

Whey Protein Paleo Recipes



Here are a few epic recipes you can try using protein powder and all of your favorite Paleo foods!

Blueberry Carrot Cake Parfait

Say what? **A Paleo dessert?** Awesome! Combine fruits, veggies, and protein powder, and you get one heck of a tasty treat.



Recipe courtesy of [PaleOMG](#)

Ingredients:

- 2 large carrots, finely shredded
- ⅔ cup almond butter
- 2 eggs
- 3 tablespoons raw honey
- 1 heaping scoop of [Vanilla Protein Powder](#)
- 1 tablespoon cinnamon
- ½ teaspoon baking powder
- pinch of salt
- 1 can of full fat coconut milk (left overnight in the fridge for the cream to rise)
- 1 teaspoon vanilla extract
- 1 teaspoon raw honey
- 1 cup fresh blueberries
- 1 tablespoon maple syrup

Preparation:

Heat the oven to 350 F as you prepare the rest of the ingredients.

Mix the carrots, eggs, and almond butter in a bowl, then add in the honey, baking powder, salt, cinnamon, and protein powder. Pour the mixture into a baking dish greased with coconut oil and bake for about 35 minutes.

Once the cake has cooled, cut it into small pieces and place those pieces in a small bowl. Scoop the coconut cream into the cups, add vanilla and honey, and top with maple syrup and blueberries. **Yum!**



Rockin' Espresso Shake

Need a boost to help you get through that workout? This shake makes the perfect pre-workout drink to pump you up!



Ingredients:

- 1/2 cup of coffee
- 1/2 cup of coconut milk
- 1 banana
- 1 scoop of [Chocolate-flavored Protein Powder](#)
- Ice

Preparation:

Mix all of the ingredients together in the blender, add ice, and **enjoy!**

Recipe Courtesy of [PaleoGrubs](#)



Choco-Chip-nana Pancakes



If you're a fan of chocolate chips and bananas, you'll love these pancakes. They taste almost as good as the real deal, and they're 100% Paleo-friendly and loaded with protein!

Ingredients:

- 2 bananas
- 2 eggs
- ½ cup [Vanilla Protein Powder](#)
- Organic dark chocolate, grated
- 1 tablespoon butter (or other oil – to grease the pan)

Preparation:

To begin, mash the bananas in a bowl and whisk the eggs into the mash. Add the protein powder into the mix and stir well. You may need to add more of the powder until the mash forms into a thick batter.

Add in the grated dark chocolate at the end.

Use the butter or oil to grease the pan, and pour your "**pancake**" onto the pan once the butter is sizzling. Cook until nicely browned on both sides.

With these recipes, you can incorporate protein powder into your life the tasty way!

Recipe courtesy of [PaleOMG](#)

