Try a High Protein Snack, So Your Body Will Love You Back!

Protein powders, such as whey protein and egg white protein powders are usually lower in potassium and phosphorus than soy based protein powders, but always make sure to check the label first. These protein powders can be mixed with moist food or liquids. Some examples include: scrambled eggs, soups, stews, Greek yogurt, casseroles, applesauce, juice, tuna salad, chicken salad, smoothies, jell-o, cupcakes, and rice crispy treats.

Whey Protein Orange Creamsicle Drink

**Ingredients**

- ½ cup orange sherbert
- ½ orange soda
- 1 scoop protein powder
- 2 tablespoons of Cool Whip

**Directions**

Combine all ingredients in a blender. Blend until desired consistency. Enjoy!
Whey Protein Rice Crispy Treat Recipe

**Ingredients**
- 7 tablespoons of unsalted butter
- 40 large marshmallows
- Protein powder to equal 160 grams (about 1-1/2 cups)
- 6 cups rice crispy cereal

**Directions**
1. Melt butter in a large pot and add marshmallows. Stir constantly until marshmallows are completely melted.
2. Remove pot from heat and gradually add protein powder. Mix until smooth. Add rice crispy cereal and mix until coated.
3. Pour into a greased 13”x9”x2” baking pan or cookie sheet and press down.
4. Cool and cut into 12 bars, 3” x 4” each.

**Nutrition Facts**
- 247 calories
- 14 grams of protein
- 31 grams carbohydrate
- 206 mg sodium
- 89 mg potassium
- 118 mg phosphorus

Whey Protein Cupcake Recipe

**Ingredients**
- 1 box angel food cake mix
- 1 box cake mix (flavor of your choice)
- Whey Protein powder
- Sprite Zero

**Directions**
1. Combine both cake mixes in a ziplock bag
2. Dissolve 1 scoop protein powder in 4 tablespoons of sprite in a 12 oz cup
3. Add 3 tablespoons cake mix and stir until a smooth batter is formed
4. Microwave for 1 minute and let cool
5. Top with cool whip and a fruit of your choice

*1 cupcake= 30 grams of protein*
1. Name 2 good sources of protein.
___________________________ and _____________________

2. Circle which supplement has more protein in an 8 oz serving:
   Boost Breeze or Nepro

3. Name a food you can add protein powder to:
   ______________________________________________________

4. Which snack option contains 6 grams of protein?
   A. Egg
   B. Boost Breeze
   C. Hard boiled egg
   D. Tuna salad

5. Which recipe will you try next?
   ______________________________________________________