



Protein Powder Recipes

Created by Nutrition Naturally Forever



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Nutrition Naturally Forever

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Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	266	Cholesterol	0mg
Fat	18g	Sodium	8mg
Carbs	19g	Vitamin A	10IU
Fiber	5g	Vitamin C	1mg
Sugar	6g	Calcium	130mg
Protein	10g	Iron	2mg



Strawberry Kiwi Tropical Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds

Use ground flax seeds instead.

No Zucchini

Use frozen cauliflower, spinach or kale instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1 cup Frozen Strawberries

1 Kiwi (peeled, chopped)

1/4 cup Pineapple (fresh or frozen)

1/2 Zucchini (chopped)

1 tbsp Chia Seeds

2 tbsps Vanilla Protein Powder

Nutrition

Amount per serving

Calories	295	Cholesterol	2mg
Fat	8g	Sodium	235mg
Carbs	46g	Vitamin A	1003IU
Fiber	13g	Vitamin C	192mg
Sugar	23g	Calcium	768mg
Protein	16g	Iron	4mg



Mocha Overnight Protein Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
2. Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 1/4 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 cup Organic Coffee (brewed and chilled)
- 1/4 cup Cacao Nibs

Nutrition

Amount per serving

Calories	330	Cholesterol	2mg
Fat	12g	Sodium	104mg
Carbs	40g	Vitamin A	250IU
Fiber	12g	Vitamin C	0mg
Sugar	1g	Calcium	384mg
Protein	19g	Iron	4mg



Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

- 2 cups** Frozen Cauliflower
- 2** Banana (frozen)
- 2 tbsps** Almond Butter
- 1/4 cup** Cacao Powder
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Maca Powder

Nutrition

Amount per serving

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg



Banana Coconut Protein Bars

7 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place all ingredients together in a bowl and mix well with a spatula.
3. Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
4. Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
5. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

Ingredients

- 1 Banana (mashed)
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

Nutrition

Amount per serving

Calories	148	Cholesterol	0mg
Fat	7g	Sodium	7mg
Carbs	18g	Vitamin A	7IU
Fiber	3g	Vitamin C	1mg
Sugar	9g	Calcium	44mg
Protein	5g	Iron	1mg



Blueberry Banana Protein Pancakes

10 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
2. Stir blueberries into mixture.
3. Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
4. Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

Serving Size

One serving is approximately one large pancake or two small pancakes.

Egg-Free

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Amount per serving

Calories	284	Cholesterol	95mg
Fat	8g	Sodium	63mg
Carbs	40g	Vitamin A	202IU
Fiber	5g	Vitamin C	7mg
Sugar	21g	Calcium	133mg
Protein	16g	Iron	2mg

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Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

Ingredients

1/4 cup Protein Powder (vanilla)

2 cups Water (cold)

1/2 Avocado

1 Banana (frozen)

2 cups Baby Spinach

Nutrition

Amount per serving

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
Protein	12g	Iron	1mg



Chocolate Protein Pancakes

4 ingredients · 15 minutes · 2 servings



Directions

1. In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
2. Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Enjoy!

Notes

Toppings

Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1/2 cup Protein Powder (chocolate)
- 1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories	394	Cholesterol	376mg
Fat	17g	Sodium	181mg
Carbs	29g	Vitamin A	616IU
Fiber	4g	Vitamin C	10mg
Sugar	15g	Calcium	176mg
Protein	33g	Iron	2mg

Mini Dark Chocolate Tahini Cups

5 ingredients · 30 minutes · 24 servings



Directions

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

Notes

No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

Protein Powder

This recipe was developed and tested using a whey-based unflavoured protein powder.

Serving Size

One serving is equal to one mini cup.

Ingredients

300 grams Dark Organic Chocolate (at least 70% cacao, chopped)

1 1/4 tbsps Coconut Oil

2 tbsps Tahini

2 tbsps Maple Syrup

1/4 cup Protein Powder (unflavoured)

Nutrition

Amount per serving

Calories	93	Cholesterol	0mg
Fat	6g	Sodium	9mg
Carbs	7g	Vitamin A	1IU
Fiber	1g	Vitamin C	0mg
Sugar	4g	Calcium	12mg
Protein	2g	Iron	1mg

