

# NoCarb Liquid Protein Dietary Recipes

Use ProSource NoCarb Liquid Protein™ as an easy and economical way of adding protein to your food service recipes. Each ounce of ProSource NoCarb Liquid Protein adds 15 grams of protein.

Have fun creating your own high protein recipes.

## ProSource Super Gelatin™

### Ingredients:

- 3oz. package of either regular or sugar free gelatin
  - 1 cup boiling water
  - 1/2 cup cold water
  - 1/2 cup ProSource NoCarb Liquid Protein
- Any flavor: mix well & refrigerate

**Provides:** 64 grams of protein

*Mixes easily, remains transparent and perfectly smooth!*

## ProSource Super Beef Gravy™

### Ingredients:

- 1 package of beef gravy mix-1oz.
  - 1/2 cup water
  - 1/2 cup ProSource NoCarb Liquid Protein
- Blend mix, water and ProSource NoCarb Liquid Protein in small pan. Bring to a boil stirring constantly. Reduce heat and simmer for 1 minute

**Provides:** 15g of protein; 70 calories; 510mg sodium

## ProSource Pancakes™

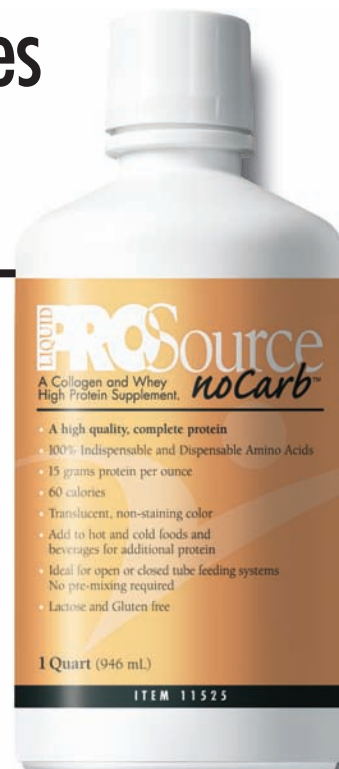
### Ingredients:

- 2 cups of pancake mix
  - 1/2 cup of ProSource NoCarb Liquid Protein
  - 3/4 cup cold water
- Mix all ingredients together. Let sit a few minutes while mix thickens
- Pour into 1/4c size pancakes. Serve with butter or syrup.
- Recipe makes 14 pancakes. Serving size: 4 pancakes

**Provides:** 23g of protein; 440 calories; 71g carbs;  
8g fat per serving

*Top with a blend of ProSource NoCarb Liquid Protein and maple syrup for high protein maple syrup – Pour over hot cereal, waffles, french toast.*

Adjust recipes as needed for desired portion yield.



## ProSource Power Beverages™

### Ingredients:

- 4oz. beverage - Applejuice; lemonade; cola; orange juice, etc.
  - 1oz. ProSource NoCarb Liquid Protein
- ProSource NoCarb Liquid Protein mixes easily into virtually any beverage.

**Provides:** 13 grams of protein in only 4 oz. servings  
*Add 1/3 oz. of ProSource NoCarb Liquid Protein to equal most protein powders.*

## ProSource Super Milk™

### Ingredients:

- 4oz. of 2% milk
  - 1oz. ProSource NoCarb Liquid Protein
- Mix well, serve chilled.

**Provides:** 19g of protein; 125 calories; 21.5g carbs  
*A pleasant vanilla milk flavor!*

## ProSource Sherbet™

### Ingredients:

- 1 standard scoop of sherbet
  - 1oz. ProSource NoCarb Liquid Protein
- Mix sherbet & ProSource NoCarb Liquid Protein together

**Provides:** 15g of protein; 120 calories  
*After it becomes goey while mixing, refreeze and serve.*

### ProSource Super Coffee™

#### Ingredients:

2 tablespoons ground coffee  
6oz. water

1oz. ProSource NoCarb Liquid Protein

Prepare coffee, add ProSource NoCarb Liquid Protein, add creamer to preference

**Provides:** 15g of Protein; 120 calories

*Finally, a protein rich coffee which can be served black!*

### ProSource Super Chicken Gravy™

#### Ingredients:

1 package of chicken gravy mix-1oz.  
1/2 cup water

1/2 cup ProSource NoCarb Liquid Protein

Blend mix, water and ProSource NoCarb Liquid Protein in small pan. Bring to a boil stirring constantly. Reduce heat and simmer for 1 minute.

**Provides:** 15g of protein; 85 calories; 350mg sodium

### ProSource Hot Cereal™

#### Ingredients:

1 packet of instant oatmeal  
1oz. ProSource NoCarb Liquid Protein  
1/2 cup water

Empty packet of cereal into bowl. Add ProSource NoCarb Liquid Protein and up to 1/2 cup of boiling water, depending on desired thickness.

**Provides:** 19g of protein; 160 calories

*Adding milk instead of water will increase protein and calories.*

### ProSource Hi-Protein Soup™

#### Ingredients:

1 can of soup (10 3/4oz.)  
1 can of milk for cream soups; 1 can of water for broth soups  
2oz. of ProSource NoCarb Liquid Protein

Heat soup w/milk or water (Yields 2 servings) add ProSource NoCarb Liquid Protein.

**Provides:** 17g of protein; 150 calories - water added soups

**Provides:** 23g of protein; 248 calories - milk added soups

### ProSource Super Pudding™

#### Ingredients:

1 package of instant pudding mix (3.9oz. package)  
2 cups of cold 2% milk  
1/2 cup ProSource NoCarb Liquid Protein

Mix pudding, milk and ProSource NoCarb Liquid Protein. Chill 5 minutes and serve

**Provides** 19g of protein; 125 calories

### ProSource Lemon Poppy Seed Muffins™

#### Ingredients:

1 package of muffin mix (6.5 oz. package)  
1/2 cup ProSource NoCarb Liquid Protein

Heat oven to 400°. Place paper baking cups into 6 regular size muffin cups. Stir muffin mix & ProSource NoCarb Liquid Protein until moistened. Bake 15-20 minutes or until golden brown.

**Provides:** 14g of protein; 190 calories; 7g carbs

### ProSource Scrambled Eggs™

#### Ingredients:

2 large eggs  
1oz. ProSource NoCarb Liquid Protein

Mix eggs and ProSource NoCarb Liquid Protein. Whip with fork or whisk. Pour into heated pan or onto griddle. Stir and fold until done.

**Provides:** 27g of protein; 226 calories

*Eggs with a light sweet taste or add your favorite seasoning.*

### ProSource Hearty Beef Stew™

#### Ingredients:

1 cup of prepared beef stew  
1oz. ProSource NoCarb Liquid Protein

Mix the ProSource NoCarb Liquid Protein into the beef stew. Serve warm.

**Provides:** 20g of protein; 150 calories; 4g fat; 15mg cholesterol

*Adds a Northwood's flavor to your beef stew.*

| Sysco SUPC | Mfg. Code | Pack Size           |
|------------|-----------|---------------------|
| 3242302    | 11476     | 100 / 1 oz. packets |
| 4916246    | 11525     | 4 / 32 oz. bottles  |

  
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