

PNI 

LEAN SHAKE PLUS

RECIPE BOOK VOL **1**

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CLASSIC PNI PANCAKE

CHOCOLATE CARAMEL CHEESECAKE

INGREDIENTS

80g Rolled oats
40g Lindt 90% dark chocolate
170g Total Greek Yoghurt
360g Philadelphia lightest (2 tubs)
50g Leanshake Plus (Chocolate Caramel)
20g Cocoa Powder (Bourneville)
using other brands of cocoa powder
will vary the nutritional values

NUTRITIONAL FACTS

Serves: 8
Serving Size 1/8th - 151.7kcal
5.3g Fat
10.7g Carbs
15.3g Protein



FOR THE BASE

Melt the dark chocolate in a glass bowl placed in a pan of boiling water or in the microwave until it becomes a liquid.

Combine the oats and chocolate together and press into the cheesecake tin firmly using the back of a metal spoon.

Place the base in the freezer while making the filling.

FOR THE FILLING

Blend together the Greek yoghurt, Philadelphia, Leanshake Plus and Cocoa powder.

Once smooth, transfer to cheesecake base.

Preheat the oven to gas mark 3; 170°/150° fan

Place in the oven for 30 minutes.

Remove from the oven and leave to cool.

FOR BEST RESULTS: Serve warm, drizzled with your favourite Walden Farms syrup or sauce, accompanied by our chocolate caramel dip, and enjoy.

STRAWBERRY BANANA PROTEIN LOAF

INGREDIENTS

200g Egg whites,
220g Banana,
1 tsp Baking powder,
100g Leanshake Plus (Strawberry Cream)
450ml Boiling water.
200g Oats,

NUTRITIONAL FACTS

Per 20cm Square Baking Tin
Serving Size 1/8th - 68.8kcal
0.8g Fat
9.7g Carbs
5.7g Protein



METHOD

Preheat oven between gas mark 3-4 (170°, 150° fan).

Whisk the egg whites and banana together.

Add all of the dry ingredients into a large mixing bowl.

Stir in both mixtures until a smooth consistency is formed.

Add the whole mixture into your preferred loaf tin.

Bake in the oven for 25 minutes then turn the oven off.

Leave the loaf in the oven for a further hour.

FOR BEST RESULTS: Serve with yoghurt and fresh fruit and enjoy.

VANILLA ALMOND PROTEIN BALLS

INGREDIENTS

120g Coconut Flour,
87g Leanshake Plus (Vanilla)
200g Sweet Potato (cooked and peeled)
½ tsp Almond Extract,
½ tsp Baking Powder,
1 Egg White and roughly 100ml Water.
½ tsp Cinnamon,

NUTRITIONAL FACTS

Serves: 10
Serving Size 1/10th - 109.7kcal
2.1g Fat
13.1g Carbs
9.6g Protein



METHOD

Preheat oven gas mark 3-4; 170°/150° fan.

Peel and chop sweet potatoes.

Boil for about 25 mins or until soft and easy to mash.

In a separate bowl, add all the dry ingredients.

Blend together the sweet potato, almond extract, egg whites.

Once blended into a smooth puree, stir together the dry ingredients.

The messy part begins!

Using your hands combine ingredients together.

Add small splashes of water until you get dough-like consistency.

Roll into equal sized balls and place on baking paper on a tray and pop in the oven for 8-10 mins.

FOR BEST RESULTS: Serve warm, drizzled with your favourite Walden Farms syrup or sauce, accompanied by our chocolate caramel dip, and enjoy.

VANILLA PEANUT BUTTER CUP CHEESECAKE

INGREDIENTS

80g Rolled Oats,
40g 85% Dark Chocolate
400g Philadelphia Lightest,
170g Total 0% Greek Yoghurt
50g Leanshake Plus (Vanilla)
80g Leanshake Plus (Peanut Butter)
1 tsp Vanilla Extract,
50ml Water

NUTRITIONAL FACTS

Serves: 8
Serving Size 1/8th - 148.7kcal
4.3g Fat
9.9g Carbs
17.6g Protein



FOR THE BASE

Melt the dark chocolate in a glass bowl on top of boiling water or in the microwave

Mix the oats with the melted dark chocolate

Press into the cheesecake tin and place in the freezer for about ten minutes

Mix Peanut butter cup Leanshake plus with a little bit of water (50ml)

Carefully spread the peanut butter mix over the base and pop in the freezer while you make the filling.

FOR THE FILLING

Blend together the Greek yoghurt, Philadelphia, 1 tsp vanilla extract 50g of vanilla delight Leanshake plus until smooth.

Add the filling into the cheesecake tin

Bake in the oven on gas mark 3-4 for 30 mins, 170/180 or 150/140 fan

Take out the oven to cool and then place in the fridge for a few hours

FOR BEST RESULTS: Serve with fresh fruit and enjoy.

GINGER, VANILLA & LEMON CHEESECAKE

INGREDIENTS

8 x Ginger Nut Biscuits
14g Kerrygold Unsalted Butter
70g Leanshake Plus (Vanilla)
170g Total 0% Greek Yoghurt
360g Lightest Philadelphia

NUTRITIONAL FACTS

Serves: 8
Serving Size: 1/8th - 155kcal
5g Fat
12.6g Carbs
14.9g Protein



FOR THE BASE

Take the 8 biscuits and bash them or blend them up to crumbs.

On a very low heat melt the 14g of butter in a small saucepan and add the biscuits

Covering all evenly and quickly transfer to the cheesecake tin and press down firmly

Pop the base in the fridge while making the filling.

FOR THE FILLING

In a mixing bowl add the Philadelphia, quickly mix up for a few seconds then add in the 70g vanilla Leanshake plus, Greek yoghurt

Mix in a table spoon or 2 of lemon extract (or even add more to taste!)

Using an electric whisk, whisk all the ingredients together until smooth and transfer to the cheesecake tin.

You can add some grated unwaxed lemon on the top for decoration.

Preheat the oven gas mark 3-4, 170°/180° or 150°/140° fan

Bake on the top shelf for 30 minutes.

Take out and allow to cool before slicing.

FOR BEST RESULTS: Serve with fresh fruit and enjoy.

CHOCOLATE CARAMEL SWEET POTATO LOAF

INGREDIENTS

400g Cooked and Peeled Sweet Potato
200ml Unsweetened Almond Milk
100g Leanshake Plus (Chocolate Caramel)
20g Cocoa Powder (nutritional values will change on different brands)
5 Egg Whites
50g Walnuts

NUTRITIONAL FACTS

Serves: 16
Serving Size 1/16th - 75.4kcal
2.6g Fat
5.7g Carbs
7.3g Protein



METHOD

Peel and chop the sweet potatoes

Add to a pan and boil for 20 mins or until very soft.

Mash or blend the sweet potato

Add the rest of the ingredients apart from the walnuts

Using a blender or electric mixer, beat until you have a smooth batter.

Add in your walnuts and stir through the mixture

Pour the whole mixture into a baking tray and bake for 45 minutes on gas mark 4, 180° fan

Then leave in the oven for a further 30 minutes when you have switched the oven off.

Take out and let the loaf cool before slicing.

FOR BEST RESULTS: Serve with yoghurt and fresh fruit and enjoy.

COTTAGE CHEESE PANCAKES

INGREDIENTS

2 Egg Whites,
100g Banana,
100g Fat Free Cottage Cheese,
50ml Alpro Coconut Milk/Almond
milk (either will do)
52g Leanshake Plus (experiment
with flavours)
A pinch of Salt and Baking Powder.

NUTRITIONAL FACTS

1 Serving of batter includes:
382.7kcal
2.7g Fat
31.5g Carbs
58.1g Protein



METHOD

Add all the ingredients into a blender

Blend until you have a smooth batter.

If adding any additional ingredients carefully stir them into the mix.

In a saucepan, pour 3 to 4 inches of batter.

Leave until you see the pancake starting to bubble then flip over for a further minute.

ADDITIONAL INGREDIENTS

- nuts
- blueberries
- chocolate

NOTE: Add ons will change nutritional information.

FOR BEST RESULTS: Drizzle with your favourite Walden Farms syrup.

HIGH PROTEIN PUMPKIN MUFFINS

INGREDIENTS

200g Canned Pumpkin
80g Wholemeal Flour
25g Cocoa Powder (pref dark)
50g Leanshake Plus (Chocolate Caramel)
1 tsp Vanilla Extract
1 tsp Baking Powder
2 Whole Eggs
A pinch of Salt

NUTRITIONAL FACTS

Serves: 6
Serving Size 1/6th - 122.4kcal
3.2g Fat
12.3g Carbs
11.1g Protein (3.5g Fibre)



METHOD

In a bowl, mix together the pumpkin, eggs and vanilla extract with a spoon for 1 minute.

In a separate bowl add all the dry ingredients, stirring to combine.

Start adding the 2 mixtures together, stirring until you get a thick batter.

Grease your muffin tray and fill equally.

Preheat oven gas mark 3-4, 170°/180° or 150°/140° fan

Bake for 20 minutes

Check with a toothpick in the centre of the muffins: if the toothpick comes out dry take out the oven to cool; if not dry, pop back in the oven for another 4-5 minutes.

FOR BEST RESULTS: Serve warm with yoghurt and fruit and enjoy.

PEANUT BUTTER CINNAMON DROP COOKIES

INGREDIENTS

240g Chickpeas well-rinsed
1 teaspoon Vanilla Extract
80g Whole Earth Peanut Butter
1 teaspoon Baking Powder
50g Leanshake Plus (Peanut Butter Cup)
Sweetener to taste

NUTRITIONAL FACTS

Serves: 10
Serving Size: 1/10th - 98.3 kcal
4.7g Fat
6.4g Carbs
7.6g Protein. (1.5g fibre)



METHOD

A food processor is best for this recipe or a powerful blender. (Nutri Bullet/Ninja)

Add chickpeas into food processor/blender

Blend for about 2 minutes

Add the rest of the ingredients and process/blend until you get a smooth dough consistency.

Add any extras e.g chocolate chips, then stir in with a spoon

If adding any extras the nutritional values will change.

Using a spoon drop the dough onto baking paper in equal sizes

Sprinkle with cinnamon (optional),

Place on the top shelf in the oven on gas mark 6, 200°/180° fan for 15 minutes or until the cookies start to brown.

Remove and cool on a rack.

FOR BEST RESULTS: Serve warm, or enjoy as a snack through the day.

CHOCOLATE DIP

INGREDIENTS

245ml Almond Milk
160g Pitted Dates
25g Walnuts
10g Coconut Oil
45g Leanshake Plus (Chocolate Caramel)

NUTRITIONAL FACTS

Serves: 6
Serving Size 1/6th - 122.4kcal
3.2g Fat
12.3g Carbs
11.1g Protein (3.5g Fibre)



METHOD

Place the dates and walnuts into a bowl of luke warm water for 10 minutes.

Remove the dates and walnuts from the water and blend in a food processor.

Blend the milk, protein, coconut oil, dates and walnuts for a few minutes until you have a very smooth spread-like mixture.

The mix will look watery but don't worry, it thickens up when it is refrigerated.

Store in a glass jar.

PNI LEANSHAKE ICE CREAM

INGREDIENTS

3 Bananas
2 Scoops of Lean Shake Plus
1 Tsp of Peanut Butter
1 Tsp of Nutella
150ml Almond Milk

NUTRITIONAL FACTS

Serves: Depends on scoop size
Per Full Container: 579.4kcal
8g Fat
76.6g Carbs
58.55g Protein



METHOD

Peel and chop the bananas, then freeze until solid.

Add the frozen chopped bananas to a food processor, followed by the almond milk and blend until smooth.

Add 2 Scoops of your favourite PNI Pure Protein Advanced or PNI Lean Shake Plus, 1 x Tsp of your favourite Peanut Butter and 1Tsp Nutella to the processor and blend once more until smooth.

Place in a plastic container and freeze until solid.

CLASSIC PNI PANCAKE

INGREDIENTS

1 Scoop Leanshake Plus (Vanilla)
150ml Almond Milk
80g Oats
100g Greek Yoghurt

NUTRITIONAL FACTS

Serves: 5
Per Pancake - 102kcal
1.43 g Fat
11.6g Carbs
10.32g Protein



METHOD

Blend all the ingredients in a food processor.

Once combined, heat a pan and spray lightly with cooking spray or use a small amount of coconut oil.

Pour equal amounts of the mix onto the pan and cook until ready to flip.

Once cooked place the pancakes in a stack, top with some fruit yoghurt or sauce and serve.

(Portion size depends on the size of the pancakes.)

INGREDIENTS

LIST

These are ALL the Ingredients you will need.

Almond Extract
Almond Milk
Baking Powder
Bananas
Canned Chickpeas
Canned Pumpkin
Cinnamon
Cocoa Powder
Coconut Flour
Coconut Milk
Coconut Oil
Cottage Cheese
Eggs
Ginger Nut Biscuits
Kerrygold Unsalted Butter
Lindt 85% Dark Chocolate
Lindt 90% Dark Chocolate
PNI Leanshake Plus
Peanut Butter
Philadelphia Lightest
Pitted Dates
Rolled Oats
Salt
Sweet Potato
Sweetener
Total 0% Greek Yoghurt
Total Greek Yoghurt
Vanilla Extract
Walnuts
Waldern Farms Syrup
Water
Wholemeal Flour

**With special thanks to Leanshake Chef,
Enzo De Angelis & The PNI Team.**

**#TEAMPNI
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