



PRESTIGELABS®

PRESTIGE PROTEIN

RECIPE GUIDE

CHOCOLATE FLAVOR EDITION





CHOCOLATE ICE CREAM PROTEIN SHAKE



TOOLS

- Blender
- Measuring cups and spoons
- Spoon



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Add all of the ingredients to blender
2. Blend on high to desired consistency

INGREDIENTS

- 3/4 cup unsweetened vanilla almond milk
- **1 scoop Prestige Chocolate whey protein powder**
- 1/2 cup frozen banana
- 1 tablespoon almond butter or peanut butter
- 1/4 teaspoon vanilla extract
- 8 ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

362

25g

13g

27g

PER SERVING:

362

25g

13g

27g





CHOCOLATE BROWNIES



TOOLS

- Mixing bowl
- Measuring cups
- Measuring spoons
- Baking dish (8x8 inch for brownies)
- Spoon or spatula for mixing
- Oven or refrigerator (depending on preparation method)
- Non-stick spray or parchment paper



PREP TIME

- **Prep time:** 10 minutes
- **Cooking or Chilling time:** 20 minutes (if baked) or refrigerate for 1-2 hours if no-bake

INSTRUCTIONS

1. Preheat oven to 325 F. Line an 8x8 pan with parchment paper.
2. Combine all ingredients in a bowl, stir until completely smooth, and spread into the prepared pan
3. Bake on the center rack 20-25 minutes (20 for super fudgy brownies) – they will be undercooked when you take them out.
4. Let cool, then loosely cover with a paper towel and place in the fridge overnight, during which time they will firm up.
5. The brownies will be firmer the next day and easier to cut.

INGREDIENTS

- 1 cup overripe mashed banana or applesauce
- 2/3 cup nut butter of choice, or allergy-friendly sub
- 1/3 cup cocoa powder
- **1 scoop Prestige Chocolate whey protein powder**
- 1 tsp pure vanilla extract
- 1/4 tsp salt
- 1/4 cup pure maple syrup, honey, or agave, or additional banana
- 1 tsp instant espresso powder
- Optional - mini chocolate chips, crushed walnuts, etc.



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (9 BROWNIES):

1,690

69g

102g

161g

PER SERVING (1 BROWNIE):

188

7.7g

11.3g

18g



CHOCO-PEANUT PROTEIN POWER BALLS



TOOLS

- Mixing bowl
- Spoon or spatula
- Measuring cups and spoons
- Baking tray or container



PREP TIME

- **Prep time:** 10 minutes
- **Chilling time:** 30 minutes or until firm

INSTRUCTIONS

1. Mix all ingredients together
2. Scoop into balls
3. Refrigerate in air tight bag

INGREDIENTS

- 1 cup creamy peanut butter
- 1 tbsp honey
- 1 tsp vanilla extract
- **1 scoop Prestige Chocolate whey protein powder**
- 1/2 cup unsweetened cocoa powder
- 1/2 cup ground flax seed
- 1/3 cup unsweetened shredded coconut
- Optional - wheat germ, or/and chia seeds, chopped dark or semi-sweet chocolate or chocolate chips



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (12 BALLS TOTAL):

2,122

101g

163g

104g

PER SERVING
(PER BALL):

177

8.4g

8.7g

13.6g



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CHOCOLATE PROTEIN MUFFINS



TOOLS

- Muffin pan
- Parchment paper or silicone muffin liners
- Mixing bowls
- Whisk
- Measuring cups and spoons
- Spatula
- Oven
- Toothpick



PREP TIME

- 35 minutes

INSTRUCTIONS

1. Preheat the oven to 350°F (177°C) and line a muffin pan with 12 parchment or silicone liners.
2. In a large mixing bowl, combine almond flour, sweetener, Prestige Chocolate Whey Protein, baking powder, cocoa powder, and sea salt. Stir well to ensure an even mix.
3. Add the melted coconut oil and almond milk, and mix until combined.
4. Whisk in the eggs and vanilla extract until smooth.
5. Fold in 1/2 cup of the sugar-free chocolate chips (reserve 1/4 cup for topping if desired).
6. Scoop the batter evenly into the muffin cups, filling them almost full. If you reserved chocolate chips, sprinkle them on top and press lightly into the batter.
7. Bake for 25 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean.
8. Allow muffins to cool slightly before serving.

INGREDIENTS

- 2 cups blanched almond flour
- 2/3 cup Besti Allulose (or any granulated sweetener)
- **2 scoops Prestige Chocolate whey protein powder**
- 1 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1/3 cup coconut oil
- 1/2 cup unsweetened almond milk
- 3 large eggs
- 1/2 tsp vanilla extract
- 3/4 cup sugar-free dark chocolate chips (optional: reserve 1/4 cup for topping)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (12 MUFFINS TOTAL):

2,010

125g

142g

114g

PER SERVING (PER MUFFIN):

168

10.4g

11.8g

9.5g



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NO-BAKE CHOCOLATE PROTEIN COOKIES



TOOLS

- Mixing bowl
- Spoon or spatula
- Measuring cups
- Baking sheet
- Parchment paper



PREP TIME

- **Prep time:** 10 minutes
- **Chilling time:** 20 minutes

INSTRUCTIONS

1. In a mixing bowl, combine almond butter, honey, and almond milk. Stir until smooth.
2. Add the protein powder, oats, cocoa powder, and dark chocolate chips (optional). Mix until fully combined.
3. Line a baking sheet with parchment paper. Scoop the mixture into cookie-sized balls and place them on the sheet.
4. Flatten slightly with a spoon. Chill in the refrigerator for 20 minutes.

INGREDIENTS

- **2 scoops Prestige Chocolate whey protein powder**
- 1 cup rolled oats
- 1/4 cup almond butter
- 2 tbsp unsweetened cocoa powder
- 2 tbsp honey or agave syrup
- 1/4 cup unsweetened almond milk
- 1/4 cup dark chocolate chips (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (10 COOKIES TOTAL):

900

60g

40g

100g

PER SERVING
(PER COOKIE):

90

6g

4g

10g



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HIGH-PROTEIN HOT COCOA



TOOLS

- Saucepan
- Whisk
- Mug



PREP TIME

Prep time: 5 minutes

INSTRUCTIONS

1. Heat almond milk in a saucepan over medium heat until warm, but not boiling.
2. Whisk in cocoa powder, protein powder, vanilla extract, and honey.
3. Stir until smooth and heated through. Pour into a mug, add Reddi Wip on top, and enjoy!

INGREDIENTS

- **1 scoop Prestige Chocolate whey protein powder**
- 1 tbsp unsweetened cocoa powder
- 1 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 tsp honey or sweetener of choice
- Fat-free Reddi Wip (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

200

22g

4g

12g

PER SERVING:

200

22g

4g

12g



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CHOCOLATE PROTEIN PUDDING



TOOLS

- Mixing bowl
- Whisk
- Measuring cups
- Refrigerator
- Serving containers



PREP TIME

- **Active Prep:** 5 minutes
- **Chill Time:** 1 hour

INSTRUCTIONS

1. In a mixing bowl, whisk together protein powder, almond milk, cocoa powder, chia seeds, and honey.
2. Pour into small serving cups and refrigerate for at least 30 minutes to allow the pudding to thicken.
3. Stir before serving and enjoy.

INGREDIENTS

- **2 scoops Prestige Chocolate whey protein powder**
- 1 1/2 cups unsweetened almond milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp chia seeds
- 1 tbsp honey or maple syrup



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (4 SERVINGS TOTAL):

500

52g

10g

50g

PER SERVING:

125

13g

2.5g

12.5g



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POWER OATS WITH CHOCOLATE PROTEIN



TOOLS

- Small saucepan
- Measuring cups
- Spoon



PREP TIME

- **Prep time:** 5 minutes
- **Cook:** 5 minutes

INSTRUCTIONS

1. In a saucepan, bring water (or almond milk) to a boil. Add oats and cook until soft (about 5 minutes).
2. Remove from heat and stir in the protein powder, cocoa powder, almond butter, and honey.
3. Stir until well-combined and creamy.
4. Top with dark chocolate chips (optional), and enjoy!

INGREDIENTS

- 1/2 cup rolled oats
- **1 scoop Prestige Chocolate whey protein powder**
- 1 cup water or unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp almond butter
- 1 tsp honey or sweetener of choice
- 6-8 dark chocolate chips (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

500

28g

18g

50g

PER SERVING:

500

28g

18g

50g



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CHOCOLATE PROTEIN CHEESECAKE



TOOLS

- Mixing bowl
- Blender
- Springform pan
- Oven



PREP TIME

- **Prep time:** 15 minutes
- **Baking time:** 40 minutes
- **Chilling time:** 2 hours

INSTRUCTIONS

1. Preheat oven to 325°F (160°C). Grease a springform pan.
2. In a mixing bowl, blend cream cheese, yogurt, and honey until smooth.
3. Add protein powder, cocoa powder, eggs, and vanilla extract. Blend until smooth and creamy.
4. Pour the mixture into the springform pan and bake for 40 minutes.
5. Let cool, then refrigerate for at least 2 hours before serving.

INGREDIENTS

- **2 scoops Prestige Chocolate whey protein powder**
- 16 oz fat-free cream cheese
- 1/2 cup nonfat Greek yogurt
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey or sweetener of choice
- 2 eggs
- 1 tsp vanilla extract



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH (8 SLICES TOTAL):

1,020

106g

30g

58g

PER SERVING (PER SLICE):

127

13g

4g

7g





CHOCOLATE & VANILLA PROTEIN SWIRL SHAKE



TOOLS

- Blender
- Measuring cups



PREP TIME

- Prep time: 5 minutes

INSTRUCTIONS

1. Blend chocolate protein, vanilla protein, almond milk, and ice until smooth.
2. Add cocoa powder for a richer flavor if desired. Blend again and enjoy!

INGREDIENTS

- **1 scoop Prestige Chocolate whey protein powder**
- **1 scoop Prestige Vanilla Ice Cream whey protein powder**
- 1 cup unsweetened almond milk
- 1/2 cup ice
- 1 tbsp cocoa powder (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

320

40g

5g

14g

PER SERVING
(PER CUP):

320

40g

5g

14g



HIGH PROTEIN NEAPOLITAN SMOOTHIE



TOOLS

- Blender
- Measuring cups
- Tall glass
- Spoon or spatula



PREP TIME

- 5 minutes

INSTRUCTIONS

- Chocolate Layer:** In a blender, combine 1 scoop of Chocolate Whey Protein, 1/2 cup almond milk, 1/3 of the frozen banana, 1/3 of the ice, and 1 tbsp cocoa powder. Blend until smooth. Pour into the bottom of a tall glass.
- Vanilla Layer:** Rinse the blender and blend 1 scoop of Vanilla Whey Protein, 1/2 cup almond milk, 1/3 of the frozen banana, 1/3 of the ice, and 1 tsp vanilla extract. Slowly pour the vanilla layer over the chocolate layer.
- Strawberry Layer:** Rinse the blender again and blend 1 scoop of Strawberry Whey Protein, 1/2 cup almond milk, 1/3 of the frozen banana, 1/3 of the ice, and 1 tbsp freeze-dried strawberry powder. Gently pour this layer on top of the vanilla layer.
- Enjoy the smoothie with a straw and mix as desired or drink each layer separately for the full Neapolitan experience.

INGREDIENTS

- 1 scoop **Prestige Chocolate whey protein powder**
- 1 scoop **Prestige Vanilla Ice Cream whey protein powder**
- 1 scoop **Prestige Strawberry Milkshake whey protein powder**
- 1 1/2 cups unsweetened almond milk
- 1/2 frozen banana
- 1/2 cup ice
- 1 tbsp cocoa powder
- 1 tbsp freeze-dried strawberry powder
- 1 tsp vanilla extract



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

390

60g

7.5g

21g

PER SERVING:

127

8g

4g

13g



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