51 Quick and Delicious Recipes Using Protein Powder
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"Baked Goods"
Cakes, Cookies, Brownies and Muffins
In a food processor, blend:

- 1 scoop Prograde chocolate protein powder
- 1 cup almonds (raw, unsalted, natural)
- 1/2 tbsp. cocoa powder
- 2 tbsp. peanut butter-natural (with oil, not dry)
- 2 tbsp. water

Chop until all is small and uniform, and it develops into a dough vs. a powdery meal. If it's dry, add more peanut butter (the oil particularly), or water 1/2 a tbsp. at a time till desired consistency.

Dump cookie "dough" onto a piece of wax paper, make a tight log, and wrap tightly, both sides first, then roll tightly and put in the freezer. When very well chilled (about 1 hour), take out and slice into 1/2 inch cookies. Store these in the refrigerator in a single layer in a well-sealed ziplock baggie. Or, keep these in the freezer, and take them out one at a time. They won't be hard and frozen, they stay soft because of the oil in the peanut butter, and the oils in the nuts.

Makes 12.
2. Zucchini Muffins

Preheat your oven to 350, then drop into a blender

- 2 eggs
- 1 tbsp. applesauce
- 1 1/2 c. of shredded zucchini (peeled before shredding)
- 1/2 tsp. vanilla
- 2 tbsp. agave syrup

Once well blended, add:

- 2/3 c. Quinoa (uncooked, dry)
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1 scoop Prograde Vanilla Protein powder

Blend more until smooth. Spray non-stick cooking spray into a muffin pan, pour the batter into the tins, and, if desired, drop blueberries, peeled and cubed apples, etc., into batter.

*Tip: You can mix and match batches, by adding nuts or fruit as pictured.

Put into the oven for about 20 minutes, until muffins are pulling slightly from the side of the pan, and tops are browned.

Makes 8 muffins.
3. Flourless Black Bean Brownies

4 ounces unsweetened chocolate
1 c. unsalted butter
2 c. canned black beans, drained well
1 tbsp. vanilla extract
2 scoops Chocolate Prograde Protein
1 c. walnuts, chopped
1/4 c. instant coffee grounds
1/4 tsp. sea salt
4 eggs
1 c. light agave syrup

Preheat the oven to 325. Line a baking pan (11x13) with parchment paper. Melt the chocolate and butter in a glass bowl in the microwave for 2 minutes. Once melted completely, stir with a spoon. Place the beans, 1 scoop protein powder, the vanilla extract, and 4 or 5 spoonfuls of the melted chocolate mixture into the food processor. Blend until the beans are very smooth.

In a large bowl, mix together the walnuts and 1 more scoop Prograde Protein powder. Add the remaining melted chocolate mixture, coffee grounds, and salt. Mix well.

In a separate bowl, with a mixer, beat the eggs until light, about a minute. Add the agave syrup, and beat well. Set aside.

Add the 3 separate bowls (bean and chocolate mixture, coffee and chocolate mixture, and egg mixture) together. Blend well. Pour into your prepared pan.

Bake for 30 to 40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. Better yet, let these cool, and then refrigerate, and they cut even easier. Nuts may be substituted or omitted.
Makes 32 servings
In a blender, add

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tablespoons unsweetened, vanilla almond milk

Once well blended, add to that:

- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop Prograde Vanilla Protein powder

Once mixed, add to a microwave safe dish (glass or ceramic) and microwave for 2 minutes and 15 seconds. It should be done after that, but depending on your microwave, if it's still slightly "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Makes 2 servings.
In a blender, add

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tbsp. unsweetened, vanilla almond milk
- 1/2 tsp. vanilla extract

Once well blended, add to that:

- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop Prograde Vanilla Protein powder

Once mixed, add to a microwave safe dish (glass or ceramic works well), and cook until done (start at 2 minutes and 15 seconds). If it's still "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Put onto a plate, pick a handful of berries, microwave the berries for 45 seconds until soft and mushy, pour over the top of the cake, and enjoy.

Makes 2 servings.
In a blender, add

- 1 egg
- 3 tbsp. applesauce (unsweetened, natural)
- 2 tbsp. agave syrup
- 3 tbsp. unsweetened, vanilla almond milk

Once well blended, add to that:

- 2 tbsp. almond flour
- 3 tbsp. gluten-free pancake mix
- 1 scoop Prograde Vanilla Protein powder
- 1/2 tsp. cocoa powder

Once mixed, add to a microwave safe dish (glass or ceramic works well), and cook until done (start at 2 minutes and 15 seconds). If it's still "wet," cook longer, going a few seconds at a time so it doesn't get tough or overcooked.

Makes 2 servings.
7. Citrus Refrigerator Cookies

In a food processor, add:

- 3/4 scoop Prograde Vanilla or Orange Protein powder
- 1 1/2 c. almonds
- Zest and juice from one whole orange
- Zest and juice from 1/2 a lemon or lime
- 1 egg

Process until a doughy meal forms. If it seems dry, add water a little at a time until you get the consistency that will form a tight ball if you were to roll it-sticky but not wet (think playdough).

Next, drop it onto a sheet of wax paper. Keeping hands wet to avoid sticking, form into a log, wrap both ends of the log first, then roll tightly to make a packed, compact roll. Put in freezer for an hour, then pull out and with a sharp knife, cut into slices.

Store in refrigerator in single layers, or keep in the freezer to enjoy when your sweet tooth hits!

Makes 12-1/2 inch cookies.
8. Chocolate Cookie

Mix these ingredients together

- 1 1/2 scoops Prograde chocolate protein powder,
- 1 egg white
- water till it forms a wet "dough" (will look more like brownie batter).

Spray a microwavable bowl with non-stick spray. Then, take 1/2 the batter, pour into bowl, and microwave for 15-20 seconds.

Repeat the spray and batter process for the second cookie.

Makes 2 cookies.

Above Values are Per Serving
Mix in a bowl:

- 1 c. shredded apple (peeled)
- 1 c. applesauce
- 1/2 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/2 c. flax meal
- 2 tsp. baking soda
- 1 scoop Prograde Vanilla or Orange Protein Powder

Add dry ingredients to wet, mix well, and drop into well-sprayed (non-stick spray) mini muffin pans.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes 24
10. Mini Blueberry Muffins

Mix in a bowl:

- 1 c. shredded apple (peeled)
- 1 c. applesauce
- 1/2 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla
- 1 handful blueberries.

Blend this to form a puree.

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/2 c. flax meal
- 1 tsp. cinnamon
- 2 tsp. baking soda
- 3/4 scoop Prograde Vanilla protein powder
- 1/2 c blueberries

Add dry ingredients to wet, mix well, and put into well-sprayed (non-stick spray) Mini muffin pans. Drop blueberries into the tops of the muffins.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes about 2 dozen
11. Apple Nut Mini Muffins

Mix in a bowl:

- 1 c. shredded apple (peeled)
- 1 c. applesauce
- 1/2 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/2 c. flax meal
- 1 tsp. cinnamon
- 2 tsp. baking soda
- 3/4 c. Prograde Vanilla Protein Powder
- 1/2 c. apple chunks (peeled and chopped)
- 1/2 c. walnuts

Add dry ingredients to wet, mix well, and pour batter into well-sprayed (non-stick spray) Mini muffin pans. Drop walnuts and apple chunks into each muffin reservoir.

Bake at 350 for about 15 minutes, or until a toothpick comes out clean.

Makes about 2 dozen.
12. Chocolate Cherry Quinoa Muffins

Preheat your oven to 350, then mix:

- 2 eggs
- 1 c. unsweetened vanilla almond milk
- 1 c. shredded zucchini (peeled before shredding)
- 1 tsp. vanilla
- 3 tbsp. agave syrup

Whisk well then add:

- 1/2 c. Quinoa (uncooked, dry; preferably red)
- 1 tsp. baking soda
- 1/2 c. gluten free pancake mix
- 1 tsp cocoa powder
- 1 1/2 scoops Prograde Chocolate Protein powder

Blend more till smooth. If desired, add 1/2-3/4 c. fresh chopped or halved dark cherries.

Note: Your batter will be very wet. Pour the batter into muffin tins, bake until they spring when you touch them, about 15-20 minutes.

Let them rest on a counter for 10-15 minutes to cool. The quinoa becomes nutty and delicious within the muffins. These are best served cooled.

Makes 12
13. WONDERFUL Breakfast muffins

Mix in a bowl:

- 1 c. shredded zucchini/summer squash
- 2/3 c. applesauce
- 1/3 c. agave or maple syrup
- 2 eggs
- 2 tsp. vanilla

In a separate bowl mix:

- 1 c. almond flour
- 1 c. gluten free pancake mix
- 1/4 c. flax meal
- 1/8 c. Vanilla Prograde Protein Powder
- 1 tbsp. cinnamon
- 2 tsp. baking soda
- 1 pinch salt

Add dry ingredients to wet, mix well, and drop into well-sprayed (non-stick spray) mini or regular muffin pans. You can also do a couple of bread tins.

Bake at 350 for about 15 ish minutes, or until a toothpick comes out clean and you're done!

If you want to add nuts or fruit of choice, fold 1/2 cup in at the end before baking and enjoy.

Makes 12
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14. Orange Pumpkin Mousse

- 1 scoop Prograde Orange Protein Powder
- 1 6-oz. Plain or Vanilla Greek yogurt
- 1 tsp Cinnamon
- 1 tablespoon 100% Pumpkin (not pie filling)

Blend in food processor, put in a fancy dessert cup, and enjoy!

Makes one serving.
15. Fruit Dip

Beat two egg whites until foamy, then add 1/4 cup of Prograde Vanilla Protein Powder, and beat until smooth.

Add two bricks of softened cream cheese, mix until smooth and blended, and slowly stir in a capful of vanilla extract, and the zest and juice of one lemon, if desired.

Add stevia to taste, and food coloring, if desired.

Makes 12 serving.
16. Chocolate Cherry Parfait

Blend well 2-6 ounce plain Greek yogurts with 2 scoops Prograde Chocolate Protein Powder, and 1/4 cup water. Spoon 1/2 the mixture into 2 separate clear glasses, reserving the other 1/2 to top parfaits.

Put 2 clear glasses, plus reserved 1/2 into the refrigerator while you prepare the berry layer.

Next, in a magic bullet or food processor, add 1 cup frozen dark cherries (or berries or other fruit of choice). Blend till pureed.

Spoon atop the 2 clear glasses with chocolate inside already to form the berry layer. Carefully top with the remaining chocolate layer. Keep in refrigerator until ready to serve.

Make 2 beautiful cups!
17. Chocolate-Covered Coconut Truffles

- 2 tbsp Prograde Chocolate Protein Powder
- 1 c almonds
- 1 tbsp coconut oil
- 2 tbsp unsweetened coconut, shredded
- 2 tbsp agave nectar
- 6 tbsp water

Blend in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge until ready to serve.

Makes 20.
18. Ginger Chocolate Truffles

- 2 tbsp Prograde Chocolate Protein Powder
- 1 c almonds
- 1 tbsp coconut oil
- 1 tsp fresh shredded ginger
- 1/2 tsp cocoa powder
- 2 tbsp agave
- 6 tbsp water

Blend in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge until ready to serve. Set in mini muffin liners, and leave in refrigerator until ready to serve.

Makes 20.
19. Citrus Truffles

- 2 tbsp Prograde Orange Protein Powder
- 1 c cashews
- 1 tbsp coconut oil
- Juice and zest of 1/4 lemon, 1/4 lime
- 2 tbsp agave
- 6 tbsp water

Soak cashews in water for one hour. Drain and mix remaining ingredients in magic bullet or immersion blender till a firm batter forms, and small and uniform. Place in a bowl covered in the freezer for 1 hour. Remove, roll in balls using a teaspoon measure, and put back in the freezer for another 10-20 minutes.

On a double boiler, melt down 1 bar dark chocolate (highest percentage cacao you like). Using a toothpick, dip each truffle round into the melted bar, set back in fridge in mini muffin tins until ready to serve.

Note: If you need more liquid (depending on how much lemon and lime juice you use), add moisture by adding water, 1 tablespoon at a time.

Makes 20.
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Breakfast
20. Pancakes

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Prograde Vanilla Protein Powder
- 1 tbsp applesauce
- 3/4 c. almond milk (or other milk of choice)

Incorporate all your ingredients until the batter is mixed well. Don’t worry about lumps, but if it seems too dry, add more milk 1 tbsp. at a time until desired pancake batter consistency.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Fry until golden.

Makes 10 pancakes.
21. Apple Cinnamon Pancakes

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Prograde Vanilla Protein Powder
- 1 tbsp applesauce
- 3/4 c. almond milk (or other milk of choice)
- 1/2 tsp. ground cinnamon
- 1 peeled and chopped apple

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp at a time till desired texture, like this:

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Fry until golden.

While they're cooking, drop a few apple chunks on top on the pancake before you flip.

Makes 10 pancakes.
Pre-heat oven to 400 degrees and mix:

- 4 eggs
- 1/8 c. agave nectar
- 1/4 c. applesauce (unsweetened)
- Zest from one orange

Set aside when blended well.

Next, take a 1/3-cup measuring cup, pour into it one 1/2 scoop Prograde Vanilla or Orange Protein Powder, then top off the protein powder in the measuring cup with almond flour.

Dump this first 1/3 c. measuring cup (filled partially with protein powder and partially with almond flour) into a separate bowl. To that, add:

- 1 2/3 cup almond flour
- 1/4 tsp baking powder
- 1/3 tsp salt

Mix dry ingredients into the wet, whisk till you get a thick batter, drop onto an ungreased cookie sheet (1-2 tbsp per crepe) with a tablespoon, and bake.

No need to flip, they will bake perfectly! Take them out when fully cooked, about 7-8 minutes. Put on a plate, add Greek yogurt (in the flavor of your choice-vanilla works great) in a line down the middle. Roll snugly, with the seam facing down onto a plate.

Separately, microwave a handful of berries of your choice with 1 tbsp. agave, or just leave unsweetened. Microwave for 35 seconds till soft, and spoon your berry mixture over the rolled and filled crepe.

Makes 10 pancakes.
23. French Toast

- 1/2 c. vanilla almond milk
- 1 tsp Cinnamon
- 1 tsp Prograde Vanilla Protein Powder
- 1 egg

Whisk ingredients

Dip both sides of high protein, whole grain bread of choice.

Using non-stick spray or a lightly oiled griddle, fry both sides of the french toast.

Makes 6 pieces of French Toast.
24. Peanut Butter Pancakes

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Protein Powder (Prograde chocolate or Vanilla)
- 1 tbsp applesauce
- 3/4 c. almond milk (or milk of choice)
- 1/2 tbsp. peanut butter

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp. at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Makes 6.
25. Peanut Butter Chocolate Chip Pancakes

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Prograde Chocolate or Vanilla Protein Powder
- 1 tbsp applesauce
- 3/4 c. almond milk (or milk of choice)
- 1 tbsp. peanut butter

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp. at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Top with chunks of dark chocolate.

Flip when first side is crisp and browned.

Makes 6.
26. Blueberry Pancakes

- 1-1/2 c. gluten-free pancake mix
- 1 egg
- 1/4 scoop Vanilla Protein Powder
- 1 tbsp applesauce
- 1c. almond milk (or your milk of choice)
- 2/3 c blueberries

Incorporate all your ingredients until the batter is mixed well. Don't worry about lumps, but if it seems too dry, add more almond milk 1 tbsp at a time till desired texture.

On a 350 degree oiled griddle (non-stick spray, or vegetable oil rubbed around the griddle with a paper towel), pour the pancake batter on. Flip when first side is browned.

Makes 6.
27. Applesauce French Toast

- 2/3 c. Unsweetened Vanilla almond milk
- 1 tsp Cinnamon
- 1 tsp Prograde Vanilla Protein Powder
- 1 egg

Whisk ingredients. Dip both sides of high protein, whole grain bread of choice. Using non-stick spray or a lightly oiled griddle, fry both sides of the French toast.

Makes 6.
28. Pumpkin Pie French Toast

- 2/3 c. Almond or skim milk
- 1 tsp Cinnamon
- 1 tsp Prograde Vanilla or Orange Protein Powder
- 1 heaping tablespoon pumpkin (100% - not pie filling!)
- 1 egg

Whisk ingredients.

Dip both sides of sprouted wheat or other high protein, whole grain bread of choice.

Using non-stick spray or a lightly oiled griddle, fry both sides of the French toast.

Makes 6.
29. Apple Cinnamon Granola

- 1 1/2 c. Old-Fashioned Oats
- 1/4 c. Applesauce
- 1 1/2 tsp. Cinnamon
- 1 tbsp. Prograde Vanilla Protein powder
- 1/4 c. agave nectar (or maple syrup, or honey)
- raisins, unsweetened cranberries, nuts, whatever you want, up to 1/4 c. per ingredient

Toss everything together very well in a bowl. Spread on a cookie sheet, and bake at 325 for about 15 minutes. Toss once, and when dried out (careful not to burn), it's ready to serve.

Store in an airtight container.

Makes three servings
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Bars
Put 1 cup of almonds, 3/4 of a cup of dried, unsweetened cranberries, juice of 1/2 a lemon or orange, 1/3 c of Prograde Orange Protein Powder, and a tablespoon of orange zest (you can omit the orange zest if you'd like- it makes it quite orangey) in your food processor, and blend them until processed. Line a bread pan with waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.
Put 1 cup of almonds (or cashews), 1/4 of a cup of dried, unsweetened coconut flakes, and 1/3 c of Prograde Chocolate Protein Powder in your food processor, and whisk them around in the food processor till processed. If you need more moisture, add water 1 tsp. at a time. Line a bread pan in waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.
32. Citrus Bars

Put 1 cup of almonds, 3/4 of a cup of dried, unsweetened cherries, juice of 1/2 a lemon, 1/3 c of Prograde Vanilla or Orange Protein Powder, 1/4 cup of coconut flakes (unsweetened), and a tablespoon of orange zest (you can omit the orange zest if you'd like - it makes it quite orangey) and whisk them around in the food processor till processed. Line a bread pan in waxed paper, and press the mixture in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.
33. Peanut Butter Chocolate Bars

Put 1 cup of peanuts, 1/3 c of Prograde Chocolate Protein Powder, and 1/4 c. natural peanut butter, and process in the food processor until a dough forms. If you need more moisture, add 1 tsp. water at a time till desired consistency.

Line a bread pan in waxed paper, and press it in.

Once you get the shape, remove from the pan, slice into bars, and enjoy.

Makes 12 bars.
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Frozen
34. Vanilla Ice Cream

Blend 3 cups almond milk (unsweetened, vanilla flavor) with 3 scoops Vanilla Prograde Protein Powder. Sweeten additionally with stevia, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Put into ice cream maker. Enjoy when finished.

Makes 3 cups ice cream.
First, line a "deep dish" style, freezer safe ceramic bowl with plastic wrap. Make it about 4 inches too long on either side.

Next, with your protein ice cream of choice in the ice cream maker (Vanilla: Blend 3 cups almond milk, unsweetened, vanilla flavor, with 3 scoops Vanilla Prograde Protein Powder, then put in ice cream maker), take 1/2-3/4 of a cup of frozen berries of your choice (raspberries, strawberries, blueberries), food process them until broken down and small, and press to the bottom of the dish.

Put it in the freezer while you're waiting for the ice cream to finish.

Take 1/2 cup of nuts of your choice (walnuts, pecans, almonds) and food process until pieces are small and uniform. When the vanilla ice cream is ready, spoon carefully atop the chilled berry topping, then finish with the layer of nuts. This will be the "crust, when the cake is flipped upside down. Freeze till solid.

Cut ice cream into four equal servings.

Above Values are Per Serving
36. Fudgesicles

Blend 12 ounces Chocolate (or vanilla) almond milk with 2 scoops Prograde Protein Powder, 1/4 tbsp of cocoa powder, and stevia to taste, if desired. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Pour into Popsicle molds. Serve when frozen.

Makes 6 to 8 Popsicles (depending on the size of your molds)

Above Values are Per Serving
Based on making 6 Popsicles)
Blend 3 cups almond milk (regular or unsweetened vanilla, or, for an extra kick, chocolate flavor) with 3 scoops Chocolate Prograde Protein Powder. If desired, add stevia to taste. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down—no clumps!

Put into ice cream maker until done. Add dark chocolate chips at the end, if desired.

Makes 3 cups ice cream
38. Coconut Ice Cream

Blend 3 cups coconut milk (the type you buy in a gallon carton at the grocery store, not the can you make frozen drinks with) with 3 scoops Vanilla Prograde Protein Powder and 1 tbsp dried unsweetened coconut flakes. If desired, add stevia to taste.

Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Put into ice cream maker until done. Enjoy!

Makes 3 cups ice cream
In a blender, mix 3 cups almond milk (unsweetened vanilla) with 3 scoops Vanilla Prograde Protein Powder and 1 tbsp. natural peanut butter. If desired, add stevia to taste.

Blend till smooth. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps! Put into ice cream maker until done.

Makes 3 cups. Serving size is 1 cup.
Mix 1-1/2 scoops Prograde Chocolate Protein Powder, 1 egg white, and water till it forms a wet "dough" (will look more like brownie batter). Spray a microwavable bowl with non-stick spray. Then, take 1/2 the batter, pour into bowl, and microwave for between 15-20 seconds. Repeat the spray and batter process for the second cookie. Makes 2 cookies.

Assemble with a scoop of protein ice cream, sandwiched between two cookies.
First, take a handful of frozen or fresh cherries (or whatever berry you happen to have on hand), 1-6oz. container of Greek Yogurt (vanilla or peach), 1/2 scoop of Vanilla or Orange Prograde Protein powder, some fresh mint, and another handful of chopped peach.

Reserve a few chunks of the fruit on the side, and blend the yogurt with the fruit with an immersion blender.

Next, drop some of the reserved fruit into whatever popsicle containers you have. Pour the yogurt mixture in over the fruit, and freeze till solid.

Makes two popsicles.
First, blend (1) 6 oz. container of any plain, berry, pineapple, or vanilla Greek yogurt with 1/4 cup frozen spinach, 1/4 cup frozen blueberries, 1/2 scoop vanilla, orange, or chocolate protein powder, and some water to thin. Freeze till solid.

Makes two popsicles
In a blender, mix 3 cups almond milk (unsweetened vanilla) with 3 scoops Vanilla Prograde Protein Powder (or chocolate for a mocha flavor), and 1 tbsp. instant coffee grounds. If desired, add stevia to taste. Blend till smooth. Be sure to use a blender or immersion blender to aerate, as well as to assure the protein powder has totally broken down- no clumps!

Put into ice cream maker until done.

Makes 3 cups ice cream. Serving size is one cup.
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Desserts
First, get your grill (or grill pan) nice and hot. Take a peach that’s cut in half and pitted, grill until there are grill marks, and remove from the pan. Spoon some plain or vanilla yogurt mixed with 1/2 scoop Prograde Protein flavor of your choice, top with a few berries and mint, and enjoy!

Makes two servings.
First, put the stove on the broiler setting (500 degrees), rinse 1 Bosc pear (you can use whatever variety of pear you like), slice it in half, scoop the seeds out with a melon baller, and place each half separately, into small ceramic dishes.

When the oven is hot, put them in the oven hole-side-up, and make the Mascarpone Cheese filling.

In a bowl, put a couple of scoops of Mascarpone (3 tablespoons), zest a lemon over the top, and add 1/2 scoop Prograde vanilla protein powder.

Next, take a bowl, cover the bottom of it with frozen raspberries, and microwave for 45 seconds. 6-7 minutes later, the pears will be ready to come out. The point is soften them just a little, brown the tops, and warm them up; NOT turn them into a heap of warm pear mash. Don’t forget, 500 degrees is HOT, and if you don’t watch the pears, they will become too soft.

Once you’ve taken them out of the oven, simply plate them (careful, they’re warm!), put the mascarpone filling inside, drizzle with the Raspberry, top with a couple pieces of chopped mint if you’ve got it, and enjoy.

Makes two servings.
Take 1-6 ounce container Greek yogurt. Mix well with 1/2 scoop Prograde Chocolate protein powder, and put that half in bottom of small glass. Layer berries, peaches, or other desired fruit, then second half of the yogurt (you can also mix the top half with Orange or Vanilla Prograde Protein Powder, if desired). Top with more fruit. Enjoy!
Beat two egg whites until foamy, then add 1/4 cup of Prograde Vanilla Protein Powder, and beat till smooth. Add two bricks of softened cream cheese, mix until smooth and blended, and slowly stir in a capful of vanilla and the zest of one lemon. Cut both the top and bottom of each strawberry off, and stand them up top side down (where the stem used to be). Take a paring knife and twist the middle to enlarge the hole, and pipe the filling inside.

Top with shaved dark chocolate, or zest of lemon if desired.

Makes 40 stuffed strawberries (depending on size of strawberry).
48. Mini Cheesecakes

In a food processor, blend the crust:

- 1c. pecans
- 1/2 c. cashews
- 1/2 c. dried unsweetened coconut

When that's all uniformly small, add:

- 2 tbsp. coconut oil or cream of coconut (you can find at a health food store or at the top of a can of cream of coconut-its the waxy stuff), or butter
- 1/2 juice and zest of a lemon
- 1 tsp. vanilla
- 1 tbsp. Agave nectar (or omit if you like a saltier crust, and add a sprinkle of salt instead)

Process this all, press into either mini muffin pans, or regular-sized muffin pans, then, put it in the freezer while you make your cheesecake layer. Rinse your food processor out and add:

- 1 1/2 c. cashews (that have been soaked in water and drained for 1 hour)
- 1/2 scoop Prograde Vanilla protein powder
- 1 c shredded coconut
- 1/2 stick cream cheese
- Juice and zest of one lemon
- 1/4 c agave
- 1/2 cup water (plus more in small increments if it doesn't take on the consistency of cheesecake and needs a little moisture-depends on the brand of protein powder)

Blend this in food processor or blender till smooth and creamy like cheesecake filling, adding TINY amounts of water if need be to add moisture. Once smooth, take your crust out, pour on top, smooth the surface, top with twists of lime, or berries, and refrigerate. Store in the refrigerator.
In a food processor, blend the crust:

- 1c. pecans
- 1/2 c. cashews
- 1/2 c. dried unsweetened coconut

When that's all uniformly small, add:

- 2 tbsp. coconut oil or cream of coconut (you can find at a health food store or at the top of a can of cream of coconut-its the waxy stuff), or butter
- 1/2 juice and zest of a lime
- 1 tsp. vanilla
- 1 tbsp. Agave nectar (or omit if you like a saltier crust, and add a sprinkle of salt instead)

Process this all, press into a spring form pan (9 inch). Then, put it in the freezer while you make your "cheesecake" layer. Rinse your food processor out and add:

- 1 1/2 c. cashews
- 1/2 scoop Prograde Vanilla protein powder
- 1 c shredded coconut
- 1/2 stick cream cheese
- Juice and zest of one lemon
- 1/4 c agave
- 1/2 cup water (plus more in small increments if it doesn't take on the consistency of cheesecake and needs a little moisture)

Blend this in food processor or blender till smooth and creamy like cheesecake filling, adding TINY amounts of water if need be to add moisture. Once smooth, take your crust out, pour on top, smooth the surface, top with berries, and refrigerate.

Tip: The flavors are better the second day, as they have a chance to sit and meld. Makes 4 servings.
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Toppings
For Ice Cream, Pancakes, or French Toast
50. Berry Sauce

Take a handful or berries, sprinkle with Prograde Vanilla Protein Powder, microwave the berries for 45 seconds till soft and mushy, and pour over the top of the cake, pancakes, or muffins like a sauce. ENJOY!!!
51. "Hot Fudge" Topping for Protein Ice Cream

- 2 scoops Prograde Chocolate Protein Powder
- 1 tablespoon peanut butter, almond butter, or any nut butter you enjoy
- Hot water

Mix till consistency of hot fudge, and enjoy atop your protein ice cream, or your favorite dessert!
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