

ORIGINAL SYNERPROTEIN® RECIPES

Proteins are needed to build and maintain all body tissue, inside and out. They make up the enzymes and hormones that control all chemical reactions in our bodies, and regulate activities like digestion, metabolism and body temperature. Other proteins in the blood are antibodies - your defenders against infection.

BLUEBERRY OAT SMOOTHIE

- 90g rolled oats
- 120ml milk or non dairy milk
- A handful of blueberries (fresh)
- 1 scoop Original SynerProTein®

Combine all ingredients in a blender

ANTIOXIDANT POWER SMOOTHIE

- 1 scoop of Original SynerProTein®
- A handful of blueberries
- A handful of frozen strawberries
- 1 tbsp honey
- 15ml Zambrzoza®
- 120ml almond milk

Combine all ingredients in a blender

BANANA 'N' OAT SMOOTHIE

- 1-2 scoops Original SynerProTein®
- 2 tbsp rolled oats
- 2 bananas
- 240ml unsweetened almond milk
- 120ml cold water
- 1 tsp of honey
- ¼ tsp of cinnamon
- 4 ice cubes

Combine all ingredients in a blender

KEY LIME PIE SMOOTHIE

- 1-2 scoops Original SynerProTein®
- 240ml unsweetened almond milk
- 1 frozen banana
- ½ tbsp of freshly squeezed lime and lemon
- Zest of one lime
- ½ tsp maple syrup
- 3-4 ice cubes
- 1 tbsp non-fat plain Greek yogurt
- 1 tbsp crushed hazelnuts, pecans or walnuts

Combine all ingredients in a blender

PROTEIN PUDDING CUPS

- 1 scoop of your favourite SynerProTein®
- 6 oz plain Greek yogurt
- 1-2 tsp water

Instructions:

1. Mix protein powder and Greek yogurt.
2. Add 1 to 2 tsp of water, as needed, to thin out the mixture.

