

PRO YOUTH

X

 INTEGRATE
 FITNESS
 LTD



PROTEIN OAT COOKIE

A great healthy alternative to sugary cookies, this oat based treat gives you prolonged energy & satisfies your sugar cravings.

SNACKS

PROTEIN OAT COOKIE RECIPE

1. Preheat the oven to 180C and line the baking tray with baking parchment.
2. Pop the flour, baking powder, oats and sugar into a mixing bowl and combine.
3. Melt the butter, syrup and milk in a small saucepan or in the microwave and stir.
4. Add to the dry ingredients & mix until well combined. Then add the chopped by bars and mix so spread evenly throughout the mixture.
5. Spoon onto a baking tray and shape into rounds, leaving space between each biscuit as they will spread whilst cooking.
6. Bake for 10-15 mins, or until golden brown. Leave to cool down for 5 mins before removing from tray.

Ingredients

Chopped PY bar (any flavour works well!)

75g Wholemeal flour

1 tsp Baking powder

75g Porridge oats

50g Coconut sugar (we used coconut sugar but feel free to use sugar of your choice as we all need a treat)

75g Butter

1tbsp Golden syrup

2 tbsp Milk

Per Cookie:

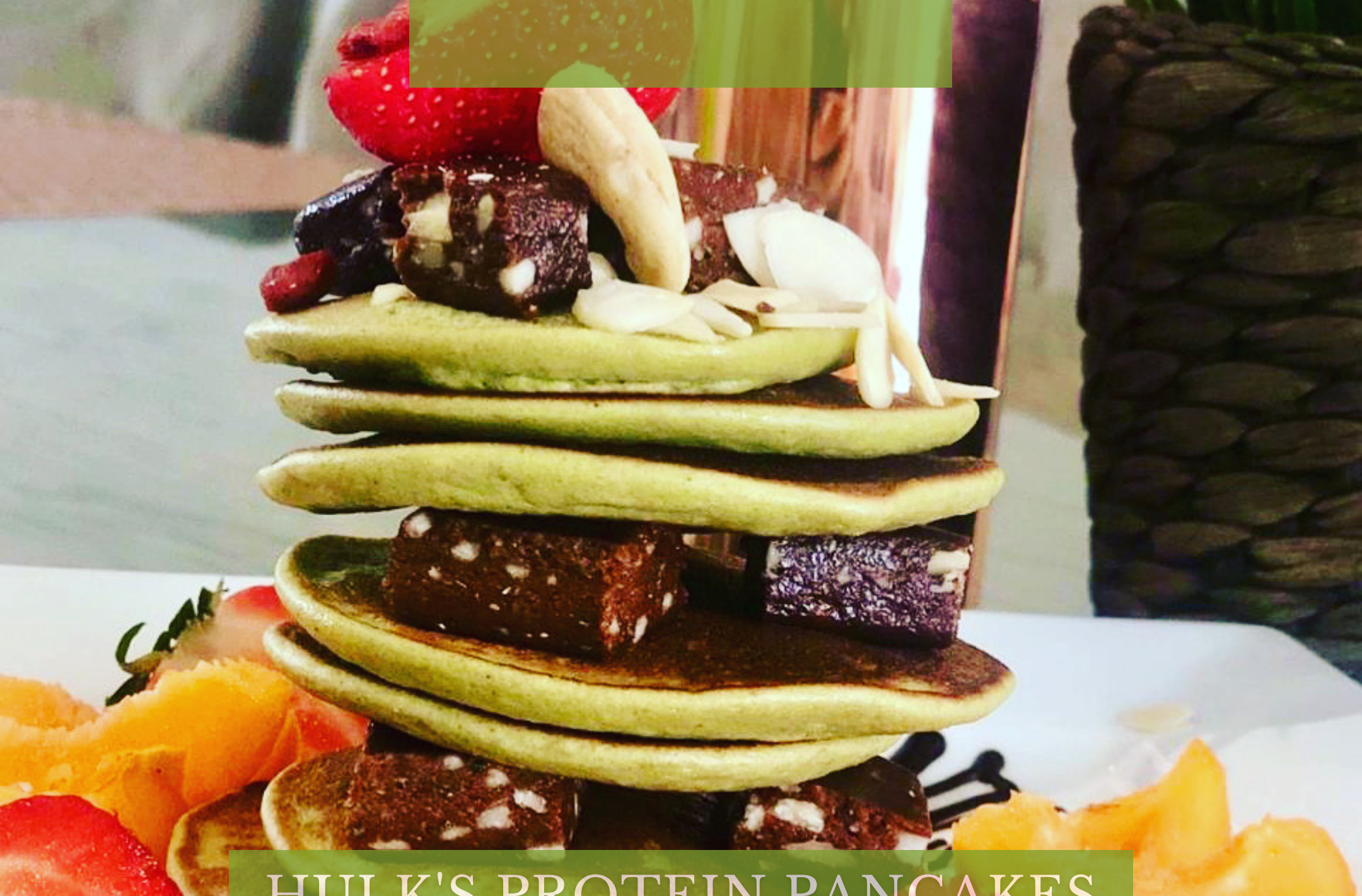
Calories: 154

Carbs: 18.1g

Fat: 7.4g

Protein: 2.95g

S N A C K S



HULK'S PROTEIN PANCAKES

The green tinges comes from adding spinach to the mixture. A great way to sneak in those leafy greens without changing the flavour!

BREAKFAST

HULK'S PROTEIN PANCAKE RECIPE

1. Blend all the ingredients in your blender of choice
2. Warm up a non-stick pan – Keep at low to medium heat, spray the oil and cook the pancakes.
3. Once cooked stack them up and decorate / drizzle with your choice of topping and enjoy.

Naturally, we decorated with ProYouth bars :)

(Makes around 6 pancakes)

Ingredients

3 x Bananas

3 x Eggs

4 x Scoops or 115g Porridge oats

30g of Cashew nuts

30g of Spinach

29g Gluten free flour

235ml Cashew Milk (or milk of your choice)

1 tsp of Hulled Chia and Blueberries

2 tsp of Coconut Sugar

Oil Spray

Nutri Bullet or equivalent to Blend everything

Per Pancake:

Calories: 220

Carbs: 33g

Fat: 7.06g

Protein: 7.41g

B R E A K F A S T



VANILLA & BLUEBERRY CHIA POT

Filling, full of flavour and fun to make! These chia pots give you the total freedom to experiment with ingredients

BREAKFAST

VANILLA & BLUEBERRY CHIA POT RECIPE

1. Blend the blueberries and almond milk (or any milk alternative)
2. Add the vanilla extract, chia seeds & mix lightly
3. Pour into 2 jars, glasses or bowls and leave to set overnight in the fridge
4. Get creative and top with your favourite ProYouth bar, berries or shredded coconut
5. Enjoy and Experiment as more the toppings, more the texture and crunch and PY bars will certainly keep you fuller for longer and curbs those unnecessary cravings !

Ingredients

200g of Blueberries

130g of Chia seeds

400ml of Almond milk (or any alternative)

2tsp of Vanilla essence

Toppings (you choose)

Chopped PY bar in any flavour

Blueberries

Strawberries

Almonds

Shredded coconut

Pumpkin seeds

Per Serving:

Calories: 576

Carbs: 57.9g

Fat: 25.7g

Protein: 17.4g

B R E A K F A S T



CHOCO BROWNIE PROTEIN PORRIDGE

Chocolatey oats to start your morning. Your choice of nuts, seeds and berries make this once boring dish, exciting again

BREAKFAST

CHOCO BROWNIE PROTEIN PORRIDGE RECIPE

1. In a saucepan pour the milk, oats & cocoa powder or Chocolate Protein Powder and cook on low heat and stir together until combined (5-7 minutes).
2. After 5 minutes check the porridge has thickened and cook until desired consistency.
3. Add chopped banana and half of ProYouth Choco Brownie Bar
4. add any toppings you love, experiment with berries, nuts & seeds.

Ingredients

1 Cup of Oats

1/2 Scoop of Chocolate Protein Powder for adults (1 x

Tbsp Cocoa Powder for kids)

200ml Milk – of your choice

Toppings (you choose)

1/2 Banana

1/2 PY Choco Brownie Bar

1 large pinch of Flaked Almonds

Strawberries

Blueberries

1 Tsp of pumpkin seeds

Per Serving, before toppings:

Calories: 256

Carbs: 35.6g

Fat: 7.3g

Protein: 14g

B R E A K F A S T