



NUTRILITE®
**ALL PLANT
PROTEIN POWDER**
RECIPES





TRIPLE BERRY POWER SMOOTHIE

INGREDIENTS

Servings: 4

3½ cups low-fat vanilla yogurt
 1 cup ice cubes (about 16 cubes)
 ⅓ cup NUTRILITE® All Plant Protein Powder
 ⅓ cup strawberries, washed and stemmed
 ⅓ cup blueberries
 ½ cup raspberries

DEGREE OF DIFFICULTY

Very easy

COOKING TIMES

Preparation time: 5 minutes

PREPARATION

1. Place all ingredients into a blender and blend until smooth.
2. Serve immediately.
3. NOTE: Frozen fruit will produce a thicker smoothie.

EXCHANGES

1 dairy, 1½ fruit, 1 protein (plant based).

Serving size: 1½ cups or 12 ounces.

Phytonutrient colors: Green, red, purple/blue.

Vegan option: Substitute soy yogurt for vanilla yogurt.

Nutrition Facts

Serving size: ¼ of a recipe (11.3 ounces).

Amount Per Serving

Calories 232.82

Calories From Fat (27%) 28.81

% Daily Value

Total Fat 3.25g 5%

Saturated Fat 1.74g 9%

Cholesterol 10.72mg 4%

Sodium 222.83mg 9%

Potassium 521.97mg 15%

Total Carbohydrates 34.14g 11%

Fiber 1.54g 6%

Sugar 32.09g

Protein 17.26g 35%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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BANANA-CRANBERRY PECAN MUFFINS

INGREDIENTS

Servings: 10

1½ cups all-purpose flour
 ½ cup NUTRILITE® All Plant Protein Powder
 ¾ cup sugar
 ⅓ cup vegetable oil
 4 bananas, peeled and sliced
 2 eggs
 1 teaspoon baking powder
 1 teaspoon baking soda
 ¼ cup pecans, chopped
 ⅓ cup dried cranberries
 ½ teaspoon salt

DEGREE OF DIFFICULTY

Easy

COOKING TIMES

Preparation time: 5 minutes

Cooking time: 25 minutes

Total time: 30 minutes

PREPARATION

1. Preheat oven to 350 degrees and line or spray muffin pan.
2. In a large bowl, sift together flour, protein powder, baking soda, baking powder, sugar, and salt.
3. In a small bowl, mash together the bananas with the eggs and oil.
4. Add the wet mix to the dry mix and stir until incorporated.
5. Add in the nuts and dried cranberries.
6. Scoop batter into 10 muffin cups and bake 20–25 minutes, or until muffins spring back from touch.

EXCHANGES

1 carb, 2½ fruit, 1 protein (plant based), 2 fat.

Serving size: 1 muffin (5 ounces).

Phytonutrient colors: Green, purple/blue.

Vegan option: Substitute 1 tablespoon milled flaxseed for 1 egg.

Recipe: 1 tablespoon milled flaxseed to 2–3 tablespoons of water.

Simmer for 5 minutes until egg-like consistency. Cool. Add to recipe as substitute for egg.

Nutrition Facts

Serving size: 1/10 of recipe (4.8 ounces).

Amount Per Serving

Calories 358.99

Calories From Fat (27%) 97.41

% Daily Value

Total Fat 11.09g 17%

Saturated Fat 1.11g 6%

Cholesterol 37.2mg 12%

Sodium 354.39mg 15%

Potassium 249.38mg 7%

Total Carbohydrates 58.52g 20%

Fiber 3.47g 14%

Sugar 21.82g

Protein 7.84g 16%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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CHIPOTLE VEGGIE BURGER

INGREDIENTS

Servings: 6

2 eggs, beaten
 1 cup black beans
 ¾ cup cooked brown rice
 ¾ cup bread crumbs
 ½ cup onion, finely diced
 ½ cup portobello mushrooms, diced, sautéed
 ½ cup sweet corn kernels
 ¼ cup NUTRILITE® All Plant Protein Powder
 ⅓ cup queso fresca OR crumbled feta cheese
 1 tablespoon cilantro, chopped
 1 pinch pepper
 1 clove garlic, minced
 2 tablespoons chipotle peppers
 1 teaspoon sea salt
 2 tablespoons olive oil

DEGREE OF DIFFICULTY

Easy

COOKING TIMES

Preparation time: 5 minutes
Cooking time: 12 minutes
Inactive time: 20 minutes
Total time: 37 minutes

PREPARATION

1. Sauté the diced mushrooms and onion in olive oil until soft, about 4 minutes, then cool.
2. In a mixing bowl, combine all ingredients and mix until well incorporated.
3. Shape mixture into 6 patties and place on a cookie sheet lined with wax paper.
4. Place patties in freezer for about 20 minutes to set up.
5. Cook patties to 165 degrees in a nonstick iCook® pan or on the grill. Serve with your favorite bun and toppings.
6. NOTE: Peppers may be decreased or increased to taste.

EXCHANGES

2 carb, 1 protein (plant based), 1 fat.

Serving size: 1 burger (6 ounces).

Phytonutrient colors: Green, purple/blue, yellow/green, white. Add fresh tomato slices to burgers for lycopene and phytonutrient color of red. Recipe will have all 5 colors!

Vegan option: Substitute flaxseed for egg. Substitute soy or rice cheese for queso fresca/feta cheese.

Nutrition Facts

Serving size: 1/6 of recipe (6.1 ounces).

Amount Per Serving

Calories 257.46

Calories From Fat (33%) 85.45

% Daily Value

Total Fat 11.09g 17%

Saturated Fat 2.67g 13%

Cholesterol 69.42mg 23%

Sodium 4007.04mg 167%

Potassium 372.65mg 11%

Total Carbohydrates 30.14g 10%

Fiber 4.94g 20%

Sugar 3.18g

Protein 13g 26%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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HONEY WHEAT BREAD

INGREDIENTS

Servings: 12

2½ cups bread flour
 ½ cup NUTRILITE® All Plant Protein Powder
 ½ cup whole-wheat flour
 2 teaspoons dry yeast
 4 tablespoons honey
 4 tablespoons canola oil or other vegetable oil
 1⅓ cups warm water (about 115 degrees)
 1¼ teaspoons salt

DEGREE OF DIFFICULTY

Moderately difficult

EXCHANGES

2 carb, 1 fat.

Serving size: 1 slice (2.7 ounces).

Phytonutrient colors: Green.

Vegan option: Substitute sugar/agave nectar for honey.

PREPARATION

1. Sift together all dry ingredients into a large mixing bowl.
2. Make a “well” in the center of the dry ingredients.
3. In a small bowl, mix together warm water, honey, and oil.
4. Pour liquid mix into “well” in the dry mix and work together into a dough.
5. Turn dough out onto a floured surface and knead for about 5 minutes.
6. Place dough in a large oiled bowl, top with plastic film, and allow to double in size in a warm place.
7. When dough is doubled in size, punch the dough down, and return to floured surface.
8. Flatten out dough to expel trapped air and roll dough into a loaf.
9. Preheat oven to 350 degrees.
10. Place loaf of dough into a coated bread pan, cover with a damp kitchen towel, and allow to rise in a warm place until it's just above the pan.
11. Bake bread until it has a hollow sound when tapped or when a thermometer in the center of the bread reads 190 degrees.
12. Cool on rack and slice as needed.

Nutrition Facts

Serving size: 1/12 of a recipe (2.7 ounces).

Amount Per Serving

Calories 200.57

Calories From Fat (24%) 48.64

% Daily Value

Total Fat 5.51g 8%

Saturated Fat 0.44g 2%

Cholesterol 0mg 0%

Sodium 283.9mg 12%

Potassium 57.01mg 2%

Total Carbohydrates 30.34g 10%

Fiber 1.41g 6%

Sugar 5.86g

Protein 7.54g 15%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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APPLE CINNAMON FLAPJACKS

INGREDIENTS

Servings: 4

1½ cups flour
 ½ cup whole-wheat flour
 ½ cup NUTRILITE® All Plant Protein Powder
 1 apple, cored and diced
 3½ teaspoons baking powder
 4 tablespoons vegetable oil
 1½ tablespoons honey
 1 pinch salt
 1 teaspoon
 1 teaspoon cinnamon
 2½ cups apple juice

DEGREE OF DIFFICULTY

Very easy

COOKING TIMES

Preparation time: 10 minutes

Cooking time: 4 minutes

Total time: 14 minutes

PREPARATION

1. Preheat nonstick iCook® pan or griddle.
2. In a large bowl, sift together all dry ingredients, including spices.
3. Wisk in apple juice, honey, and oil until smooth.
4. Fold in diced apples.
5. Brush pan with a small amount of oil and pour about ½ cup of batter into pan.
6. Flip the pancake when golden brown and finish cooking the other side.
7. Serve with maple syrup or fruit topping of your choice.
8. NOTE: Pancakes require low cooking temperature to allow cakes to cook a bit longer than pancakes with eggs.

EXCHANGES

4 carb, 1 protein (plant based), 2 fat.

Serving size: ¼ of recipe or 5.8 ounces.

Phytonutrient colors: Green, white.

Vegan option: Substitute granulated/beet sugar or agave nectar for honey.

Nutrition Facts

Serving size: ¼ of a recipe (5.8 ounces).

Amount Per Serving

Calories 463.79

Calories From Fat (27%) 135.22

% Daily Value

Total Fat 15.26g 23%

Saturated Fat 1.13g 6%

Cholesterol 0mg 0%

Sodium 620.32mg 26%

Potassium 150.54mg 4%

Total Carbohydrates 65.59g 22%

Fiber 2.55g 10%

Sugar 15.64g

Protein 16.27g 33%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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QUICK PIZZA DOUGH

INGREDIENTS

Servings: 12

3 cups flour
 ½ cup NUTRILITE® All Plant Protein Powder
 1 cup warm water (115–120 degrees)
 2 tablespoons extra-virgin olive oil
 1 teaspoon salt
 2 teaspoons yeast
 1 teaspoon sugar

DEGREE OF DIFFICULTY

Very easy

COOKING TIMES

Preparation time: 20 minutes

PREPARATION

1. In a large bowl, sift together all dry ingredients.
2. Add oil and water and work into a dough, adding a bit more flour or water if necessary.
3. Knead for 3 minutes and place in bowl, covered, to rest for 10 minutes.
4. Roll out dough onto an oiled cookie sheet or jelly roll pan.
5. Let rest 5 minutes, then prick with a fork to release trapped air.
6. Top with sauce, cheese, and favorite toppings.
7. Bake at 425 degrees until done.

EXCHANGES

2 carb.

Serving size: ½ of recipe or 2 ounces (one slice).

Phytonutrient colors: Green.

For entire pizza, we recommend adding the following:

1 cup diced green peppers, 1 cup diced mushrooms, 2 cups tomato sauce, 6 ounces mozzarella cheese, Italian seasonings (oregano, basil, garlic) = Exchanges for one pizza slice (including crust): 2 carb, 1 veg, 1 protein.

Phytonutrient colors: Green, red, white.

Vegan option: Substitute soy or rice cheese.

Nutrition Facts

Serving size: ½ of recipe (2.1 ounces).

Amount Per Serving

Calories 152.99

Calories From Fat (16%) 24.83

% Daily Value

Total Fat 2.8g 4%

Saturated Fat 0.37g 2%

Cholesterol 0mg 0%

Sodium 234.98mg 10%

Potassium 40.07mg 1%

Total Carbohydrates 24.47g 8%

Fiber 1.02g 4%

Sugar 0.43g

Protein 6.66g 13%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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ROASTED RED PEPPER HUMMUS

INGREDIENTS

Servings: 10

2 cloves garlic, minced
 3 cups garbanzo beans, drained
 ¾ cup roasted red peppers
 ½ cup NUTRILITE® All Plant Protein Powder
 5 tablespoons fresh lemon juice
 5 tablespoons extra virgin olive oil
 3 tablespoons tahini
 2 tablespoons fresh parsley sprigs, chopped
 ½ teaspoon sea salt
 ½ teaspoon fresh-ground black pepper
 1 tablespoon ground cumin

DEGREE OF DIFFICULTY

Very easy

COOKING TIMES

Preparation time: 10 minutes

PREPARATION

1. Drain canned garbanzo beans.
2. In a food processor, place all ingredients except parsley. Process until smooth.
3. Stir in parsley by hand.
4. Serve with pita chips or crackers, or use as a sandwich spread.

EXCHANGES

1 carb, 1 protein (plant based), 2 fat.

Serving size: ½ cup (7–8 tablespoons).

Phytonutrient colors: Green, yellow, white.

Nutrition Facts

Serving size: ½ cup (3.8 ounces).

Amount Per Serving

Calories 200.58

Calories From Fat (44%) 89.18

% Daily Value

Total Fat 10.22g 16%

Saturated Fat 1.34g 7%

Cholesterol 0mg 0%

Sodium 1361.63mg 57%

Potassium 182.4mg 5%

Total Carbohydrates 19.52g 7%

Fiber 3.98g 16%

Sugar 0.22g

Protein 8.51g 17%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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HUMMUS

INGREDIENTS

Servings: 10

1 garlic clove, chopped
 3 cups garbanzo beans drained (save liquid)
 ½ cup NUTRILITE® All Plant Protein Powder
 5 tablespoons lemon juice, freshly squeezed
 5 tablespoons extra-virgin olive oil
 3 tablespoons tahini
 1 teaspoon sea salt
 ½ teaspoon black pepper, freshly ground
 2 tablespoons fresh chopped parsley

DEGREE OF DIFFICULTY

Very easy

COOKING TIMES

Preparation time: 10 minutes

PREPARATION

1. Drain canned garbanzo beans and save liquid.
2. In a food processor, add all ingredients except chopped parsley and process until smooth.
3. Add as much reserved liquid to make hummus separable.
4. Stir in parsley by hand.
5. Served with pita chips, crusty bread, or crackers.

EXCHANGES

1 carb, 1 protein (plant based), 2 fat.

Serving size: ½ cup (7–8 tablespoons).

Phytonutrient colors: Green, yellow, white.

Nutrition Facts

Serving size: ½ cup (3.5 ounces).

Amount Per Serving

Calories 199.05

Calories From Fat (45%) 88.67

% Daily Value

Total Fat 10.14g 16%

Saturated Fat 1.33g 7%

Cholesterol 0mg 0%

Sodium 2454.02mg 102%

Potassium 157.2mg 4%

Total Carbohydrates 19.16g 6%

Fiber 3.81g 15%

Sugar 0.2g

Protein 8.39g 17%

Percent daily values based on the Reference Daily Intake (RDI) for a 2,000 calorie diet.

Nutritional information provided by the recipe author.

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