immersion blender or any type of blender. Don't pulverize the batter since you want a bit of texture left.

Butter the pan. Add batter and peaches

If you have an oven safe pan - like carbon steel: Cook on medium heat until you see the sides harden. Once sides are a bit hardened throw in the oven on high broil. Keep a close eye on it and move it around so you get a beautiful crust all around.

If you don't have an oven safe pan: Cover the top and cook on medium heat until it's done.

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