

POWER STRENGTH

TRAINING SYSTEMS



**6 Sweet &
Healthy
Recipes
Using
Your PSTS
Protein
Powder**

PSTS Peanut Butter Pie

INGREDIENTS:

1 ½ Cups Natural Peanut Butter
3 bananas
1 Scoop of PowerStrength Protein Powder (Chocolate or Vanilla can be used)
½ Cup Coconut Oil
2 tbsp. Maple Syrup
Pinch of salt
¾ Cup of granola

DIRECTIONS:

1. In a microwave safe bowl, melt the coconut oil and peanut butter together.
2. In a mixing bowl, add bananas, protein powder, maple syrup and pinch of salt. Mix together until it is a smooth consistency throughout.
3. With the mixer on low, add the coconut oil and peanut butter together. Mix until you have an almost doughy mixture.
4. In a pan (preferably a round cake pan or cheesecake pan) cut a large piece of parchment paper for the pie to sit on.
5. Add the granola to the bottom of the pan and spread out evenly.
6. Add the pie filling to the granola crust. Spread out smoothly.
7. Put in freezer for 2 hours.
8. Take out and enjoy!



PSTS Chocolate Protein Mug Cake



INGREDIENTS:

- 1/4 cup whey or vegan PowerStrength protein powder (vanilla or chocolate)
- 1/4 cup milk (or milk alternative)
- 2 tbsp cocoa powder
- 1 tbsp stevia sweetener (or other sweetener of your choice)
- 1 tbsp peanut butter or other nut butter (to decrease calories and fat grams substitute an unsweetened peanut powder)
- 1 tsp coconut oil, melted

DIRECTIONS:

1. Mix everything in a mug.
2. Microwave for 30 seconds. Wait 5 seconds. And microwave for 30 more seconds.



PSTS No Bake Energy Bites

INGREDIENTS:

- 1 ½ Cups of Rolled oats
- 2 scoops of PowerStrength Whey or Vegan Protein Powder (Chocolate or Vanilla)
- ¾ Cup of Natural Peanut Butter/Nut butter of choice
- ¼ Cup of coconut oil

Optional Add-Ins:

- ½ Cup of dark chocolate chips (optional)
- 2 tsp. of chia seeds

DIRECTIONS:

1. Mix all ingredients together in a mixing bowl.
2. Roll into balls and place on tray.
3. Freeze for 30-45 minutes.
4. Store in fridge.

PSTS No Bake Brownie Bites



INGREDIENTS:

- 1 cup Almond Flour (or oat flour)
- ½ cup Chocolate Protein Powder
- ¼ cup Cocoa Powder
- ¼ cup Almond Butter
- ¼ cup Honey
- ¼ cup Almond Milk (or Milk or Other Milk Alternative)

DIRECTIONS:

1. Mix all ingredients together in a small mixing bowl until evenly combined. If it seems too dry, add a bit more milk (it should be similar to cookie dough).
2. Roll 1 tablespoon of dough into a smooth ball and place on parchment paper.
3. Repeat until the dough is gone, then eat or let them chill in fridge or freezer.

PSTS Chocolate Protein Bars

INGREDIENTS:

- 1 & 1/2 Cups of black beans
(drained and rinsed)
- 3 Tbsp. cocoa powder
- 1 Scoop of PSTS protein powder
(vanilla or chocolate)
- 1/4 tsp. salt
- 1/3 Cup of honey or maple syrup
or agave
- 2 tsp. of stevia
- 3 1/2 Tbsp. coconut oil
- 1 Tbsp. vanilla extract
- 1/2 tsp. baking powder
- 1/3 Cup of dark chocolate chips



DIRECTIONS:

1. Preheat the oven to 350 F. Combine all ingredients except chips in a high-quality food processor, and blend until it's completely smooth. (A blender works too)
2. Stir in the chocolate chips. Pour into a greased 8x8 square pan.
3. Cook the bars for 15-17 minutes. They will still look underdone when you take them from the oven, but this is okay. Let cool, then pat down with a spatula.
4. Refrigerate overnight. The bars will have firmed up and are now ready to cut and eat.
5. I like to store leftovers in the refrigerator. Makes about 10 bars. If you want more, double the recipe!



PSTS Protein Banana Muffins

INGREDIENTS:

- 2-3 bananas smashed
- 1/2 Cup of coconut oil-melted
- 1 teaspoon of vanilla extract
- 1 Tablespoon of real maple syrup
- 1/3 Cup of almond milk or coconut milk
- 1/2 Cup of crushed walnuts
- 1 teaspoon of cinnamon
- 1 & 1/2 Scoops of PSTS whey or vegan protein
- 1/3 Cup of dark chocolate chips

DIRECTIONS:

1. Mix bananas, coconut oil, vanilla, maple syrup and almond milk together in a mixer.
2. Slowly add protein powder, cinnamon, walnuts and chocolate chips to the other ingredients. Mix well.
3. Bake at 375 for 15-20 minutes. Sprinkle some cinnamon on top before putting in the oven.