

Protein Pancakes

5 x egg whites
1 serving of Your Whey Protein Isolate
½ cup rolled oats
1 teaspoon cinnamon
2 teaspoons of sugar

Add ingredients to a blender and blend until smooth. Pour in pre-heated pan until brown.

Protein Pancakes #2

3 x egg whites
1/2 serving of Your Whey Protein Isolate
¼ cup cottage cheese, or 3 oz extra firm low-fat tofu
½ cup uncooked rolled oats
vanilla or almond extract
cinnamon to taste

Blend ingredients together in a blender until it forms a batter-like consistency. Spray non-stick frying pan with non-fat cooking spray and cook batter into one large pancake. Top with sugar-free syrup or strawberry jam.

Protein Pancakes #3

1 cup whole wheat pancake mix
2 servings of Your Whey Protein Isolate
¾ cup skim milk
3 x egg whites
2 teaspoons olive oil (or flax oil)

Cook the pancakes in a non-stick frying pan and top with the following topping:

1 ½ cup cottage cheese
½ cup unsweetened frozen blueberries
sugar or Splenda to taste
Blend until creamy.

Chocolate Almond Delight

1 tbsp your whey protein isolate
1 tbsp chocolate syrup
15 raw almonds
½ tsp coconut extract
10-12 oz water
3-5 ice cubes
Artificial sweetener to taste (optional)

Blend the almonds and half the water until creamy smooth. Add the rest of the ingredients and blend.

Belgian Waffles

Belgian-style waffles are thicker than standard waffles. This recipe can be prepared in either type of waffle maker.

Ingredients:

1 cup Your Whey Protein Isolate
2 tablespoons sugar substitute
1 tablespoon baking powder
3 eggs or equivalent egg substitute

1 tsp vanilla
1/4 cup water
1/4 cup cream

Directions:
Vegetable oil spray to grease waffle iron
Makes approx. 5 waffles

Hazelnut Biscotti

Recipe makes approx. 30 biscotti

Ingredients:

1 1/2 cups Chopped hazelnuts
1 cup Your whey protein Isolate
3/4 cup sugar substitute
1 teaspoon ground cinnamon
1/4 cup non-fat plain yogurt
4 eggs or equivalent egg substitute lightly beaten
1 1/2 sticks unsalted butter or butter substitute

Directions:

1. Pre-heat oven to 350F.
2. Combine hazelnuts, Your Whey Protein, and cinnamon in one bowl.
3. In a second bowl mix yogurt and eggs.
4. Using an electric mixer on medium speed, beat butter with sugar substitute for several minutes until creamy. Then add the egg mixture and mix for 1 minute.
5. Turn mixer to low and add dry ingredients until combined.
6. Chill dough for 1 hour.
7. Divide dough in half. On ungreased baking sheets, form each dough half into a log measuring 10 " x 2"
5. Bake logs 30 minutes, just before firm. Use a wire rack to cool for at least 10 minutes. Reduce oven temperature to 325°F.
6. Carefully cut logs crosswise into 1/2" wide slices. Now, Bake these slices for 17-20 minutes until crisp.
7. Cool slices before serving

Pumpkin Cookies

Makes one dozen cookies

Ingredients:

3/4 cup Sugar Substitute
1 cup rolled oats
1 1/2 cups Your Whey protein isolate
1 3/4 teaspoons baking soda
1/2 teaspoon baking powder
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/2 cup pumpkin puree
1 tablespoon canola oil
2 teaspoons water
2 egg whites
1 teaspoon molasses

Directions:

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a large bowl, combine sugar substitute, oats, Your Whey Protein, baking soda, baking powder, cinnamon, and nutmeg. Stir in pumpkin, canola oil, water, egg whites, and molasses. Roll into 12 large balls, and flatten on a baking sheet.

3 Bake for no longer than 5 minutes in preheated oven.

High Protein Bread for Bread Machines

Ingredients:

2 teaspoons active dry yeast
1 cup bread flour
1.5 cups your whey protein isolate
1/4 cup oat bran
1 tablespoon vegetable oil
1 tablespoon honey
1 cup water

Directions:

1 Transfer ingredients in the pan of the bread machine in the order recommended by the manufacturer. Choose basic medium or regular setting; press Start.

Protein Chocolate Chip Muffins

Ingredients:

1 cup Your Whey Protein Isolate
1/2 cup sugar substitute
1/2 cup nonfat plain yogurt
2 tablespoons melted butter
2 tablespoons skim milk
2 tablespoons water
2 teaspoons vanilla extract
1/2 cup sugar-free chocolate chips

Directions:

1. Pre- Heat oven to 350°F.
2. Spray with vegetable oil muffin pans.
3. In one bowl, mix Natural or Your Whey and sugar substitute.
4. In another bowl, combine yogurt, butter, skim milk, water and vanilla extract.
5. Add the yogurt mixture to the protein mixture. Stir until well combined.
6. Fold in sugar-free chocolate chips.
7. Pour batter into pan compartments, using about 2-3 rounded tablespoons per muffin.
3. Bake 15-20 minutes, or until lightly browned on top and toothpick inserted in center comes out clean. Cool muffins in pans for 2 minutes, and then on wire racks for at least 10 minutes.

Pinwheel Cookies

Ingredients:

Dough:

1 cup your whey protein Isolate
4 ounces reduced fat cream cheese, softened
2 tablespoons unsalted butter at room temperature
2 tablespoons nonfat plain yogurt
2 tablespoons sugar substitute

Filling:

1/4 cup nuts, finely chopped
1/4 teaspoon ground cinnamon
1/4 cup sugar-free chocolate chips

Directions:

1. Preheat oven to 350° F. Line two baking sheets with aluminum foil
 2. Using an electric mixer on low, combine cream cheese, butter, Yogurt and sugar substitute until smooth,. Then mix in ½ cup Natural or Your Whey Protein Isolate. Turn dough out onto counter and knead in remaining Your Whey Protein.
 3. Form dough into a rectangle, cover with plastic wrap and refrigerate for 20 minutes. While dough is chilling, combine walnuts, chocolate chips and cinnamon.
 4. Roll dough between two pieces of plastic wrap to a rectangle measuring 7" x 12". Remove top layer of plastic wrap. Sprinkle chocolate-nut filling evenly over dough, leaving a 1/2" border along the longer side. Roll dough up jelly roll style, beginning with the long side and using bottom sheet of plastic wrap to help roll the dough into a cylinder. Place in freezer and chill for 10 minutes
 5. Using a sharp knife, cut roll into 1/2" slices. Arrange slices on prepared baking sheets. Bake 18 minutes, or until lightly browned.
- **The cookie roll can be made ahead of time and frozen. Thaw for 10 minutes before slicing.

Protein Brownies

Ingredients:

- Vegetable oil spray for greasing baking pan
- 4 ounces sugar-free chocolate Candy Bar, chopped
- 2 sticks unsalted butter, softened
- 3 tablespoons sugar substitute
- 4 eggs or equivalent egg substitute
- ¾ cup your whey protein isolate

- 1/2 cup water
- 1 teaspoons vanilla extract

Directions:

1. Preheat oven to 350°F. Line an 8" square baking pan with aluminum foil and spray with cooking spray.
2. Melt chocolate in the microwave on low power and set aside to cool.
3. Using an electric mixer on medium, combine butter and sugar substitute until light and creamy. Add in eggs, one at a time. Add melted chocolate and mix well. Add Your Whey Protein, water, sugar substitute and vanilla, and mix until just combined.
4. Pour batter into prepared pan. Bake 20 to 25 minutes. Cool and cut into 16 squares

Chocolate Raspberry Smoothie

- 1 serving of Your Whey Protein Isolate
- 2 tbsp chocolate syrup
- 1 scoop low fat chocolate ice cream
- 1 cup low fat milk
- 1 cup frozen raspberries

Blend together and enjoy!

Banana Smoothie

- 1 serving of Your Whey Protein Isolate
- 1 tsp vanilla extract
- 1 scoop low fat vanilla ice cream
- 1 cup low fat milk
- 1-2 ripe bananas

Blend together and enjoy!

Very Berry Smoothie

- 1 serving of Your Whey Protein Isolate

1 scoop low fat vanilla ice cream
1 cup low fat milk
2 cups frozen mixed berries
Blend together and enjoy!

The Ultimate Mocha Cooler

1 serving of Your Whey Protein Isolate
2 scoops coffee ice cream
1 cup low fat milk
½ cup crushed ice.
Blend for five seconds or longer.

Pistachio shake

2 servings of Your Whey Protein Isolate
1 ½ tbsp sugar-free pistachio pudding mix
1 mint leaf or a few drops peppermint extract (optional)
8 oz cold water or low-fat milk
3-5 ice cubes
Add all ingredients to blender.

Cinnamon Roll Protein Shake

2 serving of Your Whey Protein Isolate
1 tbsp sugar-free instant vanilla pudding
¼ tsp cinnamon
¼ tsp vanilla extract
1 packet artificial sweetener
8 oz water or low-fat milk
3 ice cubes
Add all ingredients to blender.

Pina Colada Flavored Protein Shake

2 serving of Your Whey Protein Isolate
½ cup pineapple-orange juice
¼ tsp rum extract
¼ tsp coconut extract (or 2 tbsp shredded coconut)
1 packet artificial sweetener
4 oz water (or low-fat milk)
3-6 ice cubes
Low carb version: Use ½ tsp sugar-free pineapple-orange drink mix (dry) instead of juice.
Increase water or milk to 8 oz.
Add ingredients to blender.

Peaches and Cream Shake

6 tbsp Your Whey Protein Isolate
1 ripe peach
2 tbsp low fat sour cream
8 oz pure water
Artificial sweetener to taste (optional)
Add ingredients to blender.

High Energy Shake

1 serving Your Whey Protein Isolate
10 strawberries (fresh or frozen)
1 tbsp flax seed oil
½ tsp vanilla extract
10 oz water
2-3 ice cubes
Artificial sweetener to taste (optional)
Add ingredients to blender.