



PRESTIGELABS®

PRESTIGE PROTEIN

RECIPE GUIDE

PUMPKIN SPICE FLAVOR EDITION





PUMPKIN SPICE PROTEIN LATTE



TOOLS

- Blender
- Mug



PREP TIME

- 5 Minutes

INSTRUCTIONS

1. Brew coffee.
2. In a blender, add brewed coffee, almond milk, protein powder, and pumpkin spice. Blend until frothy.
3. Pour into a mug and enjoy.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup brewed coffee
- 1/2 cup unsweetened almond milk
- 1/2 tsp pumpkin spice
- 1 tsp honey or sweetener of choice (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

180

20g

3g

9g

PER SERVING:

180

20g

3g

9g



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ICED PUMPKIN SPICE PROTEIN LATTE



TOOLS

- Blender
- Glass
- Ice



PREP TIME

- 5 minutes

INSTRUCTIONS

1. Blend protein powder, coffee, almond milk, and pumpkin spice until smooth.
2. Fill a glass with ice cubes and pour the latte over the ice.
3. Stir and enjoy!

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup brewed coffee (cooled)
- 1/2 cup unsweetened almond milk
- 1/2 tsp pumpkin spice
- Ice cubes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

180

20g

3g

9g

PER SERVING:

180

20g

3g

9g



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PUMPKIN SPICE PROTEIN PANCAKES



TOOLS

- Non-stick skillet
- Mixing bowl



PREP TIME

- 10 minutes

INSTRUCTIONS

1. In a bowl, mix oat flour, protein powder, baking powder, and pumpkin spice.
2. Add egg and almond milk. Mix until smooth.
3. Heat skillet over medium heat, pour batter, and cook pancakes 2-3 minutes per side.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup oat flour
- 1 egg
- 1/4 cup unsweetened almond milk
- 1 tsp baking powder
- 1/2 tsp pumpkin spice



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (2 PANCAKES TOTAL):

360

37g

8g

36g

PER SERVING
(PER PANCAKE):

180

18.5g

4g

18g



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PUMPKIN SPICE PROTEIN MUFFINS



TOOLS

- Muffin tin
- Mixing bowl



PREP TIME

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

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Mix protein powder, almond flour, baking soda, and cinnamon.
3. Add pumpkin puree, egg, and honey. Mix until smooth.
4. Pour into muffin tin and bake for 20 minutes.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup almond flour
- 1/2 cup pumpkin puree
- 1 egg
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp honey



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION FACTS FOR
BATCH (4 MUFFINS TOTAL):**

500

40g

22g

30g

**PER SERVING
(PER MUFFIN):**

125

10g

5.5g

7.5g



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PUMPKIN SPICE PROTEIN SMOOTHIE



TOOLS

- Blender



PREP TIME

- Prep: 5 minutes

INSTRUCTIONS

1. Blend protein powder, banana, almond milk, chia seeds, and pumpkin puree until smooth.
2. Pour into a glass and enjoy.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 frozen banana
- 1/2 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1/4 cup pumpkin puree



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

310

25g

8g

32g

PER SERVING:

310

25g

8g

32g



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PUMPKIN SPICE PROTEIN ENERGY BALLS



TOOLS

- Mixing bowl
- spoon



PREP TIME

- Prep: 10 minutes

INSTRUCTIONS

1. Mix protein powder, oats, almond butter, honey, and coconut flakes in a bowl.
2. Roll into small balls.
3. Store in the fridge for 30 minutes before serving.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup rolled oats
- 2 tbsp almond butter
- 1 tbsp honey
- 1/4 cup unsweetened coconut flakes



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (6 BALLS TOTAL):

500

28g

18g

56g

PER SERVING
(PER BALL):

83

4.7g

3g

9.3g



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PUMPKIN SPICE PROTEIN WAFFLES



TOOLS

- Waffle iron
- mixing bowl



PREP TIME

- Prep: 10 minutes

INSTRUCTIONS

1. Preheat waffle iron.
2. In a bowl, mix oat flour, protein powder, baking powder, and cinnamon.
3. Add egg and almond milk. Mix until smooth.
4. Pour batter into waffle iron and cook as per waffle maker instructions.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup oat flour
- 1 egg
- 1/4 cup unsweetened almond milk
- 1 tsp baking powder
- 1/2 tsp cinnamon



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR
BATCH (2 WAFFLES TOTAL):

370

37g

9g

34g

PER SERVING
(PER WAFFLE):

185

18.5g

4.5g

17g



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PUMPKIN SPICE PROTEIN NO-BAKE CHEESECAKE CUPS



TOOLS

- Mixing bowl
- muffin tin



PREP TIME

- **Prep:** 10 minutes (+2 hours chill time)

INSTRUCTIONS

1. In a bowl, mix protein powder, Greek yogurt, pumpkin puree, honey, and cinnamon.
2. Divide mixture into muffin tin, add crushed graham crackers as base if desired.
3. Chill in the fridge for 2 hours before serving.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup fat-free Greek yogurt
- 1/4 cup pumpkin puree
- 1 tbsp honey
- 1 tsp cinnamon
- 1/2 cup crushed graham crackers (optional)



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION FACTS FOR BATCH
(6 CHEESECAKE CUPS TOTAL):**

400

35g

5g

40g

**PER SERVING (PER
CHEESECAKE CUP):**

100

8.75g

1.25g

10g



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PUMPKIN PIE PROTEIN OATMEAL



TOOLS

- Pot
- Spoon
- Bowl



PREP TIME



- **Prep:** 5 minutes
- **Cooking time:** 5-7minutes

INSTRUCTIONS

1. In a pot, combine oats, almond milk, water, pumpkin puree, pumpkin spice, and cinnamon. Stir and bring to a simmer.
2. Cook for 5-7 minutes, stirring occasionally, until the oats are soft and the mixture thickens.
3. Remove from heat and let cool for 1-2 minutes.
4. Stir in 1 scoop of Prestige Labs Pumpkin Spice whey protein until well combined.
5. Pour the oatmeal into a bowl and top with chopped pecans and a drizzle of honey or maple syrup if desired.

INGREDIENTS

- **1 scoop Prestige Labs Pumpkin Spice whey protein powder**
- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1/4 cup pumpkin puree
- 1/2 tsp pumpkin spice
- 1/2 tsp cinnamon
- 1 tsp honey or maple syrup (optional for sweetness)
- 1 tbsp chopped pecans (optional for topping)

	 CALORIES:	 PROTEIN:	 FAT:	 CARBS:
TOTAL NUTRITION FACTS FOR BATCH:	410	30g	10g	52g
PER SERVING:	410	30g	10g	52g

