

**Vital**Nutrition

# **FLEX YOUR COOKING POWER**

How to Cook with  
Protein Powder

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Photo by Terry Goodlad



Corry Matthews, a certified sports nutrition specialist and Max Muscle Sports Nutrition franchisee, loves to cook with protein powder.

Ever wonder if you could do something more with the protein powder sitting in your pantry? Protein is highly effective for building lean muscle and you can do a lot more with it than just dumping a scoop into your shake or smoothie. Protein powders make it fast and easy to add protein to meals like breakfast, when many of us lean toward carbohydrates.

And they are a great way of minimizing the "sinning" part of dessert! If you've ever thought "if only I could add some protein in here," then keep reading!

Many people wonder if they can actually cook with protein. The answer is yes. Heat denatures proteins, which means it changes the shape of the protein molecules. For example, in the case of cooking eggs, the texture of the egg changes from liquid to firm. In the same way, cooking changes the shape of the protein in powders, but will leave the amino acids found in those proteins intact as long as the oven temperature does not exceed 400 degrees. Cooking at lower temperatures may require slightly increased cooking times, but the finished product is so worth it!

Many people replace some of the flour in traditional recipes with protein powder. Remember, protein cannot be substituted cup for cup. Think of it as "glue" for all the other ingredients. It contains no gluten, so it will not rise like flour, so you will need to adjust accordingly by adding

baking powder and baking soda. The texture can become rubbery if too much protein powder is added, and be careful when adding protein not to remove all of the fats. Another important consideration is the flavor you want to add, as chocolate may not taste so great for breakfast.

We wanted to get you cooking with a few of our tried and true recipes. Once you get the hang of it, you'll quickly find many ways to add protein to the foods you cook every day. And as you create great recipes, please send them to [editor@maxmuscle.com](mailto:editor@maxmuscle.com). We'd love to feature YOUR recipe in an upcoming issue.

If you try cooking with protein and decide that it's just not your thing, then be sure to pick up the *Max Muscle Shake Guide* for lots of terrific shakes so you can try something new every day! **MS&F**

# PROTEIN RECIPES

## Oatmeal (one serving)

- Cook your normal serving of regular oatmeal and add 1/2-1 scoop of any flavor of protein powder for a power
- breakfast with protein and whole grain carbohydrates to fuel your morning.

## Protein Pancakes (makes a batch of pancakes 15 small, 8 big)

- 4 egg whites
- 1 1/4 cup skim milk ~ Blend these first and then add dry ingredients
- 4 scoops of healthy heart Bisquick (use the protein scoop to measure this)
- 2 scoops of Max Pro ~ (add one scoop at a time and keep blending)
- Options for other tasty ingredients...
- Chopped walnuts, almonds or pecans with Max Pro Banana protein powder
- Blueberries (add in after all blended)
- Crushed flaxseed

## Leaner Pancakes (one serving)

- 4 egg whites
- 1/2 cup oatmeal
- 1/2 scoop protein powder (Max Pro mixes the best)
- 1 tsp. of baking powder
- 1-2 packets of Splenda
- Mix the above, spray pan and cook as normal, serve with spray butter and sugar-free syrup
- Sweet Potato Pancakes (one serving)
- 3 ounces cooked sweet potato
- 3 egg whites
- 1 scoop protein powder

- 1 packet of Splenda
- 1 tsp. baking powder
- Pumpkin Pie spice mix to taste

For best taste and texture blend all of the above ingredients in a mixer or blender and then cook as a pancake.

## Cookies, Brownies, Muffins or Cakes

You can add protein to almost any recipe. Start by replacing 1-2 scoops of your flour or box mix with the same amount of chocolate, cappuccino, vanilla, or banana protein powder (or other flavor of your choice). Make sure you do not set the oven for a temperature higher than 350 or your baked goods will burn as the protein is denatured; this requires longer cook times and keeping a close eye. (Or, you can check your local Max Muscle Sports Nutrition store. Many carry protein cookies and other snacks—YUM!)

## Pumpkin Pie

Follow the regular recipe but replace the condensed milk with non-fat condensed milk, the sugar with Splenda, and add in 1-2 scoops of Max Pro Vanilla.

## Caffeine and Protein

Add one or two scoops of chocolate protein powder to black coffee for a low-fat, low-sugar café mocha. Or try vanilla protein powder and skim milk for that great vanilla latte taste.

## Other ways to incorporate protein:

- Low sugar yogurt with protein powder added
- Sugar free pudding with protein powder added

