



THE **NO BULL** PROTEIN POWDER **RECIPE BOOK**

**7 DELICIOUS AND EASY RECIPES WITH
UNFLAVORED PROTEIN POWDER**



SMOOTHIES

BERRY BLAST

You could consider this to be the classic home made smoothie. Berries, banana and a liquid. It couldn't be simpler! And with a nice protein kick.

1 Scoop - Unflavored Protein Powder

1/2 Cup - Frozen Berries

1 - Banana

1/2 cup - Almond Milk/Coconut Water

Optional - Unflavored Creatine/Glutamine Powder

STRAWBERRY PARFAIT

A treat that's practically a dessert!

1 Scoop - Unflavored Protein Powder

1/2 Cup - Natural Unflavored Greek Yogurt

1/2 Cup - Strawberries

1/2 Teaspoon - Vanilla Extract

2 - Ice Cubes

Optional - Unflavored Creatine/Glutamine Powder

VANILLA MILKSHAKE

This is a delicious way to bulk up. There are plenty of calories in peanut butter and oats, so this is not for someone trying to lose weight!

1 Scoop - Unflavored Protein Powder

1-2 Tablespoons - Peanut Butter

1/2 cup - Almond Milk/Milk

1 - Banana

1/2 Teaspoon - Vanilla Extract

1/4 Cup - Oats

2 - Ice Cubes

Optional - Unflavored Creatine/Glutamine Powder



MINI MEALS

BOOSTED YOGURT

A simple and easy snack you can have any time of day.

1 Serving - Natural Unflavored Greek Yogurt

1 Scoop - Unflavored Protein Powder

1 Teaspoon - Honey

Small Handful - Mixed Nuts

Optional: *Oats or Granola*

Put the yogurt in a bowl, mix in the Unflavored Protein Powder then sprinkle the rest on top.

PROTEIN PANCAKES

Tired of all the preservatives and additives in store bought pancakes? This recipe gets rid of all the nasty ingredients (including gluten) so you can enjoy a pancake guilt-free. You won't be buying store bought pancakes every again!

1 Scoop - Unflavored Protein Powder

1 - Banana

1 - Egg

1/4 cup - Rolled Oats (optionally gluten free)

1 Tablespoon - Coconut Oil or Butter

1/2 Teaspoon - Vanilla Extract

Add the oil/butter to a pan on a medium to low heat. Blend up all the remaining ingredients to make the batter and add it to the pan until it bubbles, then flip. Serve with optional berries, honey, maple syrup and/or natural yogurt.



SNACKS TO GO

PROTEIN POPSICLE

This is a low fat, high protein spin on a classic childhood recipe. This drink not only builds muscles but the Vitamin C found in orange juice, repairs tissue and protects the body from oxidative stress.

1 scoop - Unflavored Protein Powder

1 cup - Orange Juice (the fresher the better)

1 cup - Ice

Optional - Dash Of Vanilla Extract

Mix in a blender until smooth. Then you can either drink as a smoothie or freeze into a popsicle and eat on your way to the gym.

NO-BAKE PROTEIN BARS

A protein bar is the perfect convenience snack on the go. But the ones you buy in the shops are overpriced and packed full of sugar and additives. This recipe has all-natural ingredients and won't burn a hole in your pocket!

4 scoops - Unflavored Protein Powder

Tablespoon - cocoa powder

2 Cups - Oats

1 Cup - Almond Milk

1/2 Cup - Peanut Butter

Optional - Raisins, Coconut, vanilla extract, chopped nuts

Combine ingredients in a bowl, add to a baking tray and let cool in the fridge for 1 hour. Slice and serve!

Alternatively, you can roll them into balls for a round treat.