

The following should be considered when mixing **BENEPROTEIN® Instant Protein Powder** into foods and beverages.

- BENEPROTEIN® can be mixed into a variety of foods and beverages such as:
 - mashed potatoes
 - hot cereal
 - creamy soups
 - puddings
 - applesauce
 - yogurt
 - gravy
 - thick juice drinks
 - milk
 - milkshakes
 - smoothies
- After adding BENEPROTEIN® to starchy foods, such as potatoes and hot cereals, the consistency of the food may become thinner over time. This is a reaction between the starch and protein and does not affect the functionality of the protein in the Beneprotein® powder.
- Avoid adding BENEPROTEIN® to hot beverages with temperatures of 165°F or above. High temperatures will cause the protein to coagulate and become chunky and stringy in texture.
- Foods and beverages prepared with BENEPROTEIN® should not be held longer than 2 hours at room temperature or 24 hours at refrigerated temperature. Discard after 24 hours if not consumed.



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

PEANUT BUTTER BANANA SMOOTHIE

Ingredients

½ cup milk
2 scoops BENEPROTEIN® Instant Protein Powder
2 Tbsp peanut butter
1 small banana

Preparation

Place all ingredients in a blender and mix until smooth.
Serve immediately or cover and refrigerate up to 24 hours.

Note: Smoothie may become thick over time when held in the refrigerator. Thin with additional milk until desired consistency is achieved.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: approximately 8 fl oz

Calories: 400, Total Fat: 18 g, Saturated Fat: 4 g, Cholesterol: 10 mg, Potassium: 490 mg, Sodium: 240 mg, Total Carb: 40 g, Dietary Fiber: 5 g, Sugars: 23 g, Protein: 26 g, Phosphorus: 300 mg

STRAWBERRY SMOOTHIE

Ingredients

½ cup low fat strawberry yogurt
¼ cup milk
2 scoops BENEPROTEIN® Instant Protein Powder
½ cup sliced strawberries

Preparation

Place all ingredients in a blender and mix until smooth.
Serve immediately or cover and refrigerate up to 24 hours.

Note: Smoothie may become thick over time when held in the refrigerator. Thin with additional milk until desired consistency is achieved.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: approximately 8 fl oz

Calories: 210, Total Fat: 2 g, Saturated Fat: 1 g, Cholesterol: 10 mg, Potassium: 390 mg, Sodium: 120 mg, Total Carb: 31 g, Dietary Fiber: 2 g, Sugars: 24 g, Protein: 19 g, Phosphorus: 220 mg



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

SUPER CHARGED OATMEAL

Ingredients

- 1 cup prepared hot oatmeal
- 2 scoops BENEPROTEIN® Instant Protein Powder

Preparation

1. Add BENEPROTEIN® to oatmeal and mix with a spoon until protein powder is completely dissolved.
2. Add your favorite accompaniment (raisins, nuts, brown sugar, cinnamon, etc.) and serve.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 220, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Potassium: 230 mg, Sodium: 30 mg, Total Carb: 28 g, Dietary Fiber: 4 g, Sugars: 1 g, Protein: 18 g, Phosphorus: 220 mg

HIGH PROTEIN GELATIN

Ingredients

- 1-3 oz package gelatin mix, any flavor
- 1 cup boiling water
- 1 cup cold water
- 4 scoops BENEPROTEIN® Instant Protein Powder

Preparation

1. Combine gelatin mix and boiling water in a mixing bowl; stir well.
2. Add BENEPROTEIN® to cold water and stir with a fork or wire whip until protein powder is dissolved.
3. Add water mixture to gelatin; stir well.
4. Cover and chill until set.
5. Portion ½ cup per serving. Serve with whipped topping, if desired.

NOTE: A total of 8 scoops BENEPROTEIN® (2 scoops per serving) may be added to gelatin for maximum nutrition.

Makes 4 – ½ cup servings

NUTRITION INFORMATION

Serving Size: ½ cup (1 scoop BENEPROTEIN® per serving)

Calories: 100, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 35 mg, Sodium: 110 mg, Total Carb: 19 g, Dietary Fiber: 0 g, Sugars: 19 g, Protein: 8 g, Phosphorus: 50 mg



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

PEACH POWER PROTEIN SMOOTHIE

Ingredients

1/3 cup peach low fat yogurt
1/2 cup soy milk
1 Tbsp ground flax
3 scoops BENEPROTEIN® Instant Protein Powder
1/4 tsp vanilla extract
3/4 cup diced peaches
1 Tbsp honey

Preparation

1. Place all ingredients in a blender.
2. Blend for 10 seconds or until ingredients are combined.
3. Serve immediately or cover and refrigerate up to 24 hours.

Note: Smoothie may become thick over time when held in the refrigerator. Thin with additional soy milk until desired consistency is achieved.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: Approximately 12 fl oz

Calories: 420, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 5 mg, Potassium: 450 mg, Sodium: 160 mg, Total Carb: 69 g, Dietary Fiber: 6 g, Sugars: 58 g, Protein: 27 g, Phosphorus: 270 mg

HIGH PROTEIN BROTH / SOUP

Ingredients

1 cup broth-type soup*
2 scoops BENEPROTEIN® Instant Protein Powder

* Suggested soups - chicken or beef broth, chicken noodle, or chicken & rice

Preparation

Add BENEPROTEIN® to soup and mix with a fork until protein powder is completely dissolved.
Serve immediately or hold hot until ready to serve.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 130, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 5 mg, Potassium: 70 mg, Sodium: 690 mg, Total Carb: 15 g, Dietary Fiber: 0 g, Sugars: 0 g, Protein: 16 g, Phosphorus: 71 mg



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

HIGH PROTEIN MASHED POTATOES AND GRAVY (single servings)

Ingredients

2/3 cup water
1 Tbsp butter
½ cup milk
2 scoops BENEPROTEIN® Instant Protein Powder
2/3 cup instant mashed potatoes
½ cup prepared gravy
1 scoop BENEPROTEIN® Instant Protein powder

Preparation

1. Place water and butter in saucepan; heat to boiling.
2. Combine milk and 2 scoops BENEPROTEIN®. Add to hot water and stir briskly.
3. Add potato flakes and stir to combine ingredients.
4. Stir together hot prepared gravy with 1 scoop BENEPROTEIN®.
5. Serve ½ cup mashed potatoes and ¼ cup gravy for each serving.

Makes 2 servings

NUTRITION INFORMATION

Serving Size: Approximately ½ cup potatoes and ¼ cup gravy

Calories: 210, Total Fat: 7 g, Saturated Fat: 4 g, Cholesterol: 25 mg, Potassium: 270 mg, Sodium: 360 mg, Total Carb: 22 g, Dietary Fiber: 1 g, Sugars: 4 g, Protein: 14 g, Phosphorus: 140 mg



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

TASTY PEANUT BUTTER BITES

Ingredients

- 2 Tbsp peanut butter
- 2 Tbsp soy milk
- 1/8 tsp vanilla extract
- 2 scoops BENEPROTEIN® Instant Protein Powder
- 3 Tbsp quick rolled oats
- 2 Tbsp granola or high protein cereal
- 1 Tbsp mini semi-sweet chocolate chips
- 2 tsp sugar

Preparation

1. Combine peanut butter, milk, vanilla extract and BENEPROTEIN® in a mixing bowl. Mix until ingredients are well blended, scraping side of bowl as necessary.
2. Add oats, granola or cereal, chocolate chips and sugar. Stir well.
3. Portion mixture into 4 pieces and roll each piece into a bite sized ball.
4. Place in an airtight container and store refrigerated.

Makes 2 servings
(2 bites per serving)

NUTRITION INFORMATION

Serving Size: 2 bite sized balls

Calories: 230, Total Fat: 9 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Potassium: 102 mg, Sodium: 80 mg, Total Carb: 24 g, Dietary Fiber: 3 g, Sugars: 9 g, Protein: 13 g, Phosphorus: 170 mg



BENEPROTEIN® Instant Protein Powder Mixing Suggestions and Recipes

APPLE UPSIDE-DOWN CAKE

Ingredients

Topping

- ½ cup brown sugar
- 1 Tbsp dark corn syrup
- 1 Tbsp butter or margarine
- ¼ cup chopped walnuts or pecans
- 2 cups peeled, cored, and sliced apples (approximately 2 large apples)

Dry Ingredients

- ½ cup flaxseed meal
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- ⅓ cup BENEPROTEIN® Instant Protein Powder
- 1 cup whole wheat flour

Wet Ingredients

- ½ cup 1% milk
- 1/3 cup honey
- 1 egg, beaten
- 1 tsp vanilla
- 1 cup unsweetened applesauce
- 2 -1.5 fl oz containers BENEALORIE® Calorie and Protein Food Enhancer

Preparation

1. Preheat oven to 350°F.
2. Place corn syrup and butter in the bottom of an 8-inch square or round cake pan. Place in preheated oven for 3-5 minutes or until butter is melted.
3. Sprinkle with brown sugar and nuts. Arrange apple slices evenly over brown sugar mixture.
4. In a large bowl, stir together dry ingredients. Set aside
5. In a separate bowl, stir together the wet ingredients.
6. Add the wet ingredients to the dry ingredients and stir until well blended.
7. Pour batter over apples in pan.
8. Bake for 35-40 minutes or until toothpick inserted in center comes out clean.
9. Cool on wire rack for 10 minutes. Loosen sides; invert onto a large serving platter. Cut into 9 squares.
10. Serve warm or cool completely, cover and store in refrigerator for up to three days. Leftover cake servings may also be frozen for up to one week.

Recipe Variations

Try using sliced pears or peaches in place of apples.

Makes 9 servings (3" x 3" squares)

NUTRITION INFORMATION

Serving Size: 1 - 3 x 3 inch square

Calories: 320, **Total Fat:** 14 g, **Saturated Fat:** 2 g, **Cholesterol:** 30 mg, **Potassium:** 225 mg, **Sodium:** 370 mg, **Total Carb:** 43 g, **Dietary Fiber:** 4 g, **Sugars:** 29 g, **Protein:** 9 g, **Phosphorus:** 155 mg