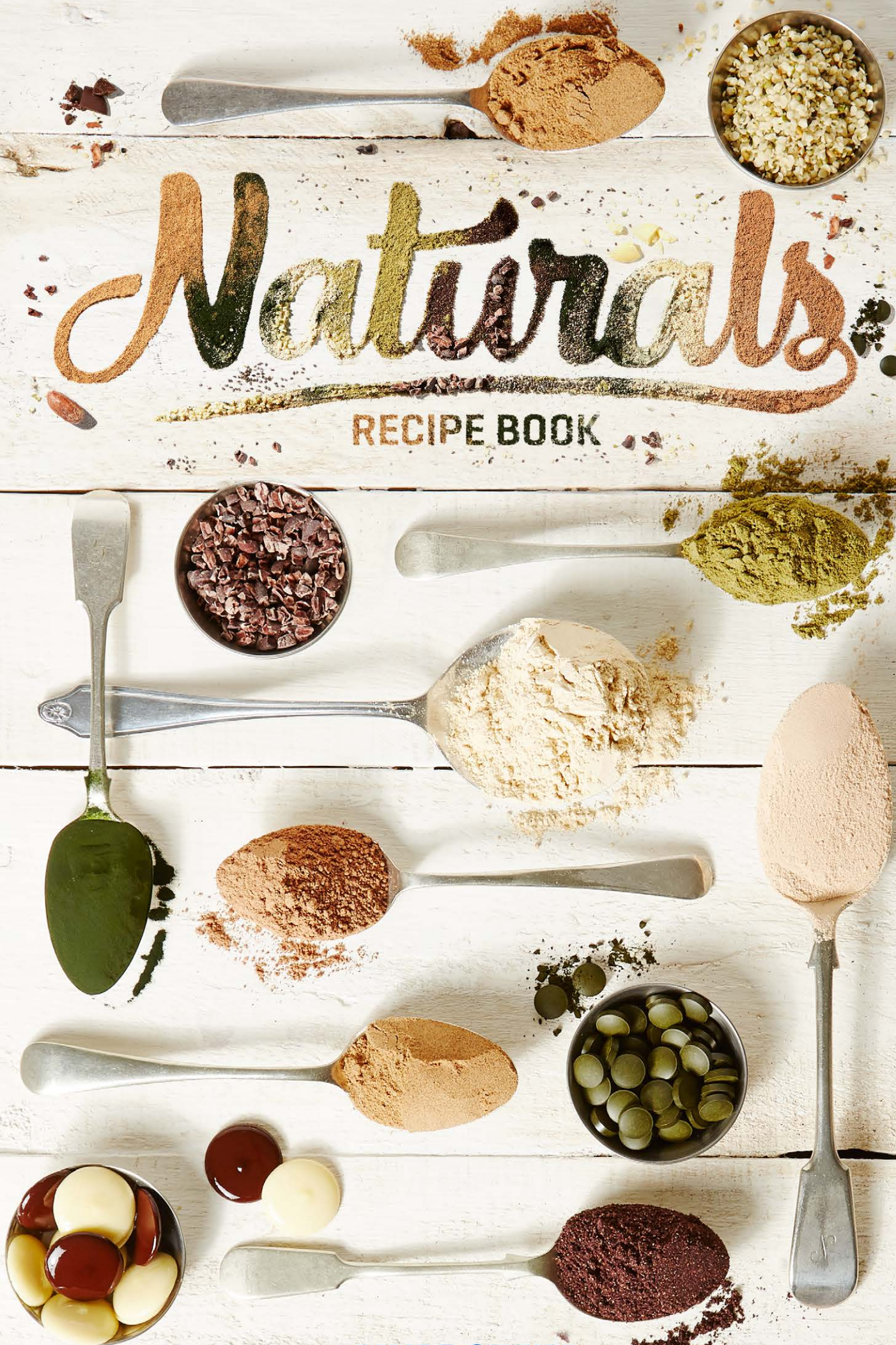


Naturals

RECIPE BOOK



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THE POWER OF PROTEIN

What Is Protein?

Protein, carbohydrates and fat: what do they all have in common? They are all macronutrients. Macronutrients are fundamental components of the diet that are broken down in a series of metabolic reactions to give us energy. Protein is essential for a series of fundamental physiological functions, including helping to repair damaged cells and tissues and increasing the development and growth of muscle. All of the body's muscles and tissues are made from proteins; these complex biological structures are formed by unique sequences of amino acids, also known as the building blocks of life.

What Are The Benefits Of Protein?

Protein is responsible for many biochemical reactions and can contribute to the growth and maintenance of lean muscle mass. Protein is also known as the most filling macronutrient meaning you can stay fuller for longer.

Who Can Consume Protein?

Protein has gained a reputation for only being for those who want to build muscle. However, in reality, protein can be consumed by anyone and everyone. Protein supplements and protein baking are ideal ways to easily increase your protein intake.

How Is Protein Used In Baking?

When people think of protein supplements, a boring protein shake usually tends to come to mind. Here at Myprotein®, we're here to educate you on the nutritional value of protein and show you that being healthy and increasing your protein intake doesn't have to mean cutting out all of your favourite treats - even if you have dietary requirements! We offer a range of different protein powders for all; from whey protein to milk protein and vegan proteins. In this first ebook we'll show you how you can use a small selection of our products - including Milk Protein Smooth and Impact Whey Protein - to make delicious tasting sweet and savoury treats.





GOOD FOOD GOOD MOOD

What Are Natural Foods?

They are products that have had minimal processing and aim to keep an ingredient to its most natural form without additives, colourings or preservatives. They are whole foods meaning they only have one ingredient and are mostly dairy and gluten free.

Why Eat Natural Foods?

Natural foods are perfect for providing your body with abundance of vitamins and minerals in order to benefit nutritional health.

For example, vitamin C can optimise your energy levels, whereas Vitamin A provides antioxidant properties.

Who Can Consume Them?

Our Naturals Range includes a range of powders sourced from exotic locations from across the world. These products are suitable for anyone looking to try new and exciting products with a range of health benefits. All are organic and responsibly sourced.

How Are They Used?

The diversity of products found within the range means Natural Foods can be used in a number of ways. Natural foods can be added to smoothies, baking, raw recipes, porridges and yogurts to enhance flavour, boost substance or improve consistency.

CACAO RANGE



ORGANIC CACAO BUTTER

The Cacao Bean is the dried and fully fermented seed of the Theobroma Cacao tree from which cocoa solids and cocoa butter are extracted.



ORGANIC CACAO LIQUOR BUTTONS

Cacao Liquor contains both cacao butter and cacao solids. It has the highest known antioxidant levels of any food, in addition to a wide array of beneficial minerals, notably sulphur and magnesium. Cacao buttons are also low-glycaemic sweeteners and healthy fats.



ORGANIC CACAO BEANS

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ORGANIC RAW CACAO NIBS

Organic Raw Cacao Nibs are a 100% organic, high fibre source of dietary fat and magnesium.



ORGANIC CACAO POWDER

Organic Cacao Powder is high in fibre and contains all three of the macronutrients: protein, carbohydrate and fat. It is also high in a wide range of minerals.



FRUITS & ROOTS RANGE



ORGANIC MACA POWDER

Organic Maca Powder is an extremely nutrient-dense product, most notably containing copper and Vitamin C, which contributes to the normal functioning of both the nervous system and immune system, in addition to helping to protect cells from oxidative stress.



ORGANIC LUCUMA POWDER

Lucuma contains phosphorus which contributes to normal energy metabolism, healthy function of cell membranes and the maintenance of bones and teeth.



ORGANIC MAQUI BERRY POWDER

Maqui is a deep purple Berry, high in fibre and contains potassium, calcium, magnesium, iron and copper.



ORGANIC CAMU CAMU POWDER

Camu Camu Powder is a good source of vitamin C, which contributes to antioxidant activity in cells to help protect them from damaging oxidative stress.



ORGANIC GUARANA POWDER

Guarana Powder is high in fibre and contains various vitamins, minerals and Guaranine, which acts as a natural alternative to coffee.

POWERFUL PROTEINS RANGE



ORGANIC HEMP PROTEIN POWDER

Organic Hemp Protein Powder is an excellent protein source embodying essential amino acids. The Hemp powder is sifted to reduce fibre content whilst preserving the high proportion of protein.



ORGANIC SHELLED HEMP SEEDS

Reminiscent of a sunflower seed, raw Hemp seeds are packaged in their raw state. They are high in fibre, protein and contain Vitamin E, Potassium, Calcium, Magnesium & Iron.



ORGANIC CHIA SEEDS

Chia seeds contain nearly 5 times more calcium than milk, and 3 times more iron than spinach with a plethora of useful proteins and vitamins. These seeds also contain omega 6 and 3 fatty acids.



SUPER GREENS RANGE



ORGANIC CHLORELLA TABLETS

Chlorella is a detoxifying green algae that is said to be great for digestion, skin health and a healthy immune system. It is also a source of B12.



ORGANIC CHLORELLA POWDER

Chlorella is a detoxifying green algae that is said to be great for digestion, skin health and a healthy immune system. It is also a source of B12.

SUPERFOOD PROTEIN BALLS

Macros based on 5 servings
Calories **103kcal** / Protein **6.2g** / Sugar **7g** / Carbs **11g** / Fat **3g**

These tasty little snacks are perfect for on the go chocolate cravings as they are rich tasting but packed with protein for satisfaction ultimate satisfaction. They are so easy to make, requiring no baking and just a food processor!

5'
Cooking
Time

INGREDIENTS

10g Myprotein Organic Maqui Berry Powder
10g Myprotein Organic Hemp Seeds
25g Myprotein Organic Cacao Powder
25g Myprotein Chocolate Smooth Impact
Whey Protein Powder
80g dried prunes
30ml unsweetened almond milk
or milk of choice

Storage

Keep stored in an air tight container in the fridge for 3-5 days

METHOD

- 1** Weigh out the ingredients and add to a food processor.
- 2** Blend the ingredients in a food processor until a thick sticky mixture is formed with no lumps of prunes in.
- 3** Roll the mixture into 5 equal sized balls in the palm of your hands and put aside on a tray.
- 4** Place the balls in the fridge for half an hour to firm up.



NATURAL CACAO BROWNIES

Macros based on 12 servings
Calories **130kcal** / Protein **3g** / Sugar **5g** / Carbs **15g** / Fat **6**

If you are trying to keep your diet squeaky clean but have a cheeky sweet tooth, these natural cacao brownies are your ticket to happiness! With a thick, chewy base and delicious deep chocolate flavour you will be instantly satisfied.

10'
Cooking
Time

INGREDIENTS

150g Myprotein Rolled Oats
25g Myprotein Organic Cacao nibs
30g Myprotein Organic Cacao Powder
50g Myprotein Instant Oats
25g Myprotein Omega seed mix
75g No added sugar Baby apple sauce
2 Tbsp Honey
2 Tbsp Myprotein Cashew Butter
50g Myprotein Organic Cacao paste
30ml Cooled boiled water

Storage

Store in an air tight container for 5 - 7 days

METHOD

- 1** To a food processor add all dry ingredients rolled oats, instant oats, omega seed mix, cocoa powder and pulse until evenly combined.
- 2** Add the apple sauce, cashew butter and honey then pulse once again until combined.
- 3** Add the cacao nibs and 30ml of water and pulse again until the mix looks like one big dough ball.
- 4** Note: If the mixture is runny add more oats, if it is too thick add a drop of water at a time.
- 5** Press this mixture into a grease mould or cling film lined tray and leave to one side.
- 6** Melt the cocoa paste in the microwave then pour over the brownie, allow to set in a cool dry place.

CACAO BUTTER ENERGY BAR

Macros based on 8 servings

Calories **193kcal** / Protein **4g** / Sugar **5g** / Carbs **7g** / Fat **18g**

5'
Cooking
Time

This refined sugar free cacao bar with all natural ingredients tastes silky smooth and completely satisfying from the juicy thick dried fruits and added crunch from the coconut, dried banana and Brazil nuts, this super simple recipe takes minutes to make and lasts for weeks in a air tight container.

INGREDIENTS

100g - Myprotein Organic Cacao Butter Buttons
100g - Mixed fruit trail mix
30g - Linseed

Storage

Store in an air tight container for 4-6 weeks

METHOD

- 1** Simply melt the cacao butter buttons in a microwavable dish until completely dissolved.
- 2** Mix in the linseed.
- 3** Sprinkle half the trail mix into a mould or cling film lined tray.
- 4** Pour over the melted cacao butter and linseed over the trail mix and sprinkle with the remaining trail mix and slightly press down.
- 5** Leave in a cool place to set for 3-5 hours, once solidified place in an air tight container.



PURPLE CHIA PUDDING

Macros based on 1 serving
Calories **185kcal** / Protein **7g** / Sugar **2g** / Carbs **8g** / Fat **13g**

This delicious purple Chia Seed pudding not only hits the spot, but is also convenient! Make this the night before and it can be stored in a jar or Tupperware for portability. This pudding is a real indulgent, hearty snack that will curb any afternoon hunger. It has a sweet subtle flavour from the Maqui powder with an added crunch from the cocoa nibs and the creaminess enhanced by the added natural yogurt.

5'
Cooking
Time

INGREDIENTS

30g Myprotein Organic Chia Seed
10g Myprotein Organic Cacao Nibs
30g Fat Free Natural yogurt
15g Myprotein Organic Maqui Powder
150ml Almond milk
1 tbsp Stevia

Storage
Store in an air tight container for 3 days

METHOD

- 1** Add all the ingredients to a bowl and stir until evenly mixed
Note: This will be runny, that's meant to happen.
- 2** Pour into a sealed container and leave overnight or for several hours in the fridge - this will allow the chia seeds to swell to complete the pudding.
- 3** Once the pudding is thick and ready to eat, add more sweetener and milk to make the consistency you prefer.

CLEAN BEDTIME MALTY DRINK

Macros based on 1 serving
Calories **100kcal** / Protein **3g** / Sugar **1g** / Carbs **8g** / Fat **5g**

5'
Cooking
Time

This thick smooth malted drink has a deliciously wholesome flavour. Using the sweet thickening malty texture of Maca Powder and anti-inflammatory properties of Camu Camu, it is a fulfilling slow releasing clean drink. Serving with a tsp of honey makes for a delicious addition for the sweet toothed!

INGREDIENTS

300ml - Almond milk
2 Myprotein Organic Cacao Butter Buttons
10g - Myprotein Organic Maca Powder
10g - Myprotein Organic Camu Camu Powder
Sprinkle of Ground Cinnamon

Storage
Drink when freshly made

METHOD

- 1** Heat the milk until very hot.
- 2** Add the powders and cacao butter buttons into the hot milk then stir until all is dissolved.
- 3** Pour into a glass, sprinkle with cinnamon, add sweeteners (if preferred) and serve.





LOW FAT CHEESE & BROCCOLI SOUP

Macros based on 2 servings
Calories **194kcal** / Protein **23g** / Carbs **13g** / Fat **9g**

This thick, hearty soup has a deep flavour and smooth texture; it can be made in bulk and stored in the fridge for 3 days or 3 months in the freezer. Some delicious accompaniments to the shelled hemp seeds are poached egg or cooked prawns!

20'
Cooking
Time

INGREDIENTS

- 1 Stalk of Broccoli
- 3 handfuls of Spinach
- 2 handfuls of Kale
- 600ml Chicken stock (Cubed will work fine)
- 75g Myprotein High Protein Low-Fat Cheese
- 3Tbsp Myprotein Organic Shelled Hemp Seeds

Storage
Keep in the fridge for 2-3 days
or frozen for up to 3 months

METHOD

- 1 Chop the broccoli and put in a medium sized pan. Pour in chicken stock and boil for 15 minutes.
- 2 Add the spinach and kale and cook for another 5-7 minutes.
- 3 Once cooked pour everything into a blender and blitz until smooth. Note: It may be easier to do in two batches
- 4 Once blended, pour all soup back in the pan, add the cheese then stir until dissolved.
- 5 Pour the soup into serving bowls and sprinkle with hemp seeds.



SUPER GREEN SMOOTHIE

5'
Cooking
Time

Macros based on 1 serving

Calories **220kcal** / Protein **15g** / Sugar **12g** / Carbs **44g** / Fat **4g**

Start your day with a super clean smoothie! This fresh, cool vitamin-packed healthy breakfast is not only filling but with the sweetness from the banana and almond milk, it also has a very pleasant taste on the palate.

A good idea for meal prepping - store all the fresh ingredients individually in freezer bags and portion sizes for a quick grab bag.

METHOD

- 1** Place all ingredients into a blender.
- 2** Blitz until smooth. Note: Add more or less fluid to make the consistency to your liking
- 3** Enjoy!

INGREDIENTS

1 Tbsp Myprotein Organic Hemp Protein Powder
Tbsp Myprotein Organic Cacao powder
Tbsp Myprotein Organic Maca Powder
Handful of spinach
Handful of Kale
1 small Banana (Frozen)
200ml Almond Milk

Storage

It is better drank fresh but can be stored over night for the next morning.

SALTED CARAMEL PROTEIN CAKE

Macros per slice of 8
Calories **148kcal** / Protein **23g** / Sugar **5g** / Carbs **9g** / Fat **2g**

With a natural subtle caramel flavour from the lucuma and a hint of sea salt, this proves to be a little different from the usual Victoria Sponge cake! Light and fluffy, drizzled with dark chocolate and berries for an impressive finished look this bundt cake will definitely grab the attention of your friends.

40'
Cooking Time

INGREDIENTS

75g Myprotein Vanilla Impact Whey
55g Myprotein Instant Oats
30g Myprotein Vanilla Carnipro
65g Myprotein Organic Lucuma Powder
3tsp baking powder
1tsp sea salt
250ml liquid egg whites
360g quark or fat free Greek yogurt
1 tsp salted caramel extract
Optional Myprotein Vanilla FlavDrops

Storage

Can be stored in an air tight container for up to 3 days

METHOD

- 1** Preheat your oven to 180°C
To a bowl, add the Impact Whey, instant oats, Carnipro, lucuma powder, baking powder and sea salt, mix together.
- 2** Add in the egg whites, Quark, salted caramel extract and vanilla FlavDrops and blend with a hand blender to form a smooth cake mixture.
- 3** Take a large bundt cake pan and line with a thin layer of coconut oil using your fingers. Pour the cake batter into the pan and bake for around 30 minutes depending on your oven.
- 4** Check that the cake is fully baked by sticking a wooden or metal skewer into the middle of the cake and when removed skewer should come out clean. Leave the cake to cool before tipping out of the pan, adding additional toppings and icing.



CASHEW CREAM DESSERT

Macros based on 3 servings
Calories **280kcal** / Protein **9g** / Sugar **3g** / Carbs **16g** / Fat **22g**

7'
Cooking Time

This rich and creamy substantial dish can be enjoyed as a dessert treat or snack. It can be made in bulk and kept in the fridge for days, taking minutes to make and with the added sweetness from the lucuma powder it's a real dreamy dish!

INGREDIENTS

150g Myprotein Cashew Nuts
100ml Almond Milk
15g Myprotein Organic Lucuma Powder
15g Natural yogurt
Pinch of ground Nutmeg

Storage

Can be stored in an air tight container in the fridge for up to 3 days

METHOD

- 1** Pour the milk over the cashew nuts and leave in the fridge over night.
- 2** Once the nuts have soaked, drain off any excess milk and blitz in the blender until an evenly ground paste.
- 3** Then add the yogurt, Lucuma powder and pinch of nutmeg and blitz in the blender until smooth and creamy. Serve alone or with fruit.

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