



**STRENGTH**

**MORE THAN A  
SHAKE**

**5 recipes using vanilla protein powder**

# Protein Pancakes

## Ingredients

- 2 eggs
- 2 scoop (Xtend) protein powder
- 1 tsp baking powder
- 6 tbsp water or almond milk

## Instructions

1. Cooking spray, butter, or coconut oil to grease pan.
2. **Heat skillet to medium heat and spray with butter or coconut oil and let melt.**
3. While skillet is heating up, mix eggs, protein powder, baking powder and water in a large bowl.
4. Pour batter onto skillet using a 1/4 measuring cup.
5. When you can see bubbles form on the top it's ready to flip.
6. Serve with fruit, sugar free syrup or butter.



On average, each ¼ cup pancake should be around 60 cal

# Banana Bran Muffins

## Ingredients

- 1 2/3 cup oat bran
- 1 scoop (Xtend) vanilla protein powder
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 2 small or medium very ripe bananas, mashed
- 2 large egg whites (or 1 egg)
- 1 teaspoon vanilla extract



## Instructions

1. Preheat oven to 400 degrees F. Spray 12 cup muffin tin with nonstick cooking spray or grease well with coconut oil.
2. In a medium bowl whisk together oat bran, protein powder, baking powder and cinnamon; set aside.
3. In a large bowl, mix mashed banana, egg whites, and vanilla (adding water to dilute as needed) together until well combined and smooth. Add wet ingredients to dry ingredients and mix until just combined. Let batter sit two minutes to thicken a bit.
4. Divide batter evenly into 12 muffin cups and bake 15 minutes or until toothpick inserted into center comes out clean. Transfer to a wire rack to cool for 10 minutes, then remove muffins from tin and place on wire rack to cool completely.

Approx.80 cal, 15g carb and 20g protein per muffin.

# Protein Rice Krispy Treats

## Ingredients

- Coconut oil
- 4 cups brown rice crisps (or classic Rice Krispies)
- ½ cup all-natural peanut butter, partially melted
- ½ cup brown rice syrup
- 3 scoops (Xtend) vanilla protein powder
- 1 teaspoon vanilla



## Instructions

1. Grease a 9-inch by 9-inch pan with coconut oil or line it with parchment paper. Set aside.
2. In a medium bowl, mix together melted peanut butter, brown rice syrup, protein powder and vanilla until it forms a dough consistency.
3. Add brown rice crisps to the peanut butter mixture. Use your hands to gently fold the rice crisps into the mixture. Then, pour mixture into the pan.
4. Using a spatula, spread mixture out evenly and press into pan so the bars are compact.
5. Place into freezer for at least 30 minutes
6. Before serving or storing, use a sharp knife to cut your treats into squares.

Lower sugar and 8-10g protein/serving.

# Bacon-Studded Maple Donut Holes

## Ingredients

- 3/4 cup coconut flour
- 1/3 cup granulated sugar substitute
- 2 tsp baking powder
- 1 Scoop (Xtend) Vanilla Protein Powder
- ¼ tsp xanthan gum
- 3 eggs
- ⅔ cup unsweetened almond milk
- 1 Tbsp maple extract
- 2 Tbsp butter, melted
- oil for frying (avocado oil)
- 1/4 cup sugar free caramel sauce
- 6 slices cooked Jones Dairy Farm bacon, finely chopped



## Instructions

1. Combine the dry ingredients in a medium bowl.
2. Whisk together the eggs, almond milk, and melted butter in a small bowl.
3. Add the wet ingredients to the dry ingredients and stir well.
4. Let sit for 3 minutes. Form into 12 tightly packed balls.
5. Heat about 1 inch of oil in a heavy bottomed pan (cast iron works great) until about 350 degrees (F).
6. Fry the donut holes for 1 – 2 minutes per side or until golden brown and cooked through. Remove to a paper towel to drain any extra oil. Cool for at least 5 minutes.
7. Right before serving, add the donut holes to a large bowl and pour the caramel over the top (heat gently if necessary, to thin out the consistency.) Stir gently until all of the donut holes are coated in caramel.
8. Spread the chopped bacon on a flat plate. Then roll the caramel coated donut holes in the chopped bacon. Serve warm.

Approx. 8g Sugar and 220cal/donut

# Banana Oatmeal Breakfast Cookie

## Ingredients

- 3 ripe Bananas
- 2 cup Oats
- 1/4 cup Peanut Butter
- 2 scoops (Xtend) Vanilla Protein Powder
- 2 tsp. Honey



## Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium sized mixing bowl, mash the three bananas. Add peanut butter and with a whisk or an electric mixer, beat for a few minutes until smooth and you cannot see banana lumps.
3. Add oats and protein powder and mix well. Add honey and mix.
4. Drop by rounded spoonful onto a nonstick cookie sheet. Place in oven and bake for about 8-13 minutes or until they feel firm. They are not going to brown like a chocolate chip cookie would.
5. Remove and let cool for a few minutes before removing with a spatula.