



PLANTFORCE[®] RECIPE BOOK

A collection of delicious and 100% vegan recipes





Berry Smoothie Bowl

by @ohmeeran

INGREDIENTS

SERVES 2

- 2 frozen bananas
- 1 cup frozen strawberries
- 1 scoop Plantforce® Synergy Berry Protein powder
- 200ml nut milk to blend

METHOD

Blend everything together and top with your favourite toppings! In this recipe: muesli, coconut flakes and peanut butter.

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Chocolate Berry Bowl

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 50 g frozen blueberries
- 70 g frozen cauliflower and broccoli mix
- 13 g frozen spinach
- 1/2 avocado
- 25 g cherries
- 11 g kale
- 20 g Plantforce® Synergy Protein Chocolate
- 65 g plant-based milk
- 50 g creamy coconut milk
- 2 tsp FOS inulin
- 5 g cacao nibs
- 65 g cold berry tea

METHOD

1. Put everything in a blender and blend until smooth.
2. Pour into a bowl and finish with your toppings!

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ENERGY
PROTEIN



Chocolate Brownies

by  @ohmeeran

INGREDIENTS

SERVES 1

- 1 can black beans
- 1/2 cup Medjool dates
- 1 flax egg
- 1 scoop Plantforce® Synergy Chocolate Protein
- 2-4 tbsp cacao powder (depending on how chocolatey you want it)
- 1 tsp vanilla extract
- 1 tsp baking powder
- Plant milk to blend

METHOD

1. Pre-heat oven to 180°C
2. Make your flax egg and let it sit for a couple of minutes.
3. Rinse your beans and add them to your food processor along with the dates, and blend until everything is fairly smooth.
4. Add the rest of the ingredients and blend until smooth, adding plant milk to help blend.
5. Pour into a baking pan lined with baking paper and bake for 25-30 minutes. Check with a toothpick to be sure.
6. Take out and let cool of completely before cutting.

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Chocolate Chia Pudding

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 3 tbsp chia seeds
- 20g Plantforce® Synergy Protein Chocolate
- 1 tsp vanilla extract
- a pinch of salt
- 1 1/3 cup plant milk

METHOD

- 1) Mix everything together and let sit for 5-10 min.
- 2) Give it a stir and then either store in the fridge overnight or let sit for at least 20 min.
- 3) Top with toppings of your choice.
In photo: kiwi, banana. and granola.

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Mocha Smoothie

by @ohmeeran

INGREDIENTS

SERVES 1

- 3/4 cup cold coffee
- 2 frozen bananas
- 1 scoop Plantforce® Synergy Chocolate protein powder
- 1/4-1/2 cup plant milk
- 1 tsp vanilla extract
- 1 tsp cacao powder

METHOD

1. Put everything in a blender and blend until smooth.
2. Pour into a glass and enjoy a cold, refreshing mocha smoothie.

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Chocolate Pancakes

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 3/4 cup oats
- 20g Plantforce® Synergy Protein Chocolate
- 1 tsp baking powder
- 1 flax egg
- 1/2 banana
- 1 cup plant milk
- Toppings of your choice

METHOD

1. Start by making your flax egg and set aside to thicken.
2. Blend the oats, protein powder and baking powder together, until you have a flour looking consistency, set aside.
3. Blend your banana and plant milk until no lumps appear.
4. Combine dry and wet along with the flax egg and let it sit for a few minutes.
5. Heat up a non-stick pan on medium-low heat.
6. Pour about 1/4 cup batter on and let bake until small bubbles appear on top, then flip and repeat with the rest of the batter.

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Quick Breakfast

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 20g Plantforce® Synergy Protein Chocolate
- Frozen bananas
- Muesli
- Toppings of your choice

METHOD

- 1) Blend protein and bananas together, then finish it off with some muesli and your favorite toppings.

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Protein Cookies

by  @lovedbylauren

INGREDIENTS

SERVES 1

- 100g almond flour
- 2 tbsp coconut flour
- 1 tbsp milled linseed/flaxseed
- 1/2 tsp GF baking powder
- 1 tbsp coconut sugar
- 1/2 tsp ground cinnamon
- 2 tbsp coconut oil
- 2 tsp agave syrup
- 1 flax egg
- 60g chocolate (broken up into little chunks)
- Dash of almond milk
- Pinch of Himalayan salt
- 20 g Plantforce® Synergy Protein (Chocolate or Vanilla)

METHOD

- 1) Preheat the oven to 180°C
- 2) In a large mixing bowl, combine all the dry ingredients excluding the chocolate.
- 3) Place a small saucepan on low heat and add the coconut oil and agave syrup. Stir until the mixture had melted and combined (do not let the coconut oil heat up too much).
- 4) Pour the wet mixture into the bowl with the dry ingredients, add the flax egg and combine.
- 5) Pour in small amounts of the milk whilst stirring continuously until you get the consistency of cookie dough.
- 6) Add in the chocolate chunks until they are evenly distributed. throughout the mixture. Put some baking paper on a tray and roll up teaspoon amounts of the dough into balls. Place your dough balls on the baking tray and flatten them.
- 7) Put the cookies in the oven for 10-12 minutes. Once cooked, removed your cookies from the oven, allow them to cool.

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Chocolate Sweet Potato Smoothie

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 1 medium sweet potato, baked
- 20g Plantforce® Synergy Protein Chocolate
- 1 frozen banana
- 1 tbsp cacao powder
- Water or plant milk to blend

METHOD

1. Put everything in a blender and blend until smooth.

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Black Bean Burger

by  @veganz

INGREDIENTS

SERVES 2-3

- 20g Plantforce® Synergy Protein - Natural
- 1 sweet potato
- 400g black beans
- 4 tbsp arrowroot powder
- 200g gluten free breadcrumbs
- 1/2 chopped red onion
- 2 minced garlic cloves
- 1 tbsp fresh chopped coriander
- 1 tsp smoked paprika
- 1 tsp cumin seeds
- 1 gluten free bun
- Lettuce and tomato for garnish

METHOD

- 1) Heat oven to 180°C
- 2) Peel and chop sweet potato into small chunks, coat with olive oil and paprika. Roast until tender.
- 3) Add black beans, Plantforce® Synergy Protein, arrowroot powder, onion, garlic, coriander and cumin into a bowl and mix. Add the sweet potato and mash.
- 4) Divide mixture in to balls and press down to form the shape of a burger. Coat in breadcrumbs.
- 5) Place burgers on a baking tray, cook for 30 minutes turning over halfway.
- 6) Serve in a bun with lettuce & tomato.

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Tropical Smoothie

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 2-3 cups watermelon
- 5 frozen strawberries
- 1-2 frozen bananas
- 20g Plantforce® Synergy Protein Natural

METHOD

1. Put everything in a blender and blend until smooth.

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Blueberry Pancakes

by  @outsideofficehours

INGREDIENTS

SERVES 1

- 1 big or 2 medium bananas
- 3 flax eggs
- 30 g Plantforce® Synergy Protein (Vanilla or Natural)
- 1 teaspoon vanilla powder
- A pinch of sea salt
- Handful of Blueberries
- Coconut Oil for frying

METHOD

1. Mash the banana, and add in the remaining ingredients. Mix until a smooth consistency. You can add in some blueberries to the batch.
2. Heat up the oil and fry the pancakes on medium heat until golden on each side.
- 3) Serve with more blueberries and syrup.

TIP: You can easily make a chocolate sauce by mixing a couple of tablespoons of Plantforce® Synergy Protein Chocolate with some water.

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Quinoa Twist

by @vegang_z

INGREDIENTS

SERVES 1

- 20g Plantforce® Synergy Protein - Natural
- 1 cup quinoa
- 1 cup water
- 1/2 tsp maca
- 1/2 tsp cinnamon
- 1/2 tsp grated nutmeg
- 1/2 tsp all spice
- 1/4 tsp salt
- Toppings of your choice

METHOD

- 1) Rinse the quinoa well before you place in saucepan. To boil - add water, cinnamon, all spice, nutmeg, maca and salt. Simmer for 15 mins until quinoa is ready.
- 2) Mix Plantforce® Synergy Protein and almond milk (make the consistency as thick or thin as preferred).
- 3) Put quinoa in to bowl, add in the protein milk mix.
- 4) Add toppings to preferred taste. We used caramelised pecans, tahini mixed with agave syrup, figs, apples, pears, dates, pomegranate, orange, cocoa nibs, hemp seeds and basil!

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Protein Overnight Oats

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 3/4 cup oats
- 20g Plantforce® Synergy Protein Vanilla
- 1 tbsp chia seeds
- 1 1/4 cup plant milk/
water
- Toppings of choice

METHOD

1. Mix oats, protein powder, chia seeds and plant milk/water in a bowl and let sit in the fridge overnight.
2. The next day, take it out, stir it around a little and top with whatever your heart desires (In photo: banana, blueberries, peanut butter, hemp seeds, and cacao nibs)

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Berry-Avo Bowl

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 80 g cauliflower
- 40 g cherries
- 50 g strawberries
- 60 g napa cabbage
- 1/2 avocado
- 1/2 banana
- 1 tsp coconut oil
- 1 dl orange juice
- 20 g Plantforce® Synergy Protein Vanilla

METHOD

- 1) Place it all in a blender and add more orange juice or water for desired consistency.
- 2) Top it with shredded coconut, hemp seeds, mulberries, cacao nibs, fresh pomegranate, blueberries and raspberries

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Choco Protein Cake

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 260 g cooked kidney beans
- 3 tbs flaxseed mixed with 9 tbs water (let it swell for a few hours)
- 4 tsp FOS inulin (for those good gut bacteria's - can be replaced with 2 tbs coconut sugar)
- 10 g yacon syrup
- 40 g dates
- 30 g Plantforce® Synergy Protein Vanilla
- 5 topped tbs cacao powder
- 4 tsp organic instant coffee mixed with 0,75 dl water
- 1 tbs coconut oil
- 1 tbs baking powder
- 4 drops stevia vanilla
- 6 tbs creamy coconut milk
- Pinch of Himalayan salt
- 50 g dark chocolate, chopped

METHOD

- 1) Preheat oven to 170°C, then place all the ingredients except the dark chocolate in a good blender or a food processor and blend until smooth consistency. If you like it sweet add some more dates or sweetener.
- 2) Line a 24 x 14 cm bread tin or square baking pan with parchment paper. Transfer the mixture to the baking pan and pack down to fill the bottom of the pan.
- 3) Chop the dark chocolate into small pieces and spread it on the cake.
- 4) Bake for 40 minutes. It's supposed to be creamy in the middle, but if you want it more like a brownie you can bake it until it's cooked through. Enjoy hot or cold!

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Cinnamon Balls

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 14 big juicy dates (140 g)
- 4 dl walnuts (160 g)
- 2 dl almonds (120 g)
- 2 tbs yacon syrup
- 2 tbs coconut oil
- 20g Vanilla Plantforce® Synergy Protein
- 4 tsp Ceylon cinnamon
- 2 tsp cardamom
- 1 tsp carnation
- 1 tsp ginger
- 1/2 tsp black pepper

METHOD

- 1) Mix all the ingredients in a food processor till it gets fine and sticky.
- 2) Roll one heaped tbs of the mixture into a ball.
- 3) Store them in the fridge or freezer.

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Chocolate Chip Cookies

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 1 tbs crushed linseeds mixed with 3 tbs water (leave for about 1 hour)
- 85 g almond flour
- 35 g melted coconut oil
- 10g Plantforce® Synergy Protein Vanilla
- 10 g fiber syrup
- 2 tbs coconut sugar
- 1 tsp psyllium husk
- Almond milk until wished consistency
- Add at the end:
 - 50 g nuts
 - 50 g dark chocolate chips

METHOD

- 1) Preheat the oven to 180°C.
- 2) Mix all the dry ingredients in a bowl. Add the rest of the ingredients and add almond milk until sticky consistency. Chop up the nuts and chocolate and add to the mixture.
- 3) Line a baking sheet with parchment paper. Use a table spoon and a spatula to form cookies in the size you want. Remember they expand slightly in the oven.
- 4) Place them in the oven for about 20 minutes.

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Chocolate Potato Porridge

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 1 cup cooked potatoes
- 1 frozen banana
- 2 tbsp carob or cacao powder
- 20g Plantforce® Synergy Protein Vanilla
- Add Water or plant milk to blend
- Toppings of your choice

METHOD

- 1) Pop everything into a blender, blend until smooth and then top with favorite ingredients!

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Nicecream

by @ohmeerahn

INGREDIENTS

SERVES 2

- 20g Plantforce® Synergy Protein - Vanilla
- 3 frozen bananas
- 200ml plant milk to blend
- Toppings of your choice

METHOD

1. Put Plantforce® Synergy Protein, bananas and plant milk into a blender or food processor and blend until smooth.
2. Scoop out into a bowl and put in the freezer for one hour.
3. Add toppings of your choice (we used raspberries, coconut, nuts and seeds!)

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Peanut Butter & Jelly Nicecream

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 2-3 frozen bananas
- 5 frozen strawberries
- 20g Plantforce® Synergy Protein Vanilla
- Plant milk to blend
- Peanut butter and granola to top

METHOD

- 1) Blend bananas, strawberries, protein powder, and plant milk until you get a creamy consistency.
- 2 Top off with peanut butter and granola and enjoy.

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Berry Bowl

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 45 g mixed berries
- 6 frozen cherries
- 50 g frozen broccoli and carrot mix
- 1 stalk celery
- 30 g cabbage
- 1/2 avocado
- 1 dl berry tea
- 20 g Plantforce® Synergy Protein Vanilla
- 3 tbs creamy coconut milk
- 2 tsp FOS inulin

METHOD

- 1) Place all the ingredients in a blender and mix it up until creamy.
- 2) Top it with fresh raspberries, blueberries, pomegranate, mulberries, hemp seeds and cacao nibs.

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Cauliflower Smoothie

by  @ohmeerahn

INGREDIENTS

SERVES 1

- 1 cup frozen cauliflower, cooked
- 1 frozen banana
- 20g Plantforce® Synergy Protein Vanilla
- Water or plant milk to blend (around 1 cup)
- Cacao nibs to the top (optional)

METHOD

1. Put everything in a blender except for the cacao nibs and blend until smooth.
2. Pour into a glass and sprinkle some cacao nibs on top for extra crunch.

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All in One Bowl

by  @chasinghealthyhappiness

INGREDIENTS

SERVES 1

- 55 g frozen broccoli
- 55 g frozen strawberries
- 30 g raspberries
- 8 frozen cherries
- 1/2 avocado
- 65 g cabbage
- 1 dl cold berry tea
- 1 tsp coconut oil
- 2 tbs creamy coconut milk
- 20 g Plantforce® Synergy Protein Vanilla
- 2 tsp FOS or 1/2 banana

METHOD

- 1) Mix in a blender until creamy consistency.
- 2) Top it with fresh berries, pomegranate, fresh mint leaves, shredded coconut, hemp seeds and cacao nibs.

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