

WHEY PROTEIN

Whey protein is a high-quality, complete protein naturally found in dairy.

Try these tips for adding whey protein powder to everyday foods:

- Stir into hot—not boiling—foods immediately after cooking
- Use as an ingredient in baked goods
- Add to ground meats before cooking
- Include in savory or sweet dips
- Stir into hot cereal or creamy soups and sauces
- Add to peanut or other nut butters

Get whey protein recipes, research, and educational materials at

www.wheyprotein.nationaldairyCouncil.org



Boost the protein power of your favorite foods with these delicious combinations:

SUPERIOR SMOOTHIE:

- 1/2 cup reduced-fat or fat-free vanilla Greek yogurt + 1/2 cup frozen berries + **1 scoop vanilla whey protein powder** + ice

OATMEAL PLUS:

- 1/2 cup oats prepared with 1 cup low-fat or fat-free milk + **1 Tbsp vanilla whey protein powder** + 1 tsp cinnamon + 1/4 cup raisins + 1 Tbsp maple syrup

SATISFYING SNACKS:

- 1 cup low-fat or fat-free cottage cheese + **1 scoop unflavored whey protein powder** + 1/2 cup blueberries
- 2 Tbsp peanut butter + **1 Tbsp unflavored whey protein powder** + 2 celery sticks

REVVED-UP SOUP:

- 1 cup tomato soup + **1 scoop unflavored whey protein powder** + 1/4 cup reduced-fat cheddar cheese (as topping)

POWER-PACKED PASTA MEAL:

- 1 lb lean ground beef + **1/2 cup unflavored whey protein powder** + 1/2 cup chopped onions + 1 clove minced garlic + 1 jar pasta sauce + 1/2 lb whole grain pasta

Refer to TIPS on front for best results.



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for more tips and recipes!