

# GLUTEN-FREE & DAIRY-FREE PROTEIN RECIPE PACK

22 Macro-Verified Recipes for Every Diet

*Delicious high-protein recipes that are both gluten-free AND dairy-free friendly.  
Perfect for those with dietary restrictions who refuse to compromise on taste or nutrition.*

From the Protein Empire Network

Generated: January 2026

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# Welcome to Your

## Allergy-Friendly Recipe Collection

Living with dietary restrictions doesn't mean sacrificing flavor or nutrition. This carefully curated collection brings together 22 delicious, macro-verified recipes designed specifically for those following gluten-free or dairy-free diets.

Each recipe in this pack has been developed with your health goals in mind:

- **HIGH PROTEIN:** Every recipe is optimized for maximum protein content to support muscle building, recovery, and satiety.
- **MACRO-VERIFIED:** All nutritional information has been calculated and verified, making it easy to track your intake.
- **ALLERGY-FRIENDLY:** Recipes are clearly labeled as either gluten-free or dairy-free, with many being both!
- **DELICIOUS:** We never compromise on taste. These recipes prove that healthy eating can be incredibly satisfying.

Whether you're managing celiac disease, lactose intolerance, or simply choosing to avoid gluten and dairy for health reasons, this collection has something for every meal and craving.

From fluffy pancakes to fudgy brownies, crispy pizza crusts to creamy puddings - enjoy all your favorites without the worry!

### Tips for Success:

- Always check that your protein powder is certified gluten-free if you have celiac disease.
- For dairy-free recipes, ensure your protein powder is plant-based (pea, rice, or hemp protein work great).
- Certified gluten-free oats are safe for most people with celiac disease, but check with your doctor.
- Many recipes can be made both gluten-free AND dairy-free with simple substitutions.
- Store homemade protein treats in the refrigerator for best texture and freshness.

# PROTEIN BREAD

2 Allergy-Friendly Recipes

## Gluten-Free Almond Flour Protein Bread

GLUTEN-FREE

A soft, fluffy gluten-free bread made with almond flour and protein powder. Perfect for sandwiches, toast, or enjoying on its own. No gluten, all flavor!

<b>18g</b>	<b>165</b>	<b>8g</b>	<b>11g</b>	<b>3g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 45 min | Total: 55 min | Yield: 12 slices | Difficulty: Easy

### INGREDIENTS

- 200g almond flour
- 60g unflavored whey protein powder
- 4 large eggs
- 60ml olive oil
- 1 tsp baking powder (gluten-free)
- 1/2 tsp salt
- 1 tbsp apple cider vinegar

### INSTRUCTIONS

#### 1. Preheat Oven

Preheat your oven to 175°C (350°F) and line a 9x5 inch loaf pan with parchment paper.

#### 2. Mix Dry Ingredients

In a large bowl, whisk together the almond flour, protein powder, baking powder, and salt.

#### 3. Add Wet Ingredients

Add the eggs, olive oil, and apple cider vinegar to the dry ingredients. Mix until a smooth batter forms.

#### 4. Pour and Bake

Pour the batter into the prepared loaf pan and smooth the top. Bake for 40-45 minutes until golden brown and a toothpick comes out clean.

#### 5. Cool and Slice

Let the bread cool in the pan for 10 minutes, then transfer to a wire rack. Slice and serve once completely cooled.

## Dairy-Free Oat Protein Sandwich Loaf

### DAIRY-FREE

A hearty, dairy-free sandwich bread made with oat flour and plant-based protein. Soft, sliceable, and perfect for your favorite sandwiches.

<b>15g</b>	<b>145</b>	<b>18g</b>	<b>5g</b>	<b>3g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 50 min | Total: 65 min | Yield: 14 slices | Difficulty: Medium

### INGREDIENTS

- 200g certified gluten-free oat flour
- 60g vanilla plant-based protein powder
- 240ml unsweetened oat milk
- 60ml coconut oil, melted
- 2 tbsp maple syrup
- 1 packet (7g) instant yeast
- 1 tsp salt
- 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)

### INSTRUCTIONS

#### 1. Prepare Flax Eggs

Mix ground flaxseed with water and let sit for 5 minutes until gel-like.

#### 2. Activate Yeast

Warm the oat milk to 110°F (43°C), add maple syrup and yeast. Let sit for 5 minutes until foamy.

#### 3. Mix Dough

Combine oat flour, protein powder, and salt. Add the yeast mixture, flax eggs, and melted coconut oil. Mix until a sticky dough forms.

#### 4. Rise

Cover the dough and let rise in a warm place for 45 minutes until doubled in size.

#### 5. Bake

Transfer to a greased loaf pan, let rise another 20 minutes. Bake at 175°C (350°F) for 45-50 minutes until golden and hollow-sounding when tapped.

# PROTEIN BARS

2 Allergy-Friendly Recipes



## Gluten-Free Chocolate Peanut Butter Protein Bars

GLUTEN-FREE

No-bake, gluten-free protein bars with a rich chocolate peanut butter flavor. Made with certified gluten-free oats and perfect for meal prep.

<b>20g</b>	<b>220</b>	<b>18g</b>	<b>10g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 0 min | Total: 75 min | Yield: 10 bars | Difficulty: Easy

### INGREDIENTS

- 120g certified gluten-free rolled oats
- 60g chocolate whey protein powder
- 120g natural peanut butter
- 80ml honey or maple syrup
- 30g dark chocolate chips (dairy-free optional)
- 1 tsp vanilla extract
- Pinch of salt

### INSTRUCTIONS

#### 1. Mix Dry Ingredients

In a large bowl, combine the gluten-free oats, protein powder, and salt.

#### 2. Add Wet Ingredients

Add the peanut butter, honey, and vanilla extract. Mix until a thick, sticky dough forms.

#### 3. Fold in Chocolate

Fold in the dark chocolate chips until evenly distributed.

#### 4. Press and Chill

Press the mixture firmly into an 8x8 inch pan lined with parchment paper. Refrigerate for at least 1 hour.

#### 5. Cut and Store

Cut into 10 bars. Store in an airtight container in the refrigerator for up to 2 weeks.

## Dairy-Free Coconut Almond Protein Bars

### DAIRY-FREE

Tropical-inspired dairy-free protein bars with coconut, almonds, and plant-based protein. A delicious grab-and-go snack without any dairy.

<b>18g</b>	<b>195</b>	<b>15g</b>	<b>11g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 0 min | Total: 75 min | Yield: 12 bars | Difficulty: Easy

### INGREDIENTS

- 60g vanilla plant-based protein powder
- 80g unsweetened shredded coconut
- 60g almond butter
- 80ml coconut cream
- 60ml maple syrup
- 40g sliced almonds
- 1 tsp vanilla extract
- Pinch of sea salt

### INSTRUCTIONS

#### 1. Combine Base

In a large bowl, mix the protein powder, shredded coconut, and sliced almonds.

#### 2. Add Wet Ingredients

Add the almond butter, coconut cream, maple syrup, vanilla, and salt. Mix until well combined.

#### 3. Press into Pan

Line an 8x8 inch pan with parchment paper. Press the mixture firmly and evenly into the pan.

#### 4. Chill

Refrigerate for at least 1 hour until firm.

#### 5. Slice and Enjoy

Cut into 12 bars. Store refrigerated in an airtight container for up to 10 days.

# PROTEIN BITES

2 Allergy-Friendly Recipes

## Gluten-Free Sunflower Seed Protein Bites

GLUTEN-FREE

Nut-free and gluten-free protein bites made with sunflower seed butter. Perfect for those with allergies who still want a delicious, protein-packed snack.

<b>8g</b>	<b>95</b>	<b>10g</b>	<b>5g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 0 min | Total: 45 min | Yield: 20 bites | Difficulty: Easy

### INGREDIENTS

- 60g vanilla whey protein powder
- 100g sunflower seed butter
- 60ml honey
- 80g certified gluten-free rolled oats
- 30g mini chocolate chips (optional)
- 1 tsp vanilla extract
- Pinch of salt

### INSTRUCTIONS

#### 1. Mix Ingredients

In a large bowl, combine all ingredients and mix until a thick, uniform dough forms.

#### 2. Chill Dough

Refrigerate the dough for 15 minutes to make it easier to roll.

#### 3. Roll Bites

Using a tablespoon, scoop and roll the dough into 20 small balls.

#### 4. Set

Place the bites on a parchment-lined tray and refrigerate for at least 30 minutes.

#### 5. Store

Store in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

## Dairy-Free Tahini Date Protein Bites

### DAIRY-FREE

Naturally sweetened with dates and made creamy with tahini, these dairy-free protein bites are a wholesome, Middle Eastern-inspired treat.

<b>7g</b>	<b>85</b>	<b>12g</b>	<b>4g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 0 min | Total: 40 min | Yield: 18 bites | Difficulty: Easy

### INGREDIENTS

- 150g Medjool dates, pitted
- 60g vanilla plant-based protein powder
- 60g tahini
- 40g rolled oats
- 1 tbsp cocoa powder (optional)
- 1/2 tsp cinnamon
- Pinch of salt
- Sesame seeds for rolling

### INSTRUCTIONS

#### 1. Process Dates

Add dates to a food processor and pulse until they form a sticky paste.

#### 2. Add Remaining Ingredients

Add the protein powder, tahini, oats, cocoa powder, cinnamon, and salt. Process until well combined.

#### 3. Roll Bites

Roll the mixture into 18 small balls using your hands.

#### 4. Coat

Roll each bite in sesame seeds to coat.

#### 5. Chill and Store

Refrigerate for 30 minutes before serving. Store in the refrigerator for up to 2 weeks.

# PROTEIN BROWNIES

2 Allergy-Friendly Recipes

## Gluten-Free Black Bean Protein Brownies

GLUTEN-FREE

Fudgy, rich brownies made with black beans for a naturally gluten-free base. You won't believe these decadent treats are packed with protein and fiber!

<b>12g</b>	<b>145</b>	<b>18g</b>	<b>6g</b>	<b>5g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 25 min | Total: 35 min | Yield: 12 brownies | Difficulty: Easy

### INGREDIENTS

- 400g canned black beans, drained and rinsed
- 60g chocolate whey protein powder
- 45g unsweetened cocoa powder
- 80ml maple syrup
- 60g nut butter of choice
- 2 large eggs
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Pinch of salt
- 60g dark chocolate chips

### INSTRUCTIONS

#### 1. Preheat and Prep

Preheat oven to 175°C (350°F). Line an 8x8 inch baking pan with parchment paper.

#### 2. Blend Base

Add black beans, eggs, maple syrup, nut butter, and vanilla to a food processor. Blend until completely smooth.

#### 3. Add Dry Ingredients

Add the protein powder, cocoa powder, baking powder, and salt. Blend until combined.

#### 4. Fold and Pour

Fold in the chocolate chips. Pour batter into the prepared pan and spread evenly.

#### 5. Bake

Bake for 22-25 minutes until set but still slightly fudgy in the center. Cool completely before cutting into 12 brownies.

## Dairy-Free Avocado Protein Brownies

### DAIRY-FREE

Ultra-fudgy dairy-free brownies made with avocado for healthy fats and incredible texture. No butter, no milk, all delicious!

<b>10g</b>	<b>155</b>	<b>16g</b>	<b>8g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 25 min | Total: 35 min | Yield: 12 brownies | Difficulty: Easy

### INGREDIENTS

- 1 large ripe avocado (about 150g flesh)
- 60g chocolate plant-based protein powder
- 45g unsweetened cocoa powder
- 100g coconut sugar
- 60ml unsweetened almond milk
- 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- Pinch of salt
- 60g dairy-free chocolate chips

### INSTRUCTIONS

#### 1. Prepare Flax Eggs

Mix ground flaxseed with water and let sit for 5 minutes until gel-like.

#### 2. Blend Avocado

In a food processor, blend the avocado until completely smooth with no lumps.

#### 3. Mix Wet Ingredients

Add the coconut sugar, almond milk, flax eggs, and vanilla to the avocado. Blend until smooth.

#### 4. Add Dry Ingredients

Add protein powder, cocoa powder, baking soda, and salt. Blend until combined. Fold in chocolate chips.

#### 5. Bake

Pour into a parchment-lined 8x8 pan. Bake at 175°C (350°F) for 22-25 minutes. Cool completely before slicing.



# PROTEIN CHEESECAKE

2 Allergy-Friendly Recipes

## Gluten-Free Almond Crust Protein Cheesecake

GLUTEN-FREE

A creamy, dreamy protein cheesecake with a naturally gluten-free almond flour crust. All the indulgence with none of the gluten!

<b>18g</b>	<b>245</b>	<b>12g</b>	<b>16g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 20 min | Cook: 50 min | Total: 310 min | Yield: 12 slices | Difficulty: Medium

### INGREDIENTS

*For the crust:*

- 150g almond flour
- 30g butter, melted
- 2 tbsp sweetener of choice

*For the filling:*

- 680g cream cheese, softened
- 60g vanilla whey protein powder
- 150g Greek yogurt
- 100g sweetener of choice
- 3 large eggs
- 1 tsp vanilla extract
- Zest of 1 lemon

### INSTRUCTIONS

#### 1. Make Crust

Mix almond flour, melted butter, and sweetener. Press into the bottom of a 9-inch springform pan. Bake at 175°C (350°F) for 10 minutes.

#### 2. Prepare Filling

Beat cream cheese until smooth. Add protein powder, Greek yogurt, sweetener, and vanilla. Mix until combined.

#### 3. Add Eggs

Add eggs one at a time, mixing on low speed after each. Stir in lemon zest.

#### 4. Bake

Pour filling over crust. Bake at 160°C (325°F) for 45-50 minutes until edges are set but center jiggles slightly.

#### 5. Cool

Turn off oven, crack door, and let cheesecake cool for 1 hour. Refrigerate for at least 4 hours before serving.

## Dairy-Free Cashew Protein Cheesecake

### DAIRY-FREE

A luscious no-bake cheesecake made entirely from cashews and coconut cream. Completely dairy-free but impossibly creamy!

<b>12g</b>	<b>210</b>	<b>18g</b>	<b>14g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 30 min | Cook: 0 min | Total: 270 min | Yield: 12 slices | Difficulty: Medium

### INGREDIENTS

*For the crust:*

- 150g raw almonds
- 100g Medjool dates, pitted
- 2 tbsp coconut oil, melted
- Pinch of salt

*For the filling:*

- 300g raw cashews, soaked 4 hours
- 200ml full-fat coconut cream
- 60g vanilla plant-based protein powder
- 80ml maple syrup
- 60ml lemon juice
- 1 tsp vanilla extract
- 60ml coconut oil, melted

### INSTRUCTIONS

#### 1. Make Crust

Process almonds until fine crumbs. Add dates, coconut oil, and salt. Process until sticky. Press into a 9-inch springform pan.

#### 2. Blend Filling

Drain cashews. Add to a high-speed blender with coconut cream, protein powder, maple syrup, lemon juice, and vanilla. Blend until silky smooth.

#### 3. Add Coconut Oil

With blender running, stream in melted coconut oil until fully incorporated.

#### 4. Pour and Set

Pour filling over crust and smooth the top. Freeze for at least 4 hours or overnight.

#### 5. Serve

Remove from freezer 20-30 minutes before serving. Store leftovers in the freezer.

# PROTEIN COOKIES

2 Allergy-Friendly Recipes

## Gluten-Free Oat Flour Protein Cookies

GLUTEN-FREE

Soft, chewy protein cookies made with certified gluten-free oat flour. Classic chocolate chip flavor that everyone can enjoy!

<b>10g</b>	<b>125</b>	<b>14g</b>	<b>5g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 12 min | Total: 22 min | Yield: 16 cookies | Difficulty: Easy

### INGREDIENTS

- 150g certified gluten-free oat flour
- 60g vanilla whey protein powder
- 80g coconut sugar
- 1 large egg
- 80g almond butter
- 60ml unsweetened almond milk
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- Pinch of salt
- 80g dark chocolate chips

### INSTRUCTIONS

#### 1. Preheat Oven

Preheat oven to 175°C (350°F) and line a baking sheet with parchment paper.

#### 2. Mix Wet Ingredients

In a large bowl, whisk together the egg, almond butter, almond milk, and vanilla until smooth.

#### 3. Add Dry Ingredients

Add the oat flour, protein powder, coconut sugar, baking soda, and salt. Mix until a dough forms.

#### 4. Fold in Chips

Fold in the chocolate chips until evenly distributed.

#### 5. Bake

Scoop tablespoon-sized balls onto the baking sheet. Flatten slightly. Bake for 10-12 minutes until edges are golden. Cool on pan for 5 minutes.

## Dairy-Free Peanut Butter Protein Cookies

DAIRY-FREE

Classic peanut butter cookies made completely dairy-free with plant-based protein. Soft, chewy, and packed with peanut butter flavor!

<b>12g</b>	<b>135</b>	<b>12g</b>	<b>7g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 10 min | Total: 20 min | Yield: 14 cookies | Difficulty: Easy

### INGREDIENTS

- 180g natural peanut butter
- 60g vanilla plant-based protein powder
- 80g coconut sugar
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)
- 60ml maple syrup
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- Pinch of salt

### INSTRUCTIONS

#### 1. Prepare Flax Egg

Mix ground flaxseed with water and let sit for 5 minutes until gel-like.

#### 2. Mix Ingredients

In a large bowl, combine peanut butter, coconut sugar, maple syrup, flax egg, and vanilla. Mix until smooth.

#### 3. Add Dry Ingredients

Add the protein powder, baking soda, and salt. Mix until a thick dough forms.

#### 4. Shape Cookies

Roll into 14 balls and place on a parchment-lined baking sheet. Flatten with a fork in a crosshatch pattern.

#### 5. Bake

Bake at 175°C (350°F) for 8-10 minutes until edges are set. Cool on pan for 10 minutes before moving.

# PROTEIN DONUTS

2 Allergy-Friendly Recipes



## Gluten-Free Baked Protein Donuts

### GLUTEN-FREE

Light, fluffy baked donuts made with gluten-free flour and protein powder. Topped with a simple glaze for the perfect guilt-free treat!

<b>12g</b>	<b>145</b>	<b>18g</b>	<b>4g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 15 min | Total: 25 min | Yield: 8 donuts | Difficulty: Easy

### INGREDIENTS

- 120g gluten-free all-purpose flour blend
- 45g vanilla whey protein powder
- 60g coconut sugar
- 1 tsp baking powder (gluten-free)
- 1/4 tsp salt
- 1 large egg
- 120ml unsweetened almond milk
- 30ml coconut oil, melted
- 1 tsp vanilla extract

*For glaze: 60g powdered sugar + 1 tbsp almond milk*

### INSTRUCTIONS

#### 1. Preheat and Prep

Preheat oven to 175°C (350°F). Grease a donut pan with cooking spray.

#### 2. Mix Dry Ingredients

In a bowl, whisk together the gluten-free flour, protein powder, coconut sugar, baking powder, and salt.

#### 3. Mix Wet Ingredients

In another bowl, whisk the egg, almond milk, melted coconut oil, and vanilla.

#### 4. Combine and Fill

Add wet ingredients to dry and mix until just combined. Pipe or spoon batter into donut pan, filling each cavity about 2/3 full.

#### 5. Bake and Glaze

Bake for 12-15 minutes until a toothpick comes out clean. Cool, then dip in glaze made by whisking powdered sugar and almond milk.

## Dairy-Free Chocolate Glazed Protein Donuts

### DAIRY-FREE

Decadent chocolate donuts with a rich dairy-free chocolate glaze. Made with plant-based protein for a healthier indulgence!

<b>10g</b>	<b>165</b>	<b>22g</b>	<b>6g</b>	<b>3g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 15 min | Total: 30 min | Yield: 8 donuts | Difficulty: Easy

### INGREDIENTS

- 100g oat flour
- 45g chocolate plant-based protein powder
- 30g unsweetened cocoa powder
- 60g coconut sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)
- 120ml oat milk
- 30ml coconut oil, melted
- 1 tsp vanilla extract

*For glaze: 60g dairy-free chocolate chips + 1 tbsp coconut oil*

### INSTRUCTIONS

#### 1. Prepare Flax Egg

Mix ground flaxseed with water and let sit for 5 minutes.

#### 2. Mix Dry Ingredients

Combine oat flour, protein powder, cocoa powder, coconut sugar, baking powder, and salt.

#### 3. Mix Wet Ingredients

Whisk together the flax egg, oat milk, melted coconut oil, and vanilla.

#### 4. Bake

Combine wet and dry ingredients. Fill greased donut pan 2/3 full. Bake at 175°C (350°F) for 12-15 minutes.

#### 5. Glaze

Melt chocolate chips with coconut oil. Dip cooled donuts in the glaze and let set on a wire rack.

# PROTEIN OATMEAL

2 Allergy-Friendly Recipes

## Gluten-Free Certified Oats Protein Oatmeal

GLUTEN-FREE

Creamy, comforting protein oatmeal made with certified gluten-free oats. A safe and delicious breakfast for those with celiac disease or gluten sensitivity.

<b>25g</b>	<b>320</b>	<b>35g</b>	<b>8g</b>	<b>6g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 2 min | Cook: 5 min | Total: 7 min | Yield: 1 serving | Difficulty: Easy

### INGREDIENTS

- 50g certified gluten-free rolled oats
- 30g vanilla whey protein powder
- 240ml water or milk of choice
- 1 tbsp almond butter
- 1/2 banana, sliced
- 1 tsp honey or maple syrup
- Pinch of cinnamon
- Pinch of salt

### INSTRUCTIONS

#### 1. Cook Oats

In a small pot, bring water and salt to a boil. Add the certified gluten-free oats and reduce heat to medium-low.

#### 2. Simmer

Cook for 4-5 minutes, stirring occasionally, until oats are creamy and most liquid is absorbed.

#### 3. Add Protein

Remove from heat and stir in the protein powder until fully incorporated. Add a splash more liquid if needed.

#### 4. Top and Serve

Transfer to a bowl and top with almond butter, sliced banana, a drizzle of honey, and a sprinkle of cinnamon.

#### 5. Enjoy

Serve immediately while warm and creamy.

## Dairy-Free Coconut Milk Protein Oatmeal

### DAIRY-FREE

Rich and creamy oatmeal made with coconut milk and plant-based protein. Tropical flavors meet comforting breakfast in this dairy-free bowl.

<b>22g</b>	<b>340</b>	<b>38g</b>	<b>12g</b>	<b>5g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 2 min | Cook: 5 min | Total: 7 min | Yield: 1 serving | Difficulty: Easy

### INGREDIENTS

- 50g rolled oats
- 30g vanilla plant-based protein powder
- 180ml full-fat coconut milk
- 60ml water
- 2 tbsp shredded coconut
- 1 tbsp maple syrup
- Fresh mango or pineapple for topping
- Pinch of salt

### INSTRUCTIONS

#### 1. Heat Liquids

In a small pot, combine coconut milk, water, and salt. Bring to a gentle simmer.

#### 2. Add Oats

Stir in the rolled oats and cook over medium-low heat for 4-5 minutes, stirring frequently.

#### 3. Mix in Protein

Remove from heat and stir in the plant-based protein powder until smooth and creamy.

#### 4. Add Toppings

Transfer to a bowl and top with shredded coconut, fresh tropical fruit, and a drizzle of maple syrup.

#### 5. Serve

Enjoy immediately for the best texture and flavor.

# PROTEIN PANCAKES

2 Allergy-Friendly Recipes

## Gluten-Free Buckwheat Protein Pancakes

GLUTEN-FREE

Hearty, nutty-flavored pancakes made with naturally gluten-free buckwheat flour. Despite its name, buckwheat contains no wheat or gluten!

<b>22g</b>	<b>195</b>	<b>20g</b>	<b>6g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 5 min | Cook: 10 min | Total: 15 min | Yield: 4 pancakes | Difficulty: Easy

### INGREDIENTS

- 60g buckwheat flour
- 30g vanilla whey protein powder
- 1 large egg
- 120ml unsweetened almond milk
- 1 tsp baking powder (gluten-free)
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- Pinch of salt

### INSTRUCTIONS

#### 1. Mix Dry Ingredients

In a medium bowl, whisk together the buckwheat flour, protein powder, baking powder, and salt.

#### 2. Mix Wet Ingredients

In a separate bowl, whisk the egg, almond milk, maple syrup, and vanilla extract.

#### 3. Combine

Pour the wet ingredients into the dry and stir until just combined. Don't overmix.

#### 4. Cook

Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake and cook for 2-3 minutes per side until golden.

#### 5. Serve

Serve warm with fresh berries, a drizzle of maple syrup, and a dollop of Greek yogurt.

## Dairy-Free Banana Oat Protein Pancakes

DAIRY-FREE

Fluffy, naturally sweetened pancakes made with banana, oats, and plant-based protein. No dairy needed for these delicious breakfast favorites!

<b>18g</b>	<b>185</b>	<b>24g</b>	<b>5g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 5 min | Cook: 10 min | Total: 15 min | Yield: 4 pancakes | Difficulty: Easy

### INGREDIENTS

- 1 ripe banana
- 50g rolled oats
- 30g vanilla plant-based protein powder
- 120ml oat milk
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

### INSTRUCTIONS

#### 1. Prepare Flax Egg

Mix ground flaxseed with water and let sit for 5 minutes until gel-like.

#### 2. Blend Batter

Add banana, oats, protein powder, oat milk, flax egg, baking powder, cinnamon, and vanilla to a blender. Blend until smooth.

#### 3. Rest Batter

Let the batter rest for 5 minutes to thicken slightly.

#### 4. Cook Pancakes

Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake. Cook 2-3 minutes per side until golden.

#### 5. Serve

Top with fresh fruit, nut butter, and a drizzle of maple syrup.



# PROTEIN PIZZAS

2 Allergy-Friendly Recipes

## Gluten-Free Cauliflower Protein Pizza Crust

GLUTEN-FREE

A crispy, delicious pizza crust made from cauliflower and protein powder. Low-carb, gluten-free, and packed with vegetables!

<b>20g</b>	<b>180</b>	<b>12g</b>	<b>10g</b>	<b>4g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 20 min | Cook: 25 min | Total: 45 min | Yield: 1 large pizza | Difficulty: Medium

### INGREDIENTS

- 500g cauliflower florets (about 1 medium head)
- 60g unflavored whey protein powder
- 1 large egg
- 60g shredded mozzarella cheese
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/4 tsp salt
- Your favorite pizza toppings

### INSTRUCTIONS

#### 1. Rice Cauliflower

Pulse cauliflower in a food processor until it resembles rice. Microwave for 4 minutes, then let cool.

#### 2. Remove Moisture

Place cauliflower in a clean kitchen towel and squeeze out as much moisture as possible. This is crucial for a crispy crust!

#### 3. Mix Dough

In a bowl, combine the dried cauliflower, protein powder, egg, mozzarella, Italian seasoning, garlic powder, and salt. Mix well.

#### 4. Shape and Bake

Press the mixture onto a parchment-lined baking sheet into a 12-inch circle. Bake at 220°C (425°F) for 15-18 minutes until golden.

#### 5. Add Toppings

Add your favorite sauce and toppings. Return to oven for 8-10 minutes until cheese is melted and bubbly.

## Dairy-Free Chickpea Flour Protein Pizza

### DAIRY-FREE

A crispy, protein-rich pizza crust made with chickpea flour. Naturally dairy-free and packed with plant-based protein!

<b>18g</b>	<b>195</b>	<b>22g</b>	<b>6g</b>	<b>5g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 15 min | Cook: 20 min | Total: 35 min | Yield: 1 large pizza | Difficulty: Easy

### INGREDIENTS

- 150g chickpea flour (besan)
- 30g unflavored plant-based protein powder
- 240ml warm water
- 2 tbsp olive oil
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp baking powder
- Dairy-free pizza toppings of choice

### INSTRUCTIONS

#### 1. Mix Batter

Whisk together chickpea flour, protein powder, Italian seasoning, garlic powder, salt, and baking powder.

#### 2. Add Liquids

Add warm water and 1 tbsp olive oil. Whisk until smooth. Let rest for 10 minutes.

#### 3. Cook Crust

Heat remaining oil in a 12-inch oven-safe skillet over medium heat. Pour in batter and cook for 5 minutes until bottom is set.

#### 4. Broil

Transfer skillet to oven and broil for 3-4 minutes until top is golden and crust is cooked through.

#### 5. Top and Serve

Add your favorite dairy-free sauce, vegetables, and vegan cheese. Broil for 2-3 more minutes until toppings are heated.

# PROTEIN PUDDING

2 Allergy-Friendly Recipes

## Gluten-Free Chocolate Chia Protein Pudding

GLUTEN-FREE

A naturally gluten-free pudding made with chia seeds and chocolate protein. Creamy, chocolatey, and packed with omega-3s and protein!

<b>20g</b>	<b>220</b>	<b>18g</b>	<b>10g</b>	<b>8g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 5 min | Cook: 0 min | Total: 245 min | Yield: 2 servings | Difficulty: Easy

### INGREDIENTS

- 60g chia seeds
- 30g chocolate whey protein powder
- 15g unsweetened cocoa powder
- 360ml unsweetened almond milk
- 2 tbsp maple syrup or sweetener of choice
- 1/2 tsp vanilla extract
- Pinch of salt
- Fresh berries for topping

### INSTRUCTIONS

#### 1. Mix Base

In a bowl or jar, whisk together the almond milk, protein powder, cocoa powder, maple syrup, vanilla, and salt until smooth.

#### 2. Add Chia Seeds

Stir in the chia seeds until evenly distributed.

#### 3. First Stir

After 5 minutes, stir again to prevent clumping.

#### 4. Refrigerate

Cover and refrigerate for at least 4 hours or overnight until thick and pudding-like.

#### 5. Serve

Divide between two bowls and top with fresh berries. Store leftovers in the refrigerator for up to 5 days.

## Dairy-Free Vanilla Coconut Protein Pudding

### DAIRY-FREE

A silky smooth dairy-free pudding made with coconut milk and vanilla protein. Rich, creamy, and completely plant-based!

<b>18g</b>	<b>195</b>	<b>15g</b>	<b>10g</b>	<b>2g</b>
Protein	Calories	Carbs	Fat	Fiber

Prep: 10 min | Cook: 10 min | Total: 130 min | Yield: 4 servings | Difficulty: Easy

### INGREDIENTS

- 400ml full-fat coconut milk
- 60g vanilla plant-based protein powder
- 30g cornstarch
- 60g coconut sugar
- 1 tsp vanilla extract
- Pinch of salt
- Toasted coconut flakes for topping

### INSTRUCTIONS

#### 1. Mix Dry Ingredients

In a medium saucepan, whisk together the protein powder, cornstarch, coconut sugar, and salt.

#### 2. Add Coconut Milk

Gradually whisk in the coconut milk until smooth with no lumps.

#### 3. Cook

Place over medium heat and cook, whisking constantly, until the mixture thickens and begins to bubble, about 8-10 minutes.

#### 4. Add Vanilla

Remove from heat and stir in the vanilla extract.

#### 5. Chill and Serve

Divide among 4 serving dishes. Press plastic wrap directly onto the surface to prevent a skin. Refrigerate for at least 2 hours. Top with toasted coconut before serving.

## Thank You!

We hope you enjoy these gluten-free and dairy-free protein recipes!

For more delicious, macro-friendly recipes, visit our network of protein recipe sites:

- ProteinBread.com - Breads, bagels & loaves
- ProteinBars.co - Homemade protein bars
- ProteinBites.co - No-bake energy bites
- ProteinBrownies.co - Fudgy brownies & blondies
- ProteinCheesecake.co - Creamy cheesecakes
- ProteinCookies.co - Soft & chewy cookies
- ProteinDonuts.co - Baked protein donuts
- ProteinOatmeal.co - Overnight oats & proats
- ProteinPancakes.co - Pancakes, waffles & crepes
- ProteinPizzas.co - High-protein pizza crusts
- ProteinPudding.co - Puddings & chia bowls

Each site offers free recipe packs, detailed nutrition information, and tips for making the perfect protein treats.

Happy cooking!

The Protein Empire Team