

# NOWAY PROTEIN

RECIPE EBOOK



NUTRITION WAREHOUSE

# CONTENTS

|                                       |    |
|---------------------------------------|----|
| <b>NOWAY DECADENT HOT CHOCOLATE</b>   | 4  |
| <b>NOWAY HOT CHOCOLATE MUG CAKE</b>   | 6  |
| <b>4 INGREDIENTS COLLAGEN COOKIES</b> | 8  |
| <b>EASY PROTEIN PANCAKES</b>          | 10 |
| <b>PROTEIN POPCORN SLICE</b>          | 12 |
| <b>NOWAY MOCHA CAKE</b>               | 14 |
| <b>NOWAY LAMINGTONS</b>               | 16 |
| <b>COLLAGEN GRANOLA</b>               | 18 |
| <b>COOKIE DOUGH FAT BOMBS</b>         | 20 |
| <b>BOUNTY BITES</b>                   | 22 |





## NOWAY DECADENT HOT CHOCOLATE



preparation  
5 min



cooking  
1 min



people  
1

| MACROS PER SERVING |        |
|--------------------|--------|
| CALORIES           | 72     |
| CARBS              | 2.2g   |
| FAT                | 1.91g  |
| PROTEIN            | 10.35g |



### INGREDIENTS

- 1-2 scoops Noway Hot Chocolate
- 1 cup preferred milk

### OPTIONAL EXTRAS

- Marshmallows
- Dark chocolate

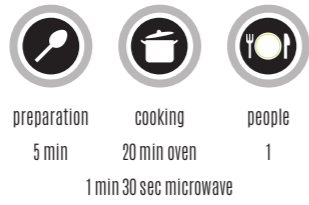
### METHOD

1. In a small saucepan heat milk and hot chocolate, stirring well to combine. Use a milk frother or blender to make extra frothy and creamy.
2. Pour into a mug and sprinkle with extra Noway hot choc mix. Add marshmallows or chocolate, take an Instagram worthy pic, turn your phone off and enjoy!





## NOWAY HOT CHOCOLATE MUG CAKE



| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 293 |
| CARBS              | 14g |
| FAT                | 22g |
| PROTEIN            | 16g |



### INGREDIENTS

- 1 egg
- 1 tbs preferred milk
- 2 tsp maple syrup
- 2 scoops Noway Hot Chocolate
- 2 tbs almond meal
- 1 tbs Cacao powder
- 1/2 tsp baking powder

### OPTIONAL EXTRAS

- Dark chocolate
- Peanut butter
- Raspberries

### METHOD

1. Preheat the oven to 180C. Grease ramekin/ mug with a small amount of coconut oil.
2. In a small mixing bowl whisk egg and milk together. Add maple syrup, hot chocolate, almond meal, cacao powder, and baking powder (omit baking powder for microwave version).
3. Pour into the prepared mug or ramekin and bake in the oven for 20 minutes or cook in the microwave for 1 min 30 secs.
4. Remove from the oven/microwave and enjoy while warm!

### NOTE

If adding extras - halfway during cooking time add in optional extras by pushing into the semi-formed cake and return to cook.





## 4 INGREDIENT COLLAGEN COOKIES



preparation  
5 min



cooking  
20 min



people  
10

| MACROS PER SERVING |    |
|--------------------|----|
| CALORIES           | 65 |
| CARBS              | 9g |
| FAT                | 2g |
| PROTEIN            | 3g |



### INGREDIENTS

- 1 x large banana, mashed
- 1 cup oats
- 1 scoop Noway Unflavoured
- 1/3 cup choc chips

### METHOD

1. Preheat the oven to 180C. Line a baking tray with baking paper.
2. In a large mixing bowl combine, banana, oats and Noway. Add chocolate chips and stir well.
3. Spoon 1 tbs size balls of mixture onto the baking tray. Push each down with a fork to form a cookie.
4. Bake for 15-20 minutes or until golden. Allow to cool on the tray for 5 minutes before transferring to a wire rack. Store in an airtight container once cool.

Enjoy!





## EASY PROTEIN PANCAKES



preparation  
5 min



cooking  
10 min



people  
1

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 304 |
| CARBS              | 20g |
| FAT                | 12g |
| PROTEIN            | 31g |



### INGREDIENTS

- 2 eggs
- 2 tbs milk
- 1 scoop Noway (Vanilla or Chocolate)
- 2 tbs of flour (we used buckwheat)

**Extra fruit, nuts/nut butter, and maple to serve!**

### METHOD

1. Whisk eggs and milk together.
2. Add Noway and flour and combine well, until smooth.
3. Heat non-stick frypan on medium heat. Pour  $\frac{1}{4}$  cup of batter into the pan and cook for 2-3 minutes on each side. Repeat with the remaining mixture.
4. Serve with sliced banana, berries, nut butter or maple syrup.

**Devour and enjoy it!**





## PROTEIN POPCORN SLICE



preparation  
5 min



freeze  
15 min



people  
22

| MACROS PER SERVING |    |
|--------------------|----|
| CALORIES           | 86 |
| CARBS              | 2g |
| FAT                | 7g |
| PROTEIN            | 3g |



### INGREDIENTS

- 1/2 cup natural peanut butter or tahini
- 2 tbs coconut oil
- 1 tbs maple syrup
- 2 cups natural salted popcorn
- 1 scoop Noway, unflavoured or vanilla
- 1/4 cup flaked almonds
- 1/4 cup shredded coconut
- 80g dark chocolate, melted

### METHOD

1. Pour 3/4 of melted chocolate into a lined square baking tin, making a thin base layer of chocolate. Place in the fridge to set.
2. In a small saucepan over medium heat, melt peanut butter, coconut oil and maple syrup, combine well.
3. Place popcorn, Noway, flaked almonds and coconut in a large mixing bowl and toss together.
4. Pour peanut butter mixture into dry ingredients and stir well with a fork.
5. Add popcorn on top of the chocolate layer, push down evenly until mixture is tightly compacted.
6. Freeze for 15 minutes.
7. Remove from the freezer, slice into squares and drizzle with remaining chocolate. Store in the fridge!





## NOWAY MOCHA LOAF



preparation  
5 min



cooking  
35 min



people  
14

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 134 |
| CARBS              | 8g  |
| FAT                | 9g  |
| PROTEIN            | 6g  |



### INGREDIENTS

|                        |                           |
|------------------------|---------------------------|
| 1 cup almond meal      | 2 scoops Mocha Noway      |
| 1 cup quick oats       |                           |
| ¼ cup of coconut sugar | Pinch of salt             |
| 1 tsp cinnamon         | 2 eggs                    |
| 1 tsp baking powder    | ¼ cup milk of choice      |
| 2 tbsp psyllium husk   | 2 tbs coconut oil, melted |
| 1 tsp vanilla extract  | 1 shot espresso           |

### WHIPPED COCONUT FROSTING

|                               |
|-------------------------------|
| ½ cup coconut thickened cream |
| 1 tbs maple syrup             |
| 1 tsp vanilla extract         |

### METHOD

1. Preheat the oven to 180C. Line a loaf tin with baking paper.
2. In a large mixing bowl add almond meal, oats, coconut sugar, Mocha Noway, cinnamon, baking powder, and salt.
3. In a separate bowl, whisk eggs, milk, coconut oil, espresso, and vanilla extract together.
4. Pour wet ingredients into dry mixture and combine.
5. Transfer batter into the loaf tin and bake for 30-35 minutes or until golden on top.
6. In a small bowl beat with an electric mixer/ whisk coconut cream, maple syrup, and vanilla extract for 2-3 minutes until light and fluffy.
7. Once the loaf is cooked through, remove from the oven and allow to rest in the tin for 5 minutes. Transfer to a wire rack to cool.
8. Once completely cool, spread coconut frosting over loaf.

**Slice and enjoy it!**







## NOWAY LAMINGTONS



preparation  
5 min



cooking  
20 min



people  
12

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 218 |
| CARBS              | 8g  |
| FAT                | 17g |
| PROTEIN            | 8g  |



### INGREDIENTS

|                            |                           |
|----------------------------|---------------------------|
| Sponge                     | 2 eggs                    |
| 1 cup almond meal          | ¼ cup almond milk         |
| 2 tbs coconut flour        | 2 tbs coconut oil, melted |
| 2 scoops unflavoured noway | 2 tbs maple syrup         |
| 1 tsp baking powder        | 1 tsp vanilla extract     |
| Pinch of salt              |                           |

### CHOCOLATE

|                                      |
|--------------------------------------|
| ½ cup cacao powder                   |
| ⅓ cup coconut oil                    |
| 3 tbs coconut milk (can)             |
| 2 tbs maple syrup                    |
| ½ cup desiccated coconut for coating |

### METHOD

1. Preheat oven to 180C. Line a rectangle baking tray with baking paper.
2. **Start with sponge:** Place almond meal, coconut flour, baking powder, salt and Noway into a mixing bowl and stir well. In a separate bowl whisk eggs, almond milk, coconut oil, maple syrup, and vanilla extract.
3. Pour wet mixture into dry ingredients and combine well and transfer mixture to the baking tin. Bake for 20-25 minutes until cooked through and golden on top. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool. Slice into small rectangles.
4. Combine cacao powder, coconut oil, coconut milk, and maple syrup together in a saucepan over low heat. Once melted and combined, remove from heat.
5. Dip each lamington into the chocolate and then coat in coconut.
6. Store in an airtight container and refrigerate if in a hot climate.

Enjoy!





## COLLAGEN GRANOLA



preparation  
5 min



cooking  
20 min



people  
8

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 212 |
| CARBS              | 1g  |
| FAT                | 19g |
| PROTEIN            | 7g  |



### INGREDIENTS

- 2 scoops Vanilla Noway
- 1 cup shredded coconut
- 1/2 cup mixed nuts, chopped (pecans, macadamias, almonds)
- 1/2 cup mixed seeds (pumpkin/sunflower/hemp seeds)
- 1/4 cup coconut oil, melted
- 1 tsp monk fruit sweetener

### METHOD

1. Preheat oven to 180C. Line a baking tray with baking paper.
2. Place all ingredients into a large bowl and combine well.
3. Spread mixture onto baking tray evenly.
4. Bake for 10 minutes, remove from the oven and toss, return to the oven for a further 5-10 minutes.
5. Once golden remove from the oven and allow to cool on a baking tray.
6. Store in an airtight container for up to 10 days. Serve with preferred yogurt, milk or add to smoothies.





## COOKIE DOUGH FAT BOMBS



preparation  
5 min



freeze  
1 hour



people  
15

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 113 |
| CARBS              | 1g  |
| FAT                | 9g  |
| PROTEIN            | 4g  |



### INGREDIENTS

- 1/2 cup almond meal
- 4 tbs coconut butter
- 1 cup macadamias
- 2 scoops Vanilla Noway
- 1 tbs coconut flour
- 2 tbs sugar-free chocolate chips
- Pinch of salt

### METHOD

1. Place all ingredients except chocolate chips into a food processor and combine until a sticky mixture has formed.
2. Add chocolate chips and pulse into the mixture.
3. Spoon out 1 tbs of mixture and roll into balls, roll in extra coconut if desired. Repeat with the remaining mixture.
4. Store in an airtight container in the fridge or freezer.





## BOUNTY BITES



preparation  
5 min



freeze  
1 hour



people  
15

| MACROS PER SERVING |     |
|--------------------|-----|
| CALORIES           | 148 |
| CARBS              | 2g  |
| FAT                | 13g |
| PROTEIN            | 4g  |



### INGREDIENTS

- 1 cup desiccated coconut
- 1 cup shredded coconut
- 3 scoops Vanilla Noway
- ¼ cup coconut milk (can)
- 2 tbs coconut oil
- 1 tbs sugar-free maple syrup
- Chocolate coating:
- 60g 90-95% dark chocolate
- 3 tbs coconut oil

### METHOD

1. Place all ingredients for the coconut filling into a food processor and combine until a sticky mixture forms. Add extra coconut milk if necessary to help bind.
2. Spoon 1 tbs of mixture into a ball and flatten into a mini muffin tin or silicone mould to form a round/square disc. Repeat with the remaining mixture.
3. Freeze for 30minutes.
4. Melt chocolate and coconut oil in a bowl over a saucepan of boiling water until smooth.
5. Remove coconut from the freezer and from the muffin tray and dip individually into chocolate or pour chocolate directly over each coconut piece.
6. Return to the freezer for a further 30 minutes. Store in an airtight container in the freezer.

**Enjoy!**





**NUTRITION WAREHOUSE**