

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 of 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.

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 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 goey while mixing, refreeze and serve.

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

Item Number	Description	Pack Size
11454	Neutral Flavor	100 / 1 fl. oz. packets
11651	Neutral Flavor	4 / 30 fl. oz. bottles



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