



Cooking with Protein Powder

If you're having trouble meeting your recommended protein requirements of 20-30g per meal or if you are trying to reduce your recipe's carb count, try using protein powder! Here are our favorite tricks, tips and recipes to pump up your protein!

Baking with Protein Powder

- Start by replacing 1/3 of the flour in your recipe with protein powder and work your way up from there. Certain muffins and cookies may even be able to sub all of the flour!
- For any remaining flour, replace all-purpose with oat, quinoa or garbanzo bean flour for added fiber!
- Chocolate and vanilla flavored powders are usually best for baking.
- Pea protein powder may lend an earthy taste so you may want to start with whey or hemp protein powder.

Ideas for Adding Protein Powder to Other Foods

- Blend into almond milk and coffee or tea for a protein latte!
- Stir a half scoop powder into yogurt, especially if you're not into Greek yogurt!
- Stir a scoop into your oats or chia pudding!
- Replace 1/3 -2/3 flour in most baked goods, even pizza dough!
- Use ~1/4 cup as a binder in meat dishes, such as meatballs, burgers or even sauces and casseroles!
- Slowly stir small amounts into creamy soups, like curries, purees and chilis. Start small and make your additions before boiling to prevent clumping.
- Make a protein ice cream but pureeing yogurt, banana and powder then freezing!
- Thicken your homemade oil and vinegar dressing with a half scoop!
- Toss flavored protein powder with popcorn for a healthy snack!
- Mix it into pretty much anything that has a mashed texture, like mashed potatoes, mashed cauliflower or even refried beans!

Recipes We Like:

Lemon Blueberry Protein Pancakes

<https://www.asweetpeachef.com/lemon-blueberry-high-protein-pancakes/>

Quinoa Breakfast Bake

<https://ifoodreal.com/quinoa-breakfast-bake/>

Cocoa Banana Muffins

<http://www.busybuthealthy.com/cocoa-banana-muffins/>

Chocolate Protein Waffles

<https://thebettyrocker.com/chocolate-protein-waffles-gluten-free-grain-free-dairy-free/>

Pumpkin Spice Latte

<https://www.asweetpeachef.com/healthy-pumpkin-spice-latte/>

Veggie Protein Burgers

<https://bittersweetblog.com/2014/09/12/pumpkin-it-up/>

Power Pizza

<http://www.cuttingedgepc.com.au/powerpizza/#.VJnqrl4AEA>

Chicken Florentine Meatballs

<http://www.thekitchenwhisperer.net/2013/04/18/protein-packed-chicken-parmesan-florentine-meatballs/>

Carrot Cake Protein Bars

<https://www.healthfulpursuit.com/2012/07/oil-free-carrot-cake-protein-bars/>

Pizza Dip

<https://plantfusion.com/blogs/the-plantfusion-life-recipes/9444663-pizza-dip-with-parm-topping>