

TERESA'S PROTEIN COOKIES

Ingredients

2 cups uncooked rolled oats (not quick-cooking or instant)	½ teaspoon allspice
1 ¼ cups whole-wheat flour	½ teaspoon ground cloves
¼ cup all-purpose flour	½ teaspoon ground nutmeg
¼ cup ground flaxseed	1 cup milk
¼ cup wheat germ	½ cup whey protein powder
1 ½ teaspoons baking soda	1 teaspoon vanilla
1 ½ teaspoons baking powder	2 eggs
1 teaspoon cinnamon	2 teaspoons butter (softened)
	½ to 1 cup unsweetened applesauce

"I always double the batch and freeze them in bags to grab when I run out the door."

Teresa Estill

Owner, Pilates by Teresa, Campbell, Calif.

Directions

Preheat the oven to 375°F. Mix dry ingredients in a large bowl (rolled oats through nutmeg). Combine milk and whey protein powder in a separate bowl. Add the remaining wet ingredients (milk through butter). Combine dry and wet ingredients and add enough applesauce to make a moist, drop cookie. Drop batter by large spoonfuls onto baking sheet and bake for approximately 11 minutes.

Options: Add any of the following to the final batter – 1 cup of walnuts, pecans or other nuts; dried fruit, such as raisins, cranberries or blueberries; shredded carrots, shredded zucchini or mashed bananas.

Nutrition information for one serving (2 cookies): 112 calories, 6 g protein (including 2 g of whey protein), 16 g carbohydrates, 3 g fiber, 3 g fat, 1 g saturated fat, 154 mg sodium

Also contains: phosphorus, selenium

VANILLA WHEY PROTEIN PANCAKES

Ingredients

Whole-wheat pancake mix (directions for 10 to 12 pancakes)
¼ to ½ cup vanilla whey protein powder
2 tablespoons ground flaxseed
Fresh blueberries, bananas, strawberries or other fruit (optional)

"For an on-the-go breakfast, heat a pre-made pancake in the microwave or toaster oven. The vanilla whey protein gives the pancakes a nice flavor, so no butter or syrup is needed."

Jamie Burton, M.S.

Owner, Jamie's Freedom Fitness, San Pedro, Calif.

Directions

Follow the pancake mix directions for 10 to 12 pancakes. Add vanilla whey protein and ground flaxseed to dry pancake mix before adding any wet ingredients called for in the directions. Add more water as needed to reach preferred consistency. If desired, press blueberries or sliced fresh fruit into the surface of the cooking pancakes. Cook as many pancakes as batter will allow and keep leftover portions in the refrigerator or freezer.

Nutrition information for one serving (1 pancake): 109 calories, 6 g protein (including 2 g of whey protein), 14 g carbohydrates, 2 g fiber, 3 g fat, 1 g saturated fat, 256 mg sodium

Also contains: vitamin B2, calcium, phosphorus, selenium

Visit www.wheyprotein.nationaldairyCouncil.org for more information about the power of whey protein.

