

Protein

Recipes

for

ProCel

Pumpkin Smoothie

- 1 banana
- 1/3 cup pumpkin puree
- 3/4 cup almond milk (unsweetened or sweetened)
- 3/4 tsp. pumpkin pie spice
- 1 scoop **ProCel® Vanilla**
- 4 ice cubes
- Mix in blender until combined

Provides: 17.5g of protein



Protein Enhanced Rice Krispies® Treats

Ingredients:

- 4 tbsp. Margarine or butter or unsalted Margarine
- A bag and half of marshmallows
- 12 scoops **ProCel® Vanilla**
- 4 tbsp. water
- 3 cups Rice Krispies®

Directions:

- Melt Margarine in saucepan over low heat
- Add marshmallows and stir until completely melted
- Gradually add **ProCel® Vanilla** and stir until completely blended
- Add 3 tbsp. water and stir until blended
- Add 3 cups of cereal stir until well coated
- Place in 9 inch (close to it) square pan
- Cut into 9 portions

Provides: 7.3g protein

Hot Chocolate

Ingredients:

- 1 scoop **ProCel® Vanilla**
- 2 tsp. unsweetened cocoa powder
- 8 oz skim milk
- Sprinkle of cinnamon

Directions:

Warm up desired liquid to no warmer than 180F, then add the **ProCel® Vanilla** and unsweetened cocoa powder to the liquid. Stir until all ingredients are blended to desired consistency. Sprinkle cinnamon on top for garnish.

Provides: 23.5g of protein**

**actual protein can vary depending on the type of milk or milk substitute used.



Strawberry Smoothie

- 1 scoop **ProCel® Vanilla**
- 1/2 cup Strawberries
- 2-3 ice cubes
- 4-6 ounces of water
- Mix in blender until combined

Provides: 15.5g of protein

Vanilla Smoothie

- 1 Scoop **ProCel® Vanilla**
- 5 ice cubes
- 4-6 ounces of water
- 1 tsp of vanilla extract
- Mix in blender or shaker

Provides: 15g of protein

Blueberry Smoothie

- 1 scoop **ProCel® Vanilla**
- 1/2 cup Blueberries
- 5 ice cubes
- 4-6 ounces of water
- Mix in blender until combined

Provides: 15.5g of protein