



Funky Monkey Protein Smoothie
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Vanilla Protein Pancakes
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Nutritional Frontiers

breaking through nutritional boundaries

RECIPE GUIDE

SUPER SHAKE, SUPER SHAKE PLUS, AND BEST WHEY PROTEIN CAN BE USED TO MAKE:

- SMOOTHIES
- BREAKFAST
- MUFFINS
- OATMEAL
- GRANOLA BARS
- CHOCOLATE BARS
- COOKIES
- PUDDING

Cookie Dough Protein Pudding
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Vanilla • Chocolate
Banana Strawberry
Peanut Butter
Pumpkin Spice • Naked



Vanilla • Chocolate



Vanilla • Chocolate
Berry • Naked

SMOOTHIES

Super Shake or Best Whey can be used anywhere a recipe calls for protein

1 scoop of Super Shake or Best Whey is equivalent to 1 scoop of protein

You can blend all smoothies with a Nutritional Frontiers shaker bottle or a blender



A Super Whey to Start Your Day

- 1-2 scoops of protein powder
- 1/4 cup of Greek yogurt
- 1 banana
- 2 tablespoons almond butter or natural peanut butter
- 6 ice cubes

Shake, stir, or blend

Super Whey-t Burner

- 12 ounces of water or unsweetened almond milk
- 1-2 scoops protein powder
- 8 strawberries
- 1 tablespoon raw almond butter
- 6 ice cubes

Mix in a blender for 30 seconds.

Pre-Workout Shake Up

- 8 to 12 ounces of water
- 1-2 scoops protein powder
- 1 banana
- 6 ice cubes



Mix in a blender for 30 seconds.

Post-Game/Practice/Workout

- 12 ounces of water
- 1-2 scoops of protein powder

Before your workout, fill an empty water bottle with protein powder. After your workout, add water and shake vigorously for 30 seconds.

Start Your Engines

- 6 ounces of water, juice, or almond milk
- 1 scoop protein powder
- 6 ice cubes

Shake, stir, or blend.

Almond Milk, Juice, Greek Yogurt, and Water are all great ingredients for smoothies.



SMOOTHIES



Best Whey up on Blueberry Hill

- 1 cup unsweetened vanilla almond milk
- 1 frozen banana (peel before freezing)
- 1/2 cup blueberries
- 1 scoop protein powder

Mix in a blender for 30 seconds.

Dreamy Creamsicle Smoothie

- 1-2 scoops of protein powder
- 2 scoops low-fat frozen yogurt
- 2/3 cup orange juice
- 2-4 orange slices
- ice

Add all ingredients in blender; blend on high until smooth.



Funky Monkey Smoothie

- 1 cup unsweetened chocolate almond milk
- 1 tablespoon natural almond or peanut butter
- 1 frozen banana (peel before freezing)
- 1 tablespoon dark chocolate chips
- 1/4 cup Greek yogurt
- 1 scoop of protein powder

Mix in a blender for 30 seconds.



Summer Bowl of Fruit Smoothie



- 2 scoops of protein powder
- 1 banana
- 1 apple, sliced
- 4 peaches organic, rinsed
- 2 splashes of almond or rice milk, low fat or non-fat
- 1 splash orange juice
- ice

Add all ingredients in blender with ice; blend until smooth.

Tropical Best Whey-ves

- 1 cup of unsweetened vanilla almond milk
- 1 cup frozen pineapple
- 1 teaspoon shredded coconut or coconut milk
- 1/2 cup frozen blueberries
- 1 scoop of protein powder

Mix in a blender for 30 seconds.



Apple Pie Pre-Workout Smoothie

- 1 cup cold, cooked oatmeal
- 1 apple, cut into large chunks
- 1 teaspoon cinnamon
- 1 scoop vanilla protein powder
- 1-2 packets of stevia, depending on sweetness desired
- 2/3 cup cold water

Add all the ingredients into the blender in this order: apple chunks, oatmeal, protein powder, cinnamon and stevia. Pour water in last. Blend until smooth.



Lean and Green Smoothie

- One scoop of protein powder
- 8 ounces of water
- 1/4 of frozen berries
- 1 cup of fresh organic spinach
- 1 avocado

SMOOTHIES

Tropical Blast Smoothie

- Great for Weight Loss

INGREDIENTS

- 1 Scoop of vanilla protein powder
- 1 1/2 cup of frozen tropical fruit (pineapple, mango, papaya)
- 1 Scoop of Nutritional Frontiers Pro Oranges
- 3/4 cup of almond-coconut milk

DIRECTIONS:

Use enough bottled water to gain desired thickness. Use liquefy setting on blender until desired consistency is reached.



Triple Berry Goodness

INGREDIENTS:

- 1 1/2 cup frozen mixed berries (Strawberries, blueberries, blackberries)
- 1 Scoop berry protein powder
- 1 Scoop of Nutritional Frontiers Pro Reds or Pro Purples
- 3/4 cup of almond milk

PROCEDURE:

Add enough bottled water to achieve desired thickness. To make it thin use more water, for a thicker shake use less water. Use liquefy setting on the blender until desired consistency.



Green Apple

INGREDIENTS

- 6-8 Frozen apple sauce cubes
- 1 Scoop of vanilla protein powder
- 1 Scoop of Nutritional Frontiers Pro Greens
- 1/2 cup almond milk

DIRECTIONS:

Add enough water to gain desired thickness. Frozen applesauce is preferred for this smoothie. Also, try using apple-cinnamon applesauce for unique taste.



Strawberry Fusion

INGREDIENTS:

- 2 cups of frozen strawberries
- 1 Scoop of vanilla protein powder
- 1 Scoop of Nutritional Frontiers Pro Reds
- 1/2 cup of almond milk

DIRECTIONS:

Add enough water to cover the fruit. Mix on liquefy setting until desired thickness is achieved.



Fudge Pop

INGREDIENTS

- 2 cups of ice (or frozen chocolate almond milk)
- 1 Scoop of chocolate protein powder
- 1 Cup of chocolate almond milk, and water if you wish to thin out the mixture

DIRECTIONS:

This can also be used to make protein pops, simply put them in Dixie Cups and place them in your freezer!



BREAKFAST



Blueberry Almond Protein Pancakes

INGREDIENTS

- 1 banana mashed
- 1 egg
- 1 1/2 tbsp almond meal
- 1 tbsp almond butter
- 1 tbsp vanilla protein powder
- 1/4 tsp cinnamon
- 1/4 tsp almond extract
- 1/2 cup blueberries
- coconut oil
- maple syrup

DIRECTIONS:

Mix all ingredients in a bowl, adding blueberries last so they don't get smashed. Grease a griddle or large nonstick pan with coconut oil. Using 1/4 cup measuring cup, pour batter onto griddle. Cook until undersides are browned, flip and cook until pancakes are set all the way through. Serve with maple syrup.



Yield: 2 servings (2 pancakes per serving)
Recipe Source: adapted slightly from LivinPaleoCuisine.com



High in protein and fiber, these tasty gluten free protein pancakes, will fill you up with the essentials you need to get your day started right.

Protein Pancakes

INGREDIENTS:

- 2 scoops vanilla protein powder
- 1 tsp Gluten Free Baking Powder (optional, for fluffier pancakes, recipe follows *)
- 1/3 cup Coconut Flour
- 1/4 tsp salt
- 2 large eggs (3 if small) lightly beaten
- 3/4 cup coconut milk
- 2 tbsp cold water
- 2 tbsp melted Fresh Shores Coconut Oil, plus more to grease skillet

PROCEDURE:

Sift vanilla Whey, coconut flour and salt together into a batter bowl. Mix all remaining ingredients in another bowl and then add slowly to dry ingredients whisking until smooth. Let stand at room temperature for 15 minutes. Brush bottom of a heavy skillet or pancake griddle with coconut oil and set over medium heat. Heat until a drop of water sizzles and evaporates immediately. Stir batter and then pour approximately 1/4 cup of batter into 4" circles, allowing plenty of space between each.

Cook until bubbles form on surface and edges are cooked. Turn and cook flipside. Serve immediately topped with your choice of fresh berries, yogurt or maple syrup. (Can also be frozen to enjoy on a later date.)

*To make 1-2/3 cups of gluten free baking powder combine 1/3 cup baking soda, 2/3 cup cream of tartar and 2/3 cup arrowroot. Blend thoroughly and store in an airtight container.

Serves 4 (Makes 8 pancakes.)

Cinnamon Apple Protein Pancakes



INGREDIENTS

- 2/3 cup whole wheat flour
- 1 scoop vanilla protein powder
- 1/2 tsp baking powder
- 2 tsp brown sugar
- 2 tsp baking stevia
- 1 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground ginger
- 1/4 tsp nutmeg
- 1 cup finely chopped apple
- 3/4 cup almond milk
- 2 whole

DIRECTIONS:

Combine all ingredients in a large bowl and stir until smooth. Coat a large nonstick skillet or griddle pan with cooking spray and heat over medium heat. Pour batter onto skillet to form 3-inch round pancakes. Cook for about 2 minutes or until bubbles form. Flip and cook an additional 1-2 minutes. Keep warm until ready to serve. Serve with sugar free syrup.

Yield: 3 to 4 servings



Vanilla Protein Pancake

INGREDIENTS:

- 1/4 cup rolled oats
- 1 scoop of vanilla protein powder
- 1 tbsp ground flaxseed meal
- 1/3 cup liquid egg whites
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract

DIRECTIONS:

In a bowl, mix together ingredients. Preheat a skillet (medium-low heat), spray with non-stick spray, and pour in half of the batter while shaping it into a pancake with a spoon. Heat until partially cooked and flip pancake. Once cooked through, top with syrup, nut butter, fresh fruit or anything else your heart desires.

Topped it with banana slices and maple syrup. So delicious. (Makes 1 large pancake)



French Toast Batter

INGREDIENTS

- 1 scoop chocolate protein powder
- 2 tsp cacao powder
- 3/4 cup almond milk
- 2 tbsp ground flaxseed
- 1/4 tsp vanilla
- 2 tbsp water (optional – see how your batter is first)

DIRECTIONS:

1. Mix all ingredients in your blender (except water) and blend until evenly mixed.
2. Add extra water to thin if it appears too thick to absorb into the bread. I've made this a few times and it varies. It's baking...stay open
3. Soak the bread on both sides, and cook on a heated skillet until done.
4. Serve with: Peanut Butter Topping

Peanut Butter Topping

- 2 tbsp peanut butter
- 1 tsp coconut oil

Melt on the stove and stir together.

Make more as needed. Garnish with cacao powder.



MUFFINS

Vegan Protein Powder Muffin

(vegan, gluten free, soy free, peanut free, low in sugar)
makes 1 large muffin
bake in a large muffin pan or we used a ramekin to bake ours in.

INGREDIENTS:

- 1/4 cup vanilla Super Shake protein powder
- 1/4 cup flax meal (just grind up flax seeds into a powder form)
- 1/4 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp liquid stevia (adjust to taste, add in more if you want it more sweet)
- 5 tbsp water

DIRECTIONS:

Pre-heat your oven to 350 degrees.
Place protein powder and flax meal into a bowl. Next add in your baking soda and baking powder and stevia. Begin to stir. (if you do not want to use stevia in this recipe, use about 1-2 tablespoons of your favorite sugar)
Next add in your 5 tablespoons water. You can use a non-dairy milk alternative if you would like.
**Batter will be REALLY THICK.
Place muffin batter into a lightly coconut oiled pan. Bake for about 20 minutes.
Take out from warm oven let cool slightly and then enjoy.

Individual Chocolate Protein Muffin

(gluten free, grain free, soy free, sugar free, nut free)
prep time – 5 minutes
bake time – about 30-33 minutes
serves – 1

INGREDIENTS:

- 1 scoop vanilla protein powder
- 1 egg
- 2 tbsp cocoa or carob powder
- 1 tsp xylitol (optional for sweetness) or a few drops of stevia
- splash of vanilla
- 1 tsp maca powder (optional)
- 1/4 cup water

DIRECTIONS:

Pre-heat oven to 350 degrees. Place all ingredients into a bowl and mix together. Scoop muffin batter into one large muffin pan or individual ramekin. (if you do not have a large muffin pan then use regular size muffin pan but put muffin batter into two muffin liners)
Some might find this recipe to me a little dry, feel free to add in 1-2 tbsp of coconut oil or puree of some sort to help make it more moist. We found the texture to be perfect.

Gluten Free Pumpkin Protein Muffins

INGREDIENTS

- Yield: 12 muffins
- Muffin tins, foil liners (optional), large mixing bowl, whisk, measuring cups and spoons
 - 1 1/2 cups almond meal flour
 - 1/2 cup vanilla Super Shake powder
 - 1 tsp baking soda
 - 1/2 tsp sea salt
- Spice Blend:
- 1 tsp cinnamon
 - 1/2 tsp ginger
 - 1/4 tsp cloves
 - 1/4 tsp allspice
 - 1 cup pumpkin puree
 - 3 eggs
 - 1/4 cup grapeseed oil
 - 1/2 cup agave

Topping:

- 1/4 cup 70% dark chocolate pieces
- 1/4 cup walnuts
- 2 tbsp unsweetened coconut flakes
- 3 tbsp hemp seeds

DIRECTIONS:

- Preheat oven to 350.
1. Measure all the dry ingredients, including the spice blend into the bowl and mix together.
 2. Add in the pumpkin and eggs, and whisk well.
 3. Measure grapeseed oil and agave and beat in.
 4. Line muffin tins with foil cups, or grease with cooking oil.
 5. Evenly distribute batter. In 12 regular sized muffin cups, you can fill them about 3/4 of the way full.
 6. Mix the topping and measure about a tablespoon onto each muffin.
 7. Bake for 22 minutes, or until a toothpick or cake tester inserted comes out clean.



Banana Protein Muffins

INGREDIENTS

- 3/4 cup very ripe banana
- 3/4 cup egg whites
- 1/2 cup plain low-fat Greek yogurt
- 3/4 cup oats (I used old-fashioned)
- 2 scoops vanilla protein powder
- 1/4 cup baking stevia
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- foil liners
- cooking spray

DIRECTIONS:

Heat oven to 350 degrees. Line a muffin tray with 12 foil liners and spray with cooking spray. (Note- liners and spray are a must. Muffins made with oats instead of flour tend to stick.) Place all ingredients in a blender and blend until smooth.
Divide batter between the 12 muffin cups. Bake for 15 to 18 minutes.
Yield: 12 muffins



OATMEAL, GRANOLA BARS & COOKIES



Oh Yeah! Oatmeal

INGREDIENTS

- 1 cup oats
- ½ - 1 cup 2% milk
- 1 cup blueberries
- 1 scoop vanilla protein powder.

DIRECTIONS: Cook oats on stove top with milk for 2 ½ – 3 minutes. Thoroughly mix protein powder into the oats. Add blueberries on top and enjoy.

Protein Granola



INGREDIENTS: (FOR ABOUT 8 SERVINGS)

- 2 cups of oats
- 3 spoons of chocolate protein powder
- 4 large egg whites
- 1/4 cup peanut butter
- an oil cooking spray



1.

Mix oats & protein and eggs and peanut butter in two separate bowls.



2.

Combine everything together. The consistency should be similar to a very dry cookie dough.



3.

Crumble the dough on a non-stick cookie sheet. Spray the mix with a bit of oil from the cooking spray.



4.

Bake for 15 to 25 min at 250 degrees Celsius or until the granola looks crispy.



5.

You can store this granola mix for several days in a good tupperware.

This is just a plain simple granola mix. It's nice served with yogurt or milk for breakfast or as a pre workout snack. Unlike commercial ready-made granola mixes, it's particularly low in sugar.

The estimated nutrition facts per 1/2 cup are: 251 calories, 19,8 g of protein, 28 g of carbs, 0,8 g of sugar and 7,3 g of fat.

Brown rice granola bars



INGREDIENTS:

- 1 cup cooked brown rice
- 1/2 cup oats
- 1/3 cup vanilla protein powder
- 1/4 cup raisins
- 3 tbsp sesame seeds



If you don't have left-over brown rice, you can quickly cook brown rice on the stove: 1 cup rice + 2 cups water, 10 min at 900W.

Mix all the ingredients except raisins in a food processor. Add raisins at end. The mix is very sticky. The easiest way to bake it is to put it on a piece of non-stick parchment paper, put another piece of parchment paper on top of it and roll the dough out in-between the two sheets. Then put it in the oven and bake it leaving the two sheets of parchment paper in place. You can remove the parchment paper easily only once the mix is baked. Otherwise the dough sticks to everything.

Bake it for 20 min at 200 degrees Celsius or until golden.

The recipe makes about 8 bars.

Estimated nutrition facts per bar: 97 kcal, 6 g protein, 13.5 g carbs, 2.9 g sugar, 2.2 g fat, 1.7 g fiber.



Chocolate Crunch Bar

INGREDIENTS FOR 2 BARS

- 3 tbsp vanilla Super Shake powder
- 3 tbsp cocoa butter
- 1 tsp cocoa
(omit it to get a white chocolate bar)
- 1/4 cup puffed cereals or rice crispies
(I used puffed millet)

DIRECTIONS:

Melt the cocoa butter on the stove, combine it with the other ingredients and pour the mixture into a mold.

Nutrition facts for a bar of 40 grams: 245 kcal, 8.4 g protein, 5.6 g carbs, 0.5 g sugar, 21 g fat.

A great alternative to a 'normal' milk chocolate bar packed with 25 grams of sugar.

Cocoa butter looks like this:



Homemade Organic Protein Bars

INGREDIENTS

- 3 tbsp almond butter (organic)
- 3 tbsp ground flax (freshly ground flax seeds)
- 1/4 cup pecans (roughly chopped raw)
- 1/4 cup shredded coconut (unsweetened organic)
- 1/4 cup pepitas (roughly chopped raw)
- 1/4 cup dried cranberries
- 1/4 cup oats (organic raw)
- 1/4 cup clover honey (organic)
- 1/2 tsp cinnamon (organic ground Vietnamese)
- 1/2 tsp ground ginger
- 2 scoops vanilla protein powder
- 1/4 cup almond milk (fresh unsweetened)

DIRECTIONS:

Preheat Oven to 325. Mix everything in a bowl with a spoon until a thick paste forms. Divide into eight parts; then shape into bars. Place on a lightly greased cookie sheet (organic coconut oil) and bake for 10 minutes.

Yields approx 8 bars.

Wrap individually & store in fridge. They will keep for about 1 week. Remember, these aren't cookies -- they will be dense like a protein bar. But -- oh so much better tasting, less money & better for you than a store bought one.

Nutrition Facts

Amount Per Serving		%DV
Calories	190	
Calories from Fat	100	
Total Fat	11g	17%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Potassium	140mg	4%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	12%
Sugars	12g	
Protein	4g	
Vitamin A		0%
Vitamin C		2%
Calcium		4%
Iron		8%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



No-Bake Peanut Butter Cookies

INGREDIENTS:

1 cup natural peanut butter, 1 cup organic quick cooking rolled oats, 1/2 cup raw honey, 1 cup chocolate protein powder.

DIRECTIONS:

Combine peanut butter, honey, oats and Chocolate Super Shake or Best Whey in a medium bowl. Mix well. Roll 24 balls, each the size of 1 tbsp. Flatten each slightly so it takes on the shape of a cookie. No baking is needed. Enjoy!

Totally Nuts Sticky Protein Bars

Yield: Makes 12 bars

INGREDIENTS

- 1/2 cup all natural nut butter (I used a mix of walnuts, hazelnuts, pecans and almonds)
- 1 cup water
- 2 cups Old Fashioned Rolled Oats* (one cup whole, one cup ground into flour)
- 5 scoops (175g) plain whey protein powder
- 1/4 cup almond meal
- 1/4 cup coconut flour
- 1/4 cup unsweetened shredded coconut
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 1/2 tsp Himalayan Salt



INSTRUCTIONS

- Grind one cup of rolled oats in the food processor and set aside.
- If you are making your own almond meal from slivered almonds, make that now also while your bowl is still dry and clean...
- Add nut butter and water to your food processor and process until well blended.
- Add oats flour, coconut flour, almond meal, whey protein, cinnamon, vanilla and salt and process until well incorporated.
- Add whole oats, shredded coconut and cacao nibs and process until just blended.
- Transfer to a 8" x 8" pan that's been lined with parchment paper.
- Press the mixture down firmly with a wet rubber spatula until it's all nice and flat, then cover and refrigerate overnight.
- Cut into 12 bars and keep refrigerated for up to a week in an airtight container.

*Use uncontaminated Oats to keep gluten free

Recovery Rice Crispies

INGREDIENTS

- 1 1/2 cups Rice Krispies cereal
- 1 1/2 tbsp honey
- 2 tbsp reduced fat butter
- 1/2 cup oatmeal
- 1/2 tsp vanilla extract
- 2 scoops vanilla protein powder

DIRECTIONS:

Preheat oven to 325 F. Lightly coat a 9x9 baking pan with cooking spray. Mix all the ingredients together in a large bowl, then scoop onto the baking pan. Cook for 10-15 minutes or until the mixture is crisp.





Protein Bites

INGREDIENTS:

Makes 2 dozen Protein Bites:

- 2 cups natural peanut butter
- 1 1/3 cups honey
- 2 1/2 cups oats
- 2 cups protein powder
- May add ground flax seeds, coconut flakes, or substitute butters

DIRECTIONS:

Soften the above ingredients Mix well Shape into bite size balls Enjoy!* May refrigerate if desired.

PUDDING

Cookie Dough Protein Pudding

This simple pudding almost tastes like chocolate chip cookie dough! The secret ingredient is the protein powder ; it makes the mixture thicker and creamier.

INGREDIENTS FOR 2 SERVINGS:

- 1/2 cup of vanilla protein powder
- 1/4 cup chickpeas (rinsed and drained from a can)
- 1/2 cup of milk (any kind)
- a few drops of melted butter flavoring (optional)
- 2 tbsp chocolate chips

DIRECTIONS

Mix all ingredients except the chocolate chips with a hand blender for several minutes until mixture starts to thicken. Add the chocolate chips and stir. Enjoy right away.

Estimated nutrition facts for 1 serving: 204 kcal, 25 g of protein, 17 g of carbs, 7 g of sugar, 4 g of fat.



Chocolate Avocado Banana Pudding

INGREDIENTS

- 2 avocados, ripe
- 2 medium bananas, ripe
- 6-8 tbsp unsweetened cocoa powder
- 1tsp vanilla extract
- 1tsp cinnamon
- 1 1/2 scoops protein powder

DIRECTIONS:

In a food processor, combine the avocado + banana and process until smooth. Scrape down the sides of bowl as necessary. Add the cocoa powder, vanilla, cinnamon, and protein powder [if using]. Process again until smooth.

Refrigerate until ready to serve and add any topping you like. Store in a sealed container and eat within 2-3 days.

Notes: This has the consistency of a thick pudding, but is not similar to chocolate pudding from a box. If you want a thinner consistency, add your favorite milk, starting with 1T at a time. Do not use frozen bananas. The riper the banana, the sweeter and stronger the flavor will be. Your avocados should be slightly soft to the touch but not mushy, hard, or watery when cut. If you don't like banana, feel free to sub in a squash puree [drained of excess liquid]. Add honey or maple syrup if desired. An immersion blender should also work for this.

Serves 2-4