

THE ULTIMATE

PROLIFIC ISOLATE

RECIPE BOOK



DOMINATE YOUR SPORT

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**G6SPORTS**

DOMINATE YOUR SPORT

VANILLA CINNAMON PROTEIN BITES



INGREDIENTS:

- 1 heaping TBSP ground cinnamon
- 1 scoop **G6 Vanilla Prolific Whey Isolate Protein Powder**
- 1/4 cup maple syrup or honey
- 1/2 cup almond meal
- 1/3 cup creamy nut butter
- 3/4 cup quick oats
- 1 tsp Vanilla extract

DIRECTIONS:

Mix all dry ingredients together in a small bowl. In a medium size bowl, mix the nut butter, vanilla and maple syrup. Add the dry ingredients to the wet ingredients and fold together until combined. Portion and roll into bites. You can garnish the outside if you choose in anything, Cinnamon, cocoa powder, coconut, or eat as is.

CHOCOLATE PEANUT BUTTER PROTEIN FUDGE



INGREDIENTS:

- 5 tablespoons coconut oil
- 1/4 cup creamy peanut butter
- 2 tablespoons cocoa powder
- 1/4 cup **G6 Sports Chocolate Prolific Whey Isolate Protein Powder**
- 2 teaspoons maple syrup - can be optional

DIRECTIONS:

Combine coconut oil and peanut butter in a microwave-safe bowl and microwave until coconut oil and peanut butter melt, approximately 15-20 seconds.

Stir cocoa powder into coconut oil mixture. Add protein powder and stir to combine. Add maple syrup if additional sweetness is desired.

Quickly pour mixture into a mini muffin tin, filling cups about a third of the way to the top.

Freeze until fudge hardens.

Remove from muffin tin and enjoy! Store remaining fudge in the freezer or refrigerator.

ICED PROTEIN COFFEE



INGREDIENTS:

- 1 cup Almond Milk
- 1 cup Chilled Coffee
- 1/2 Banana
- 1 scoop **G6 Sports Vanilla Whey Isolate Protein Powder**
- 2 cups Ice

DIRECTIONS:

Place all items into a large shaker cup except for 1 cup of ice. Shake until combined. Add remaining ice.

VANILLA CAKE BATTER DIP



INGREDIENTS:

- 1 medium Banana
- 1 scoop **G6 Sports Vanilla Prolific whey isolate Protein Powder**
- 2 Tablespoons Oat Flour
- 2 Tablespoons Almond Butter
- 1 Tablespoon maple syrup
- 1 teaspoon Vanilla Extract
- Almond milk as needed
- Sprinkles as desired

DIRECTIONS:

Place nut butter and maple syrup into a microwave safe bowl, heat until slightly runny.

In a bowl, mash the banana, add in the protein, oat flour, vanilla and sprinkles. Stir in the nut butter/syrup mixture. Assess the texture, if too crumbly add 1 Tablespoon almond milk, stir well. Add until you get the texture you want. Go slow and mix well. If you use too much it will get runny.

Add in your desired amount of sprinkles. Enjoy!

PEANUT BUTTER BROWNIE OVERNIGHT OATS



INGREDIENTS:

- 1 cup Almond Milk
- 1 cup Oats
- 1/2 Plain yogurt
- 1 scoop **G6 Sports Chocolate Peanut Butter Whey Isolate Protein Powder**
- 2 tablespoons cocoa powder

DIRECTIONS:

Combine all ingredients in a glass jar, cover. Place in the refrigerator overnight. Eat chilled in the morning.

BAKED BANANA CARDAMON OATMEAL SQUARES



INGREDIENTS:

- 1 cup Oats
- 1 cup Cashew Milk
- 2 mashed Bananas
- 2 scoops **G6 Sports Prolific Whey Isolate Protein Powder**
- 4 Eggs
- 1/4 cup Chocolate Chips
- 1 Tablespoon Vanilla Extract
- 2 Teaspoons Cardamom
- 1 Tablespoon Baking Powder

DIRECTIONS:

Preheat your oven to 350 degrees. In a medium bowl mix together the oats, protein powder, chocolate chips, cardamom and baking powder. In a large bowl, mash bananas then fold in the eggs, vanilla extract and cashew milk. Add in the dry ingredients and fold just until combined. Pour into an 8x8 sprayed and wax paper lined pan. Bake for 20 to 25 minutes until cooked through.

RASPBERRY CHEESECAKE



INGREDIENTS:

- 1/2 cup Plain Greek Yogurt
- 1 scoop **G6 Sports Raspberry Gelato Prolific Whey Isolate Protein Powder**
- 1 full size Graham Cracker
- 1 Tablespoon melted butter
- 1 Teaspoon Vanilla Extract

DIRECTIONS:

In a bowl, crush the graham cracker. Add the melted butter and blend together. Sprinkle the graham cracker mix into the bottom of 2 molds or small ramekins. Scoop the batter on top. Place in the refrigerator to set, minimum of 30 minutes. Spoon it up and enjoy! You can garnish or fold in fillers like fresh raspberries, coconut, crushed nuts etc.

KEY LIME PROTEIN SMOOTHIE



INGREDIENTS:

- 1 scoop **G6 Sports Vanilla Prolific Whey Isolate Protein Powder**
- 3/4 cup Almond Milk
- 3/4 cup Lime Juice
- Zest from 1 Lime
- Pinch of Salt
- 1-2 cups ice
- 1/2 of a Graham Cracker crushed

DIRECTIONS:

In a bowl, crush the graham cracker. Add the melted butter and blend together. Sprinkle the graham cracker mix into the bottom of 2 molds or small ramekins. Scoop the batter on top. Place in the refrigerator to set, minimum of 30 minutes. Spoon it up and enjoy! You can garnish or fold in fillers like fresh raspberries, coconut, crushed nuts etc.

ZUCCHINI BANANA BREAD



INGREDIENTS:

- 3 Bananas
- 1 cup Oat Flour
- 1/2 cup **G6 Sports Vanilla or Chocolate Prolific Whey Isolate Protein Powder**
- 1 large Zucchini shredded
- 1 Egg
- 1/2 cup Applesauce
- 1 Tablespoon Vanilla Extract
- 1 Tablespoon Baking Powder
- 1 Tablespoon Cinnamon
- 1 Teaspoon Sea Salt

DIRECTIONS:

Preheat your oven to 350 degrees. In a large bowl, Mash bananas then fold in shredded zucchini (be sure this is squeezed dry), egg, applesauce and vanilla extract, fold together. In a separate bowl mix together all dry ingredients, fold into the wet ingredients. Pour into a lined and sprayed loaf pan. Bake for about 50 minutes. Allow bread to cool at least 15 minutes before slicing.

PROTEIN PANCAKES



INGREDIENTS:

- 1/2 cup Oat Flour
- 1/3 cup Egg whites or 2 eggs
- 1/4 cup **G6 Sports Prolific Whey Isolate Protein Powder, flavor of choice**
- 1 Teaspoon Vanilla Extract
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Sea Salt

DIRECTIONS:

Mix all ingredients together, heat skillet or griddle on a medium low heat. Add some coconut oil to pan or non-stick spray, pour in batter to make pancakes. Flip when golden brown, cook until complete.

RAW CHOCOLATE CHIP COOKIE DOUGH BITES



INGREDIENTS:

- 1/4 cup Swerve Powdered Sugar
- 2/3 cup Almond Meal
- 1/3 cup **G6 Sports Vanilla Prolific Whey Isolate Protein Powder**
- 1/4 cup Chocolate Chips
- 2 Tablespoon Nut Butter
- 2 Tablespoon Applesauce
- 1 Teaspoon Vanilla Extract
- 8 oz Melting Chocolate (optional, for dipping)
- Almond Milk as needed

DIRECTIONS:

Line a tray with parchment or wax paper. Mix together sugar, almond meal, protein powder, and chocolate chips. Add in nut butter, applesauce, and vanilla until well combined. If dough feels too dry to form balls, add milk one tablespoon at a time until just sticky enough to roll. Form 12 balls and place in freezer for at least 30 minutes. Melt chocolate by microwaving for 30 seconds. Stir and repeat until chocolate is melted and smooth. Dip the bottom of each ball into chocolate, shake off excess and place on waxed paper-lined cookie sheet. Freeze until firm, 30 mins.

TRIPLE CHOCOLATE LATTE



INGREDIENTS:

- 1 cup Chocolate Almond Milk
- 1 scoop **G6 Sports Chocolate Prolific Whey Isolate Protein Powder**
- 1/2 Banana
- 1/4 cup Chocolate Yogurt or Vanilla + 1 Tablespoon Cocoa Powder
- 1 Teaspoon instant Coffee
- 1 Teaspoon Vanilla Extract
- 1 Packet Stevia
- Ice as needed

DIRECTIONS:

Place all items into a blender, frappe. Add ice to achieve desired texture.