

ProSource® 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:

- 3 oz. 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: 64g of protein

Mixes easily, remains transparent and perfectly smooth!

ProSource Super Beef Gravy

Ingredients:

- 1 package of beef gravy mix - 1 oz.
 - 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:

- 4 fl. oz. beverage - Applejuice; lemonade; cola; orange juice, etc.
 - 1 fl. oz. 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:

- 4 fl. oz. of 2% milk
 - 1 fl. oz. 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
 - 1 fl. oz. ProSource NoCarb Liquid Protein
- Mix sherbet & ProSource NoCarb Liquid Protein together

Provides: 15g of protein; 120 calories

After it becomes goopy while mixing, refreeze and serve.

ProSource Super Coffee

Ingredients:

2 tablespoons ground coffee

6 oz. water

1 fl. oz. 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 - 1 oz.

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

1 fl. oz. 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 3/4 oz.)

1 can of milk for cream soups; 1 can of water for broth soups

2 fl. oz. 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 (3.9 oz. 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

1 fl. oz. 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

1 fl. oz. 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

Item Number	Description	Pack Size
11476	Neutral Flavor	100 / 1 fl. oz. packets
11525	Neutral Flavor	4 / 30 fl. oz. bottles



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