ProSource® Plus Liquid Protein Dietary Recipes

Use ProSource Plus Liquid Protein as an easy and economical way of adding protein to your food service recipes. Each ounce of ProSource Plus 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 Plus 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 Plus Liquid Protein
Blend mix, water and ProSource Plus Liquid Protein in small pan. Bring to a boil stirring constantly. Reduce heat and simmer for 1 minute
Provides: 15g of protein; 110 calories; 510mg sodium

ProSource Pancakes
Ingredients:
- 2 cups of pancake mix
- 1/2 cup ProSource Plus 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; 480 calories; 86g carbs;
8g fat per serving
Top with a blend of ProSource Plus Liquid Protein and maple syrup for high protein maple syrup – Pour over hot cereal, waffles, french toast.

ProSource Power Beverages
Ingredients:
- 4 fl. oz. beverage - Apple juice; lemonade; cola;
orange juice, etc.
- 1 fl. oz. ProSource Plus Liquid Protein
ProSource Plus Liquid Protein mixes easily into virtually any beverage.
Provides: 15g of protein in only 4 fl. oz. servings
Add 1/3 oz. of ProSource Plus Liquid Protein to equal most protein powders.

ProSource Super Milk
Ingredients:
- 4 fl. oz. of 2% milk
- 1 fl. oz. ProSource Plus Liquid Protein
Mix well, serve chilled.
Provides: 19g of protein; 165 calories; 21.5g carbs
A pleasant vanilla milk flavor!

ProSource Sherbet
Ingredients:
- 1 standard scoop of sherbet
- 1 fl. oz. ProSource Plus Liquid Protein
Mix sherbet & ProSource Plus Liquid Protein together
Provides: 15g of protein; 160 calories
After it becomes gooey while mixing, refreeze and serve.

Adjust recipes as needed for desired portion yield.
ProSource Super Coffee
Ingredients:
- 2 tablespoons ground coffee
- 6 fl. oz. water
- 1 fl. oz. ProSource Plus Liquid Protein
Prepare coffee, add ProSource Plus Liquid Protein, add creamer to preference
Provides: 15g of Protein; 160 calories; 15g carbs
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 Plus Liquid Protein
Blend mix, water and ProSource Plus Liquid Protein in small pan. Bring to a boil stirring constantly. Reduce heat and simmer for 1 minute.
Provides: 15g of protein; 125 calories; 350mg sodium

ProSource Hot Cereal
Ingredients:
- 1 packet of instant oatmeal
- 1 fl. oz. ProSource Plus Liquid Protein
- 1/2 cup water
Empty packet of cereal into bowl. Add ProSource Plus Liquid Protein and up to 1/2 cup of boiling water, depending on desired thickness.
Provides: 19g of protein; 200 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 Plus Liquid Protein
Heat soup w/milk or water (Yields 2 servings) add ProSource Plus Liquid Protein.
Provides: 17g of protein; 190 calories - water added soups
Provides: 23g of protein; 288 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 Plus Liquid Protein
Mix pudding, milk and ProSource Plus Liquid Protein. Chill 5 minutes and serve
Provides: 19g of protein; 165 calories

ProSource Lemon Poppy Seed Muffins
Ingredients:
- 1 package of muffin mix (6.5 oz. package)
- 1/2 cup ProSource Plus Liquid Protein
Heat oven to 400°. Place paper baking cups into 6 regular size muffin cups. Stir muffin mix & ProSource Plus Liquid Protein until moistened. Bake 15-20 minutes or until golden brown.
Provides: 14g of protein; 230 calories; 22g carbs

ProSource Scrambled Eggs
Ingredients:
- 2 large eggs
- 1 fl. oz. ProSource Plus Liquid Protein
Mix eggs and ProSource Plus Liquid Protein. Whip with fork or whisk. Pour into heated pan or onto griddle. Stir and fold until done.
Provides: 27g of protein; 266 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 Plus Liquid Protein
Mix the ProSource Plus Liquid Protein into the beef stew. Serve warm.
Provides: 20g of protein; 190 calories; 4g fat; 15mg cholesterol

<table>
<thead>
<tr>
<th>Item Number</th>
<th>Description</th>
<th>Pack Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>11454</td>
<td>Neutral Flavor</td>
<td>100 / 1 fl. oz. packets</td>
</tr>
<tr>
<td>11651</td>
<td>Neutral Flavor</td>
<td>4 / 30 fl. oz. bottles</td>
</tr>
</tbody>
</table>

Medtrition®
We help people feel better.

P.O. Box 5387
Lancaster, PA 17606
Toll Free 877.271.3570
info@medtrition.com
www.medtrition.com
Product of USA