



PRESTIGELABS®

PRESTIGE PROTEIN

RECIPE GUIDE

COOKIES & CREAM FLAVOR EDITION



COOKIES & CREAM PROTEIN SMOOTHIE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Add ice to your preference.
3. Blend until smooth.
4. Pour into a glass and enjoy immediately.

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1/2 cup 2% Reduced Fat Fairlife milk (or milk of your choice)
- 2 tbsp 0% plain Greek yogurt
- 2 tbsp egg whites
- 5-6 ice cubes
- 1 Oreo cookie (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

315

40g

7g

22g

PER SERVING:

315

40g

7g

22g



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COOKIES AND CREAM BANANA SPLIT SMOOTHIE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Add ice to your preference.
3. Blend until smooth.
4. Pour into a glass and enjoy immediately.

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1/2-1 small banana
- 1 tbsp vanilla extract
- 1 cup 2% Reduced Fat Fairlife milk (or milk of your choice)
- 1/4 cup unsweetened dark chocolate chips (optional)
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

420

35g

13g

45g

PER SERVING:

420

35g

13g

45g



COOKIES AND CHOCOLATE PROTEIN SHAKE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Add ice to your preference.
3. Blend until smooth.
4. Pour into a glass and enjoy immediately.

INGREDIENTS

- **1/2 scoop Prestige Protein cookies and cream whey protein powder**
- **1/2 scoop Prestige Protein chocolate whey protein powder**
- 1 cup 2% Reduced Fat Fairlife milk (or milk of your choice)
- 1/2 cup 0% plain Greek yogurt
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

350

45g

8.5g

22g

PER SERVING:

350

45g

8.5g

22g



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NO BAKE PROTEIN BARS



TOOLS

- Mixing bowl
- Spoon
- Measuring cup
- Tablespoon
- Refrigerator



PREP TIME

- 1 hour 10 minutes

INSTRUCTIONS

1. Mix protein powder, Rice Krispies, peanut butter, and milk in a bowl until well combined.
2. Crush the Oreo (if using) and mix it into the dough.
3. Form the dough into bars and refrigerate for at least one hour.
4. Enjoy once chilled.

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1/3 cup Rice Krispies
- 2 tbsp peanut butter
- 1 tbsp 2% Reduced Fat Fairlife milk
- 1 Oreo (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
RECIPE (MAKES 2 BARS):

450

26g

17g

48g

PER SERVING (1 BAR):

225

13g

8.5g

24g



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COOKIES AND CREAM PROTEIN BALLS



TOOLS

- Mixing bowl
- Spoon
- Measuring cup
- Tablespoon
- Baking sheet
- Parchment paper
- Refrigerator



PREP TIME

- 1 hour 10 minutes

INSTRUCTIONS

1. In a bowl, mix all dry ingredients until well combined.
2. Add nut butter and honey, stirring until the dough is well combined.
3. Stir in the chocolate chips (optional).
4. Roll the mixture into small dough balls and place on a parchment-lined baking sheet.
5. Refrigerate for at least one hour before serving.

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 2 tbsp ground flaxseed
- 2 tbsp nut butter of choice
- 1/4 cup honey
- 2 tbsp sugar-free dark chocolate chips (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR RECIPE (MAKES 8 BALLS):

840

36g

36g

96g

PER SERVING (1 BALL):

105

4.5g

4.5g

12g



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NO BAKE COOKIE DOUGH



TOOLS

- Mixing bowl
- Spoon
- Measuring cup
- Tablespoon
- Teaspoon
- Airtight container
- Refrigerator



PREP TIME

- 10 minutes

INSTRUCTIONS

1. Add all ingredients into a bowl and mix until well combined.
2. Transfer to an airtight container and store in the refrigerator for up to 7 days.
3. Enjoy chilled.

INGREDIENTS

- **2 scoops Prestige Protein cookies and cream whey protein powder**
- 3/4 cup almond flour
- 1 cup nut butter of choice
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 cup mini sugar-free dark chocolate chips



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
RECIPE (MAKES 8 SERVINGS):

2130

80g

155g

104g

PER SERVING (1 BALL):

266

10g

19g

13g





COOKIES AND CREAM MUG CAKE



TOOLS

- Microwave-safe mug
- Fork or whisk
- Measuring cup
- Tablespoon
- Microwave



PREP TIME

- 5 minutes

INSTRUCTIONS

1. Lightly spray a microwave-safe mug with non-stick spray (like Pam).
2. Add all ingredients into the mug and mix with a fork or whisk until smooth.
3. Microwave for 90 seconds, watching closely to ensure it doesn't overflow.
4. Let cool slightly and enjoy.

INGREDIENTS

- **1/2 scoop Prestige Protein cookies and cream whey protein powder**
- 2 tbsp coconut flour
- 2 tbsp 0% plain Greek yogurt
- 2 tbsp 2% Reduced Fat Fairlife milk (or milk of your choice)
- 1 egg white
- 1/4 tbsp baking powder
- 1-2 tbsp fat-free cool whip (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR RECIPE:

220

24g

6g

17g

PER SERVING:

220

24g

6g

17g



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COOKIES AND CREAM PROTEIN MUFFINS



TOOLS

- Mixing bowls
- Whisk
- Measuring cup
- Teaspoon
- Muffin tin
- Oven



PREP TIME

- 18-20 minutes

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In one bowl, combine all dry ingredients.
3. In a separate bowl, whisk together all wet ingredients.
4. Slowly mix the dry ingredients into the wet mixture until fully combined.
5. Scoop the batter into a muffin tin.
6. Bake at 350°F for about 8 minutes or until fully cooked.
7. Let cool and enjoy!

INGREDIENTS

- **2 scoops Prestige Protein cookies and cream whey protein powder**
- 1/2 cup coconut flour
- 1 tsp baking powder
- 1/2 cup 0% plain Greek yogurt
- 2 eggs
- 1 cup egg whites
- 1/2 cup 2% Reduced Fat Fairlife milk (or milk of your choice)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR RECIPE (MAKES 6 MUFFINS):

710

88g

17g

34g

PER SERVING (1 MUFFIN):

118

15g

2.8g

5.7g



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COOKIES AND CREAM OVERNIGHT OATS



TOOLS

- Mason jar or airtight container
- Spoon
- Measuring cup
- Tablespoon
- Refrigerator



PREP TIME

- 5 minutes (plus overnight refrigeration)

INSTRUCTIONS

1. Mix all ingredients together in a mason jar.
2. Place the jar in the refrigerator and let it sit overnight.
3. Top with fruit of your choice before serving.

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1/2 cup rolled oats
- 1 1/2 cups 2% Reduced Fat Fairlife milk (or milk of your choice)
- 1 tbsp chia seeds
- 1 tbsp peanut butter



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR RECIPE (MAKES 2 SERVINGS):

580

46g

22g

54g

PER SERVING (1/2 JAR):

290

23g

11g

27g



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PEANUT BUTTER & BANANA COOKIE SHAKE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 minutes

INSTRUCTIONS

1. Add all ingredients into a blender.
2. Add ice to your preference.
3. Blend until smooth.
4. Enjoy immediately!

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 1 banana
- 1 tbsp peanut butter
- 1 cup 2% Reduced Fat Fairlife milk (or milk of your choice)
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR RECIPE:

430

36g

15g

43g

PER SERVING:

430

36g

15g

43g



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OREO COOKIE PROTEIN SHAKE



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 minutes

INSTRUCTIONS

1. Add all ingredients into a blender.
2. Add ice to your preference.
3. Blend until smooth.
4. Enjoy immediately!

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 2 Oreo Thins
- 1/2 cup 0% Greek yogurt
- 1 cup 2% Reduced Fat Fairlife milk (or milk of your choice)
- 5-6 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR RECIPE:

410

39g

10g

41g

PER SERVING:

410

39g

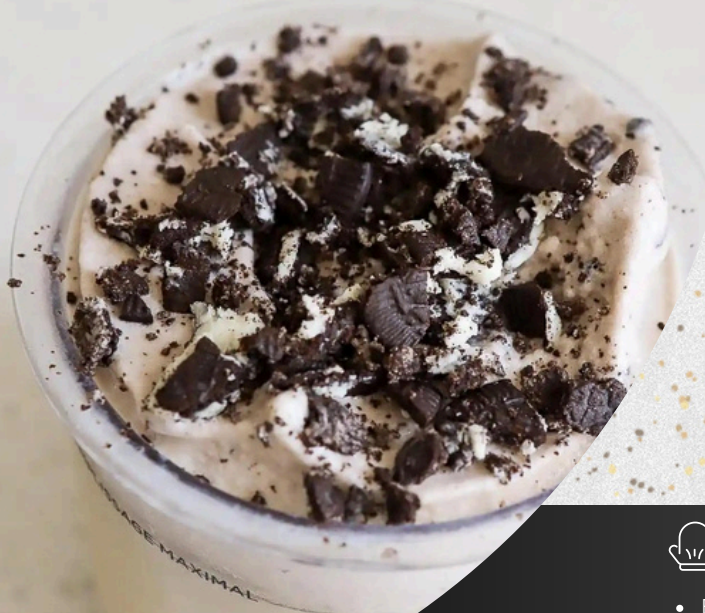
10g

41g



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DREAMY COOKIES & CREAMI



TOOLS

- Blender
- Measuring cup
- Tablespoon
- Glass



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a bowl, mix protein powder, almond milk, and pudding mix until smooth.
2. Pour into the Ninja Creami pint container and freeze for 24 hours.
3. After freezing, place the container in the Ninja Creami and use the "Lite Ice Cream" setting.
4. Add a splash of milk if needed to achieve a creamier consistency, then hit "Re-Spin."
5. Optional: Crush 1 Oreo and sprinkle on top

INGREDIENTS

- **1 scoop Prestige Protein cookies and cream whey protein powder**
- 12oz Fairlife 2% Reduced Fat Milk (or milk of your choice)
- 1 tbsp cookies and cream instant pudding mix
- 1 Oreo (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR RECIPE:

388

40g

12g

31.5g

PER SERVING:

388

40g

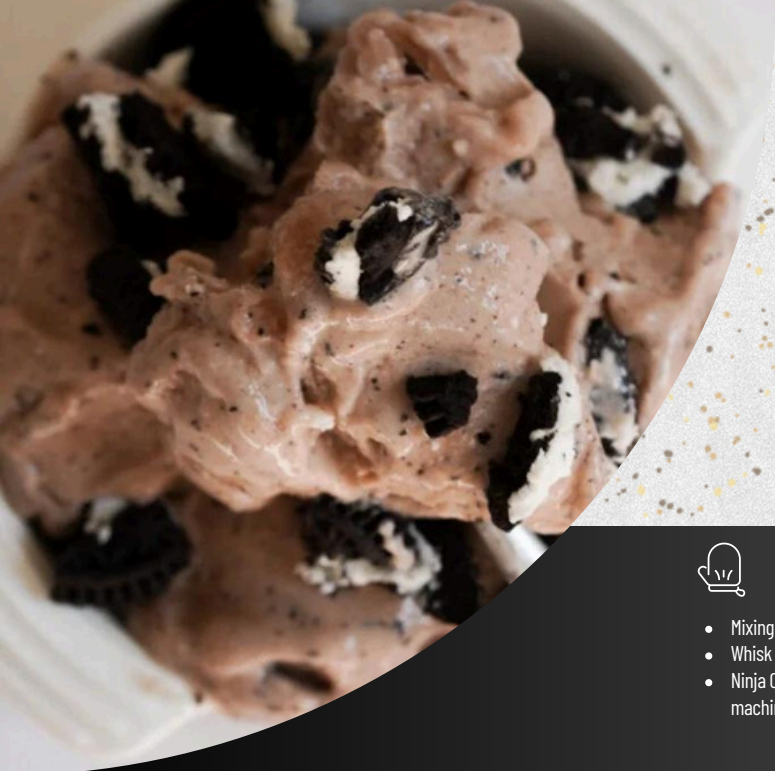
12g

31.5g



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MOCHA COOKIE HEAVEN



TOOLS

- Mixing bowl
- Whisk
- Ninja Creami machine
- Measuring cups
- Tablespoon
- Ninja Creami container



PREP TIME

Active Prep Time: 5 mins
Freezing Time: 24 hours+

INSTRUCTIONS

1. In a bowl, mix both protein powders, milk, pudding mix, and instant coffee granules until smooth.
2. Pour into the Ninja Creami pint container and freeze for 24 hours.
3. After freezing, place the container in the Ninja Creami and use the "Lite Ice Cream" setting.
4. Add a splash of milk if needed to achieve a creamier consistency, then hit "Re-Spin."
5. Optional: crush 1 Oreo and sprinkle on top

INGREDIENTS

- **1/2 scoop Prestige Protein cookies and cream whey protein powder**
- **1/2 scoop Prestige Protein mocha whey protein powder**
- 12oz Fairlife 2% Reduced Fat Milk (or milk of your choice)
- 1 tbsp cookies and cream instant pudding mix
- 1 tsp instant coffee granules
- 1 Oreo (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION
FACTS FOR RECIPE:**

388

40g

11.5g

32.5g

PER SERVING:

388

40g

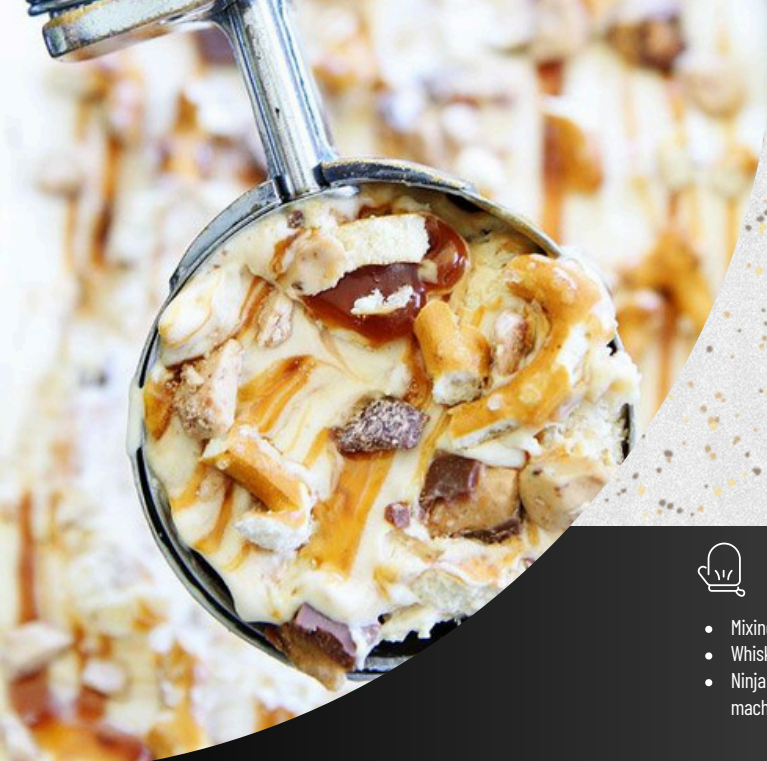
11.5g

32.5g



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SALTED CARAMEL COOKIE CRUMBLE



TOOLS

- Mixing bowl
- Whisk
- Ninja Creami machine
- Measuring cups
- Tablespoon
- Ninja Creami container



PREP TIME

Active Prep Time: 5 mins
Freezing Time: 24 hours+

INSTRUCTIONS

1. In a bowl, mix both protein powders, milk, pudding mix, and sea salt until smooth.
2. Pour into the Ninja Creami pint container and freeze for 24 hours.
3. Place the container in the Ninja Creami and use the "Lite Ice Cream" setting.
4. Add a splash of milk if needed to achieve a creamier consistency, then hit "Re-Spin."
5. Optional: Crush up 1 small cookie of your choice and sprinkle on top.

INGREDIENTS

- **1/2 scoop Prestige Protein cookies and cream whey protein powder**
- **1/2 scoop Prestige Protein salted caramel whey protein powder**
- 12oz Fairlife 2% Reduced Fat Milk (or milk of your choice)
- 1 tbsp vanilla instant pudding mix
- Pinch of sea salt
- 1 small cookie of your choice (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION
FACTS FOR RECIPE:**

335

39.5g

10g

23g

PER SERVING:

335

39.5g

10g

23g



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