

Protein Recipes

1. Protein Pancakes

Title: Protein Pancakes

Ingredients:

- 1/2 cup oats
- 2 eggs
- 1/2 tsp baking powder
- 1 tsp vanilla sugar
- 1 scoop vanilla whey protein powder
- 1 ripe banana

Instructions:

1. Add oats, eggs, baking powder, vanilla sugar, whey protein powder, and banana into a blender. Blend until smooth.
2. Heat a non-stick pancake pan over medium heat.
3. Pour small amounts of the batter into the pan and cook 2-3 minutes per side.
4. Serve warm. Optionally top with fruit or yogurt.

Nutritional Info:

Protein: ~20-25g

Carbohydrates: Moderate

Fats: Healthy fats from eggs

Refined Sugar: None

Protein Pasta

Title: High-Protein Yogurt Pasta

Ingredients:

- 1 serving whole-grain or high-protein pasta
- 1/2 cup cottage cheese or Greek yogurt

Protein Recipes

- Salt, pepper, and herbs to taste

Instructions:

1. Boil pasta according to package instructions.
2. Drain and mix with Greek yogurt or cottage cheese.
3. Season to taste and serve warm.

Nutritional Info:

Protein: ~30g depending on pasta and yogurt

Low Cost

Creamy and satisfying

High Protein Bread

Title: High-Protein Bread

Ingredients:

- 150gr of grinded oats - (oat flour)
- 1/2 cup cottage cheese or Greek yogurt
- 2 eggs
- Salt, pepper, and herbs to taste

Instructions:

1. put the 150gr of oat flour into a bowl
2. Add the cottage cheese or Greek Yogurt / around 200gr.
3. Season to taste and put it on the oven for 25-30 min at 200 degree Celcius

Nutritional Info:

Protein: ~40g depending on cottage cheese

Low Cost

Low calorie and high carb - ideal for pre workout meal