

PREMIER PROTEIN

COOKBOOK





TASTY PROTEIN PACKED RECIPES

These are some of our favorite easy and delicious ways to put more healthy protein in breakfast, smoothies, shakes, and snacks!

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RECIPES

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BREAKFAST

RECIPES



TROPICAL CITRUS PROTEIN SMOOTHIE BOWL

1 SERVING



3 MINS



POWDER



BLENDER

INGREDIENTS

SMOOTHIE

- 1 scoop Premier Protein Vanilla Powder
- 1/4 cup orange juice
- 1 small ripe banana, sliced and frozen
- 1/2 cup peach flavored yogurt
- 1/4 cup pineapple tidbits, drained
- 1 cup ice cubes

TOPPINGS

- 1/2 small ripe banana, sliced
- 1 tbsp coconut flakes
- 2 tsp fresh blueberries
- 1 tsp chia seeds
- 1 handful blackberries

DIRECTIONS

Blend all smoothie ingredients until smooth, pour into a bowl.

Top with sliced bananas, berries, chia seeds, and coconut flakes.



EGG WHITE & SPINACH BREAKFAST BISCUITS

4 SERVINGS



35 MINS



OVEN



420°F



SHAKE

INGREDIENTS

- 2 cups all-purpose flour
- 1/2 tsp baking soda
- 2 tbsp baking powder
- 1 pinch salt
- 1/4 tsp black pepper
- 8 tbsp cold butter
- 1 cup Premier Protein Vanilla shake
- 4 pre-cooked breakfast sausage patties
- 1 bunch spinach
- 4 egg whites
- 4 slices reduced fat swiss cheese

DIRECTIONS

Preheat oven to 420°F. Line a baking sheet pan with parchment paper.

In a bowl add flour, baking soda, baking powder, salt and pepper, whisk to combine. Cut butter into chunks, add to flour breaking the butter down with your fingertips until the mixture is crumbly. Add the Premier Protein Vanilla Shake and stir gently. Add two more tablespoons of flour until the dough becomes a ball. Dump the dough onto a well-floured work surface, knead into a flat circle about 1" thick.

Using a 3" cookie cutter, cut the biscuits out of the dough and place on baking tray. Bake the biscuits for about 12 mins.

In a large nonstick pan, heat the water, add spinach, cook until wilted. Transfer to a plate. Wipe out the pan with a paper towel and place back on low heat with the butter.

In another bowl, whisk the egg whites until light and airy. Add egg whites to the pan and cook for about 4 mins. Flip the egg whites over and cook for a further 2-3 mins.

Warm the sausage patties in the microwave and slice the biscuits in half. Place a sausage patty on the bottom part of each biscuit. Top the sausage with a slice of swiss cheese, piece of the egg white and some of the wilted spinach. Place the top on each biscuit and serve with your favorite condiments.

FRENCH TOAST CUPS

12 SERVINGS



40 MINS



OVEN



350°F



SHAKE

INGREDIENTS

- 1 Premier Protein Vanilla Shake
- 6 large eggs
- 2-3 tbsp low-fat milk
- 1/3 cup coconut sugar
- 2 tsp pure vanilla extract
- 1 tbsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp fine sea salt
- 14-15 cups bread cubes
- Pure maple syrup, for serving
- Fresh fruit, for serving, optional

DIRECTIONS

- Preheat oven to 350°F.
- In a large bowl, whisk all the eggs together. Once mixed, measure Premier Protein Vanilla Shake to get 1 1/2 cups of liquid. Top off the remaining amount of liquid with milk to ensure you have 1 1/2 cups. Add to the eggs. Add the coconut sugar, vanilla, cinnamon, nutmeg, and salt. Stir until combined and smooth.
- Remove, toss again gently, and return to the fridge for another 15 minutes.
- Generously grease a muffin pan with cooking spray. Add the bread mixture evenly into each cavity pressing down on each one.
- Bake for 20-27 mins, or until the tops are golden brown and slightly crispy. Remove and allow to cool for a few min. Serve with pure maple syrup and fresh fruit as desired.
- Cut bread into 1/2" cubes and measure to get around 14-15 cups. Gently toss the cubes with the egg mixture, cover and refrigerate for 15 mins.



CHOCOLATE PEANUT BUTTER PROTEIN DONUTS

15 SERVINGS



25 MINS



OVEN



350°F



POWDER

INGREDIENTS

DONUTS

- 1 cup all-purpose flour
- 6 tbsp granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 scoop Premier Protein Chocolate Powder
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup whole milk
- 1 egg
- 1 tbsp vanilla extract
- 1 tbsp butter, melted
- 3 tbsp creamy peanut butter
- 1/2 cup semi sweet chocolate chips

GLAZE

- 5-6 tbsp whole milk
- 3 tbsp unsweetened cocoa powder
- 2 tbsp creamy peanut butter
- 1 1/2 cups powdered sugar

GARNISH

- Flaky sea salt

DIRECTIONS

DONUTS

Preheat the oven to 350°F. Spray two donut baking pans with non-stick cooking spray.

Place dry ingredients in a medium mixing bowl and whisk until combined.

In a small bowl melt the butter and peanut butter together in the microwave for 20-30 sec. Add milk, egg, vanilla, melted peanut butter, and melted butter. Whisk until smooth. Fold in the chocolate chips.

Fill each donut cup 1/2 full with the batter.

Bake for 10-12 mins or until a toothpick comes out clean.

GLAZE

Whisk together all ingredients until smooth. You may need to add additional powdered sugar for a thicker glaze. Dip the top of each donut in the glaze and sprinkle with a bit of flaky sea salt if desired. Store in an airtight container in the refrigerator for up to 3 days.

BEVERAGES

RECIPES





WATERMELON & STRAWBERRY CHIA SMOOTHIE

2 SERVINGS

 5 MINS

 POWDER

 BLENDER

INGREDIENTS

- 2 cups watermelon
- 1 1/2 cups low-fat vanilla yogurt
- 1/2 cup vanilla almond milk
- 3 tbsp Premier Protein Vanilla Powder
- 2 tsp chia seeds
- 1 banana frozen
- 1 cup frozen strawberries

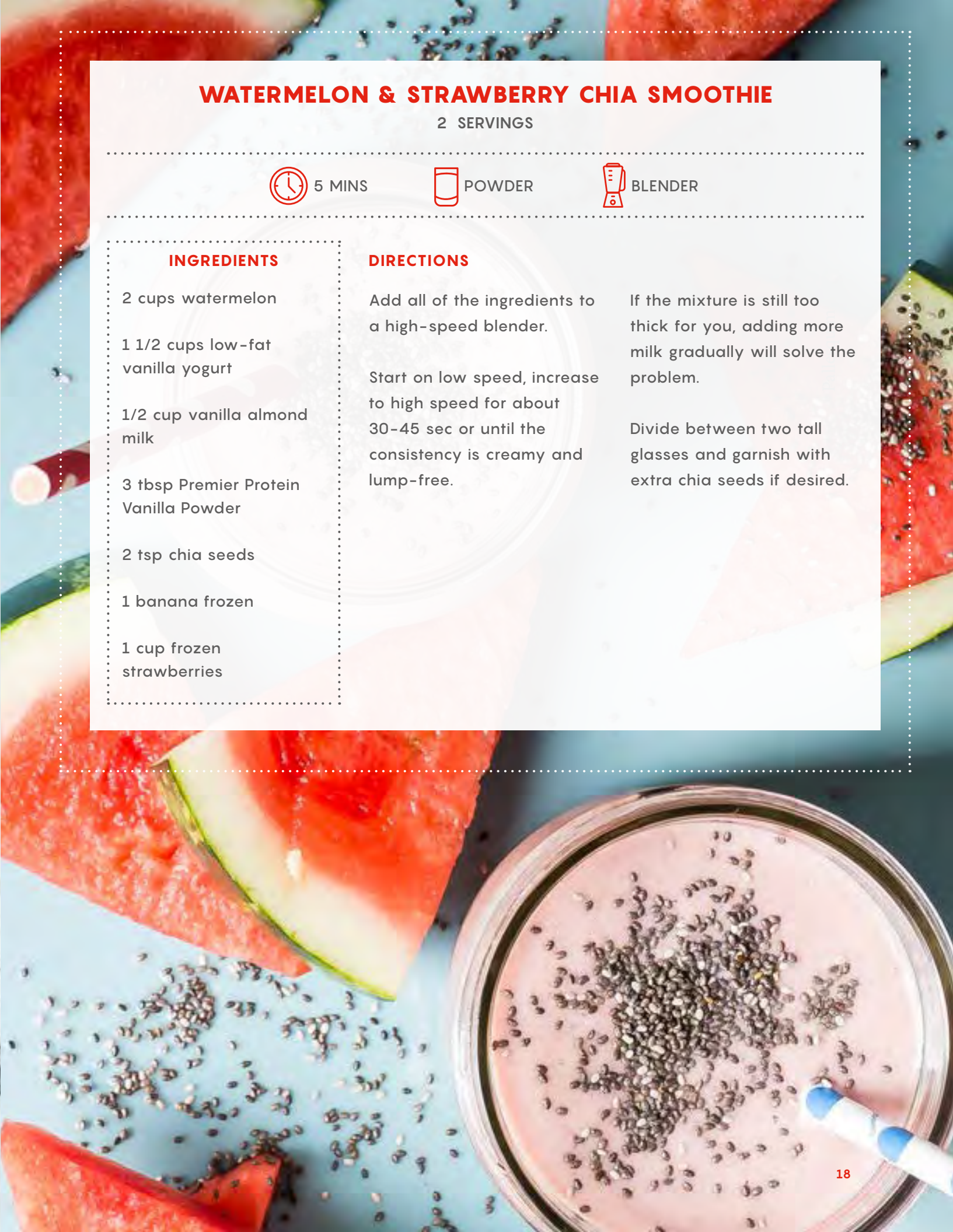
DIRECTIONS

Add all of the ingredients to a high-speed blender.

Start on low speed, increase to high speed for about 30-45 sec or until the consistency is creamy and lump-free.

If the mixture is still too thick for you, adding more milk gradually will solve the problem.

Divide between two tall glasses and garnish with extra chia seeds if desired.



PEACH MANGO SMOOTHIE

2 SERVINGS



5 MINS



SHAKE



BLENDER

INGREDIENTS

1 Premier Protein Peaches
& Cream Shake

1 ripe peach, peeled and
chopped

1 ripe mango, peeled and
chopped

2 large carrots, peeled and
chopped

2 1/2 tsp lime juice

DIRECTIONS

Place all ingredients into
a blender and blend until
completely smooth and
creamy.



CHOCOLATE VEGGIE SMOOTHIE

2 SERVINGS



5 MINS



SHAKE



BLENDER

INGREDIENTS

1 Premier Protein
Chocolate Shake

6 to 8 dates

1 cup frozen, steamed
cauliflower

2 tbsp cacao powder

1 frozen banana

1/2 tsp vanilla extract

2 tbsp mashed avocado

DIRECTIONS

Place all ingredients into
a blender and blend until
completely smooth and
creamy.



STRAWBERRY PROTEIN SHAKE WITH WHIPPED CREAM

2 SERVINGS



5 MINS



SHAKE



BLENDER

INGREDIENTS

- 1 pack strawberries
- 2 tbsp sugar
- 2 tbsp water
- 3 cups frozen strawberries
- 1/2 cup low fat vanilla yogurt
- 1 1/4 cups Premier Protein Strawberries & Cream Drink
- 1/2 cup heavy cream
- 1/2 tsp vanilla extract
- Bee pollen & chia seeds, if desired

DIRECTIONS

Rinse strawberries. Roughly cut the strawberries into chunks and add them to a pan along with the sugar and water. Bring to a simmer and cook for 10 mins until the strawberries are soft. Set aside to cool.

In another bowl combine the heavy cream and vanilla until soft peaks. Set aside.

Once the puree is cool add the frozen strawberries to a blender along with the yogurt and Premier Protein Strawberries & Cream.

Blend on high speed until smooth. Add some of the cooled strawberry puree to the base of your glasses and fill halfway with the protein shake mixture. Spoon some more puree on top and fill to the top with the rest of the mixture from the blender.

Repeat with another spoonful of puree and then a heaped spoonful of the whipped cream to finish off.

Sprinkle with bee pollen and chia seeds if desired.

SNACKS

RECIPES



ALMOND COCONUT PROTEIN BARS

10-12 SERVINGS



1 HR & 10 MINS



MICROWAVE



POWDER

INGREDIENTS

- 3/4 cup almond butter
- 2 tbsp + 1/2 tsp coconut oil, separated
- 4 tbsp honey
- 2 tsp vanilla extract
- 1/4 tsp salt
- 2/3 cup Premier Protein Vanilla Powder
- 3 tsp unsweetened coconut flakes
- 3 tsp miniature chocolate chips
- 3 tsp dark chocolate chips

DIRECTIONS

Line an 8.5x4.5" bread pan with parchment paper or foil. Make sure to leave an overhang with the parchment paper/foil and set aside.

In a large bowl, add the almond butter, 2 tbsp of the coconut oil, and honey. Microwave for 10-15 sec, stir until smooth and combined. Add vanilla extract, salt, Premier Protein Vanilla Powder, coconut flakes, and miniature chocolate chips. Stir until everything is combined and you have a thick dough. Press dough into the prepared bread pan. Cover bars and chill for one hour in the fridge.

Remove from fridge and using the overhang, pull the bars from the bread pan. Cut the bars into 10-12 individual bars. Enjoy or add the chocolate drizzle.

To add the chocolate drizzle, combine the chocolate chips and remaining 1/2 tsp coconut oil in a microwave safe bowl. Microwave in bursts of 15 sec, stirring in between each burst for 10 sec until the chocolate is smooth. Transfer the chocolate to a bag and cut off the tip of the bag. Drizzle the chocolate over the bars and allow to set up at room temperature.

Store bars in an airtight container in the fridge for up to 2 weeks. Best enjoyed within 1 week.

PEACHES & CREAM PROTEIN CHIA PUDDING

4 SERVINGS



1 HR & 10 MINS



SHAKE

INGREDIENTS

- 3 tbsp chia seeds
- 1 cup Premier Protein Peaches & Cream Shake
- 1 5.3 oz container peach flavored Greek yogurt
- 2 peaches, diced
- Coconut flakes, if desired

DIRECTIONS

- Stir the chia seeds into Premier Protein Peaches & Cream Shake and refrigerate for at least one hour.

Fold in yogurt to the chia seed mixture.
- Layer peaches and chia pudding mixture.

Top with coconut if desired. Enjoy.





COOKIES & CREAM COFFEE CAKE

8 SERVINGS



25 MINS



OVEN



350°F



SHAKE

INGREDIENTS

1 1/2 cups all-purpose flour

3/4 tsp baking powder

3/4 tsp baking soda

1 1/2 sticks unsalted butter softened

3/4 cup granulated sugar

1 large egg plus 1 egg yolk

1/4 cup vanilla yogurt

1 tsp vanilla extract

1/2 cup + 2 tbsp Premier Protein Cookies & Cream Shake

6 Oreo cookies roughly crushed

1/2 cup powdered sugar

3 tbsp Premier Protein Cookies & Cream Shake

DIRECTIONS

Preheat the oven to 350°F.

Spray a deep 8" baking pan with non-stick spray and line with parchment paper.

In a bowl combine the flour, baking powder and baking soda.

Using stand mixer beat the soft butter and sugar until light and airy. Add the egg and egg yolk and beat, scraping the sides of the bowl down at least once. Add the vanilla yogurt and extract and mix. Pour in the Premier Protein Cookies & Cream Shake, mix until well combined. Transfer the batter to the prepared pan and smooth out evenly.

Cover the surface with the crushed Oreo cookies.

Bake in the oven for 40 mins and let rest while you make the icing.

In a small bowl whisk together the powdered sugar and 3 tbsp Premier Protein Shake until smooth. Drizzle the icing over the cake and cut into slices.

STRAWBERRY SORBET

6 SERVINGS



5 HRS & 10 MINS



CLEAR



BLENDER

INGREDIENTS

- 1 (16-oz) bag frozen unsweetened strawberries, softened for a few mins at room temperature
- 3/4 cup Premier Protein Clear Orange Mango Drink
- Zest & juice from 1/2 small lime
- Honey or other sweetener, to taste

DIRECTIONS

Combine strawberries, Premier Protein Clear Orange Mango Drink and zest and juice from lime in blender. Using an ice cream scoop, scoop into containers and serve. Enjoy!

Blend together, taste and sweeten as necessary. Pour into a loaf pan or other container and freeze for several hours, until mostly hard.







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