



## 9 Delicious Protein Powder Recipes

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**RNC**  
results nutrition centre

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## Mango Oat Smoothie

2 servings

5 minutes

### Ingredients

1 cup Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Trim Milk  
30 grams Vanilla Protein Powder  
1/4 Lemon (juiced)

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Storage:** Refrigerate in a mason jar or other air-tight container up to 48 hours.

**More Protein:** Add a spoonful of nut butter.

**More Fibre:** Add ground flax seed.

**More Like Mango Lassi:** Reduce milk and add greek yogurt.



## Creamy Apple Pie Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Devine Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

### Directions

1

Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Apple Type:** For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.



## Peanut butter protein ball

12 servings

30 minutes

### Ingredients

- 2 cups Chocolate Protein Powder
- 1 cup Linseed Sunflower Almonds (Lsa)
- 1 cup Crushed Mixed Nuts
- 2 cups Peanut Butter
- 1 cup Unsweetened Shredded Coconut (dessicated)
- 1 cup Honey
- 1 cup Wheatgerm

### Directions

- 1 Mix all dry ingredients together.
- 2 Soften peanut butter and honey in microwave (heat together for approximately 20 seconds).
- 3 Add to dry ingredients and mix thoroughly.
- 4 Roll into even sized balls and place on a tray and refrigerate.
- 5 Refrigerate for approximately 6 hours. Serve and enjoy!

### Notes

**Peanut butter:** Aim for 100% nuts (or with a small amount of salt). No oil or sugar added.



## Mango Green Smoothie Bowl

1 serving  
5 minutes

### Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwifruit (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tsp Sesame Seeds (optional)

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, sesame seeds and any other favourite toppings. Enjoy!

### Notes

**Topping Ideas:** Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

**Turn It Into a Smoothie:** Add more almond milk for a thinner consistency.



## Strawberry Banana Protein Smoothie

1 serving  
5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Almond Butter
- 1 1/4 cups Milk (of your choice)

### Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.



## Cranberry Protein Cookies

8 servings  
20 minutes

### Ingredients

1 Banana (mashed)  
1/4 cup Vanilla Protein Powder  
1 cup Oats  
1 cup Almond Butter  
1/2 tsp Cinnamon  
1/4 cup Dried Unsweetened  
Cranberries

### Directions

- 1 Preheat oven to 180°C (350°F). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with baking paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!



## Mango Coconut Green Smoothie

1 serving  
10 minutes

### Ingredients

1/4 cup Frozen Cauliflower  
1/4 cup Frozen Broccoli  
1/2 cup Frozen Mango  
3/4 cup Unsweetened Almond Milk  
1/2 cup Lite Coconut Milk  
3/4 tsp Vanilla Protein Powder  
1 tblspn Almond Butter

### Directions

1

Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Almond Butter:** You can use cashew or peanut butter instead.

**No Protein Powder:** Use hemp seeds instead.





## Pineapple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 4 cups Vanilla Protein Powder
- 1 tsp Turmeric (powder)

### Directions

1

- Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**Storage:** Refrigerate in a sealed jar overnight. Shake before drinking.

**No Pineapple:** Use mango, peaches or banana instead.



## Lemon Tart Smoothie

1 serving  
10 minutes

### Ingredients

1 Lemon (juiced)  
1 Banana (frozen)  
1 cup Frozen Cauliflower  
2 tbsps Peanut Butter  
1/4 cup Vanilla Protein Powder  
1 1/2 cups Unsweetened Almond Milk

### Directions

1 Place all ingredients in your blender and blend until smooth. Enjoy!

### Notes

**No Peanut Butter:** Cashew or almond butter can be used instead.  
**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.