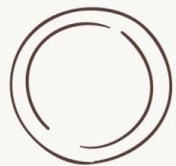




# Adequate Foods recipe book

Stay Fresh &  
Healthy





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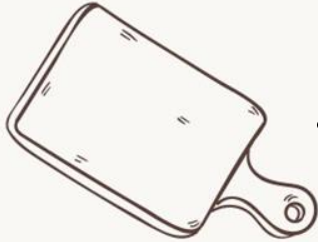
# 01 Section

- Protein Boosted Scrambled Eggs and Omelets



- Egg White Protein Wraps

- Egg White Protein Buns



- Fluffy Gluten-Free Protein Pancakes

- Double Chocolate Banana Protein Muffins

- Egg White Protein Powder for Blending

## Protein Boosted Scrambled Eggs and Omelets

Use Dried Eggs powder like a pro using our Scrambled Egg

- 26g Dried Egg Powder
- 43g water
- 1 tbsp oil

### Directions

- Over medium heat, bring a small pot with 2 cups water to gentle boil
- Scoop out about 26g Egg Powder Mix into quart size freezer food safe zip-top bag
- Add 43g water and 1 tsp oil to bag. Shake bag to combine well
- Place bag into steaming water for 2 minutes. Remove bag and using a small dish towel to handle, massage bag to form scrambled egg pieces
- Place the bag back into water for another 1 minute or until the contents are done. Repeat the massage and let it rest for 1 minute before eating
- Enjoy!



# Fluffy Gluten-Free Protein Pancakes

## Ingredients

- 1/4 cup (60 mL) Adequate Foods – 100% Egg White Protein Powder
- 2 cups (500 mL) gluten free pancake batter (homemade or store-bought)
- 2 tbsp (30 mL) coconut oil or organic butter, melted

## Directions

- 1) Egg white powder, using a hand blender or stand mixer, on high speed with 1/4 cup (60 mL) water for 2 to 3 minutes or until whites hold a stiff peak. Stir one-third of the whites into the prepared pancake batter until well combined. Gently fold remaining whites into batter until only a few streaks remain.
- 2) Heat a flat griddle or non-stick skillet over medium heat; brush with some melted oil. Pour 1/4 cup (60 mL) portions of batter into rounds on the griddle. Cook for 2 to 3 minutes or until small bubbles begin to form and pop on the surface. Flip and cook for an additional 1 to 2 minutes or until golden brown.
- 3) Hold cooked pancakes in a low, warm oven until ready to serve. Garnish with an assortment of your favorite toppings before serving.



# Egg White Protein Wraps

## Ingredients

- 1/2 cup (125 mL) Adequate Foods – 100% Egg White Protein Powder
- 2 cups (500 mL) non-dairy milk, such as almond, oat or coconut
- 2 tsp (10 mL) olive oil (approx.)
- 1/4 tsp (1 mL) salt

## Directions

- 1) Place eggs protein powder, milk, olive oil and salt in blender. Blend until batter is smooth. Let stand for 5 minutes.
- 2) Place 10-inch (25 cm) non-stick skillet over medium heat; lightly coat with oil. Pour 1/3 cup (75 mL) batter into pan, tilt to coat pan completely with batter. Cook 1 to 2 minutes or until set and golden. Flip and cook 1 minute or until dry; transfer to a plate. Repeat with remaining batter to make 12 crepes



## *Egg White Protein Powder for Blending*

Make Protein Smoothies like a pro using our Egg White Protein Powder and any smoothie recipe of your choice

### *Ingredients*

- 34 g Adequate Foods Egg White Protein Powder
- 12 oz any smoothie recipe of your choice

### *Directions*

- 1) Add 34 g Adequate Foods Egg White Protein Powder & 12 oz any smoothie recipe of your choice
- 2) Blend until desired consistency and serve.



# Double Chocolaté Banana Protein Muffins

## Ingredients

- 1 cup (250 mL) gluten-free large flake rolled oats (not quick cook or instant)
- 1/4 cup (60 mL) unsweetened cocoa powder
- 1/4 cup (60 mL) Adequate Foods – 100% Egg White Protein Powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 2 ripe bananas, mashed (about 1 1/4 cups/300 mL)
- 1 cup (250 mL) non-dairy milk, such as almond, oat or coconut
- 1/3 cup (75 mL) coconut, avocado or light olive oil
- 1/4 cup (60 mL) honey
- 1 tbsp (15 mL) stevia
- 1/4 cup (60 mL) vegan chocolate chips, divided

## Directions

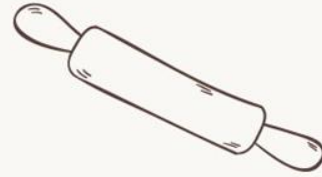
- 1) Preheat oven to 50°F (180°C). Line a 12-cup muffin tin with large paper liners; set aside.
- 2) Whisk oat flour with cocoa powder, protein powder, baking soda and salt. In a separate bowl, whisk mashed bananas with milk, oil, honey and stevia. Pour over dry mixture and stir just until combined. Stir in half the chocolate chips.
- 3) Scoop about 1/4 cup (60 mL) batter into each muffin cup. Sprinkle tops with remaining chocolate chips. Bake for 18 to 20 minutes or until tops spring back when lightly touched. Transfer pan to a wire rack to cool completely. Transfer muffins to an airtight container. Store cooled muffins in an airtight container at room temperature for up to 3 days or freeze for up to one month





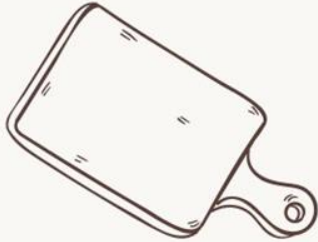
# 02 Section

- *Apple Pie Smoothie*



- *Gingerbread Protein Latte*

- *Gluten-Free Earl Grey Shortbread Cookies*



- *French Toast Egg White Protein Bread*



## Apple Pie Smoothie

Our new Apple Pie Smoothie combines these nutritious ingredients with Adequate Foods – 100% Egg White Protein Powder for the ultimate fall smoothie. It's like sipping on a cool and creamy apple pie!

### Ingredients

- 2 cups (500 mL) non-dairy milk
- 2 medium apples, halved and seeded
- 3 tbsp (45 mL) Adequate Foods – 100% Egg White Protein Powder
- 2 tbsp (30 mL) maple syrup
- 1 1/2 tsp (7 mL) cinnamon
- Pinch ground nutmeg
- 2 cups (500 mL) ice cubes

### Directions

Place ingredients in blender, in the order listed. Blend, starting on the lowest setting for 1 minute. Gradually increase speed to highest setting. Blend for 1 to 2 minutes or until smooth. Serve immediately.

# Gluten-Free Earl Grey Shortbread Cookies

Made with almond flour, monk fruit sugar, coconut oil and a hearty scoop of Adequate Foods – 100% Egg White Protein Powder, you can rest assured that these little bites are a healthy option on the holiday cookie tray. Not only are they dairy-free, gluten-free and sugar-free, they're just a really delicious cookie!

## Ingredients

- 4 teabags earl grey tea
- 1/2 cup (125 mL) coconut oil
- 1/2 cup (125 mL) monk fruit sugar
- 1/2 tsp (2 mL) salt
- 1/2 cup (125 mL) of Adequate Foods – 100% Egg White Protein Powder
- 1 tsp (5 mL) vanilla extract
- 1 1/2 cups (375 mL) almond flour

## Directions

- 1) Preheat oven to 325°F (160°C). Remove tea from teabags (about 2 tbsp/30 mL).
- 2) In large bowl, beat together coconut oil, monk fruit sugar, tea and salt until smooth and well combined. Beat in protein powder and vanilla until blended. Stir in almond flour, in three separate additions, until combined.
- 3) Scoop cookie dough into 2 tbsp (30 mL) balls. Place on onto parchment-lined baking sheet, spacing at least 2-inch (5 cm) apart. Flatten tops with a fork.
- 4) Bake for 10 to 12 minutes or until lightly golden around the edges and tops are set. Cool completely on baking sheet





# Gingerbread Protein Latte

## Ingredients

- 1 1/3 cups (325 mL) unsweetened nondairy milk, such as oat, almond, coconut or cashew, divided
- 1 tbsp (15 mL) Adequate Foods – 100% Egg White Protein Powder
- 1 tsp (5 mL) molasses
- 1/2 tsp (2 mL) vanilla stevia
- 1/2 tsp (5 mL) gingerbread spice blend\*, plus more for garnishing
- 1 oz (30 mL) freshly brewed espresso (optional)

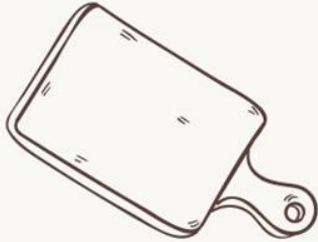
## Directions

- 1) Heat 1 cup (250 mL) milk until steaming; pour over molasses, stevia and spice blend. Stir until well combined. Keep warm.
- 2) In a large coffee mug, whisk together remaining milk and protein powder until smooth and frothy (a wand for other works really well for this). Add espresso (if using).
- 3) Slowly pour warm milk over frothed milk mixture, allowing foam to rise to the top. Sprinkle with pinch gingerbread spice

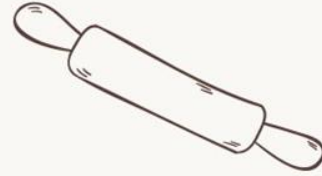
# Q3 Section

- *Feel Good Super Smoothie*

- *Raspberry Cranberry Smoothie*



- *Lime & Coconut Water Smoothie*



- *Cranberry Mocktail*

# Feel Good Super Smoothie

## Ingredients

- 3 cups (750 mL) mixed berries, fresh or frozen
- 1 1/2 cups (375 mL) baby spinach or kale leaves
- 1/2 cup (125 mL) certified gluten-free large flake rolled oats
- 1 banana, fresh or frozen
- 2 tbsp (30 mL) Adequate Foods – 100% Egg White Protein Powder
- 2 tbsp (30 mL) chia seeds
- 1 tsp (5 mL) ground turmeric
- 1/2 tsp (2 mL) ground cinnamon
- 3 cups (750 mL) non-dairy milk, such as oat milk, coconut milk or almond milk

## Directions

- 1) In a high-powered blender, add berries, spinach, oats, banana, egg white powder, chia seeds, turmeric and cinnamon. Pour milk over top.
- 2) Blend on high-speed for 1 to 2 minutes or until smooth and creamy. Pour into glasses and serve immediately



# Raspberry Cranberry Smoothie

## Ingredients

- 1½ cup of Almond Milk (unsweetened)
- 2 tbsp Adequate Foods – 100% Egg White Protein Powder
- ¾ cup frozen raspberries
- ½ frozen cranberries or pure cranberry juice (unsweetened)
- ½ frozen banana
- 2 tbsp hemp seeds

## Directions

Simply place all the ingredients into a blender and blend until fully smooth and creamy.





## *Lime & Coconut Water Smoothie*

### *Ingredients*

- 2 tbsp Adequate Foods – 100% Egg White Protein Powder
- 1 carton of Coconut water (330ml)
- 1 heaping tbsp Raw or Unpasteurized Honey
- 1 tsp Chlorella (Broken Cell Wall)

### *Directions*

Peel lime and put in blender. Pour in coconut water and other ingredients. Blend on medium high until lime appears drinkable



# Raspberry Cranberry Smoothie

## Ingredients

- 1 cup of ice
- 1 cup of pure unsweetened cranberry juice
- 1 cup of coconut water or mineral water
- 1 heaping tbsp of Adequate Foods – 100% Egg White Protein Powder
- 1 heaping tbsp of Monck fruit /Erythritol or sweetener of choice
- ½ dropper Bitters cranberry/Juniper

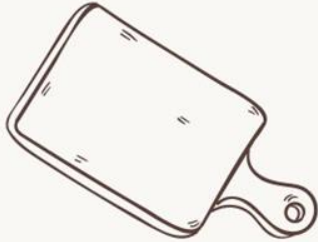
## Directions

- 1) Put it all in a blender in order of ingredients. Blend for 1 to 2 minutes on high. Pour into glass and enjoy.
- 2) Makes 2 servings.



# 04 Section

- Greek Salad Dressing



- Adequate Foods Sour Cream

# Greek Salad Dressing

## Ingredients

- 3/4 cup (175 mL) cold-pressed olive oil
- 1/3 cup (75 mL) lemon juice
- 1/4 cup (60 mL) red wine vinegar
- 3 tbsp (45 mL) Adequate Foods – 100% Egg White Protein Powder
- 2 tbsp (30 mL) Dijon mustard
- 1 tbsp (15 mL) honey
- 2 tsp (10 mL) dried oregano leaves
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 2 small cloves large garlic

## Directions

- 1) Place olive oil, lemon juice, vinegar, protein powder, mustard, honey, oregano, salt, pepper and garlic in a blender or mini chopper. Blend until smooth and creamy.
- 2) Transfer to an airtight container, such as a mason jar. Store tightly covered, in the refrigerator, for up to 1 week. Stir well before serving



# Adequate Foods Sour Cream

## Ingredients

- 1 cup raw cashews, soaked overnight
- ¼ cup + 2 Tbsp fresh lemon juice
- ¼ tsp sea salt
- 1 tsp nutritional yeast
- 1 tbsp Adequate Foods – 100% Egg White Protein Powder
- ½ cup water

## Directions

- 1) Place all ingredients into your blender
- 2) Blend on high for 5 minutes, scraping down the sides as needed, until very smooth and creamy.
- 3) Transfer to a mason jar or other airtight container.
- 4) Stores in your fridge for 1-2 weeks.

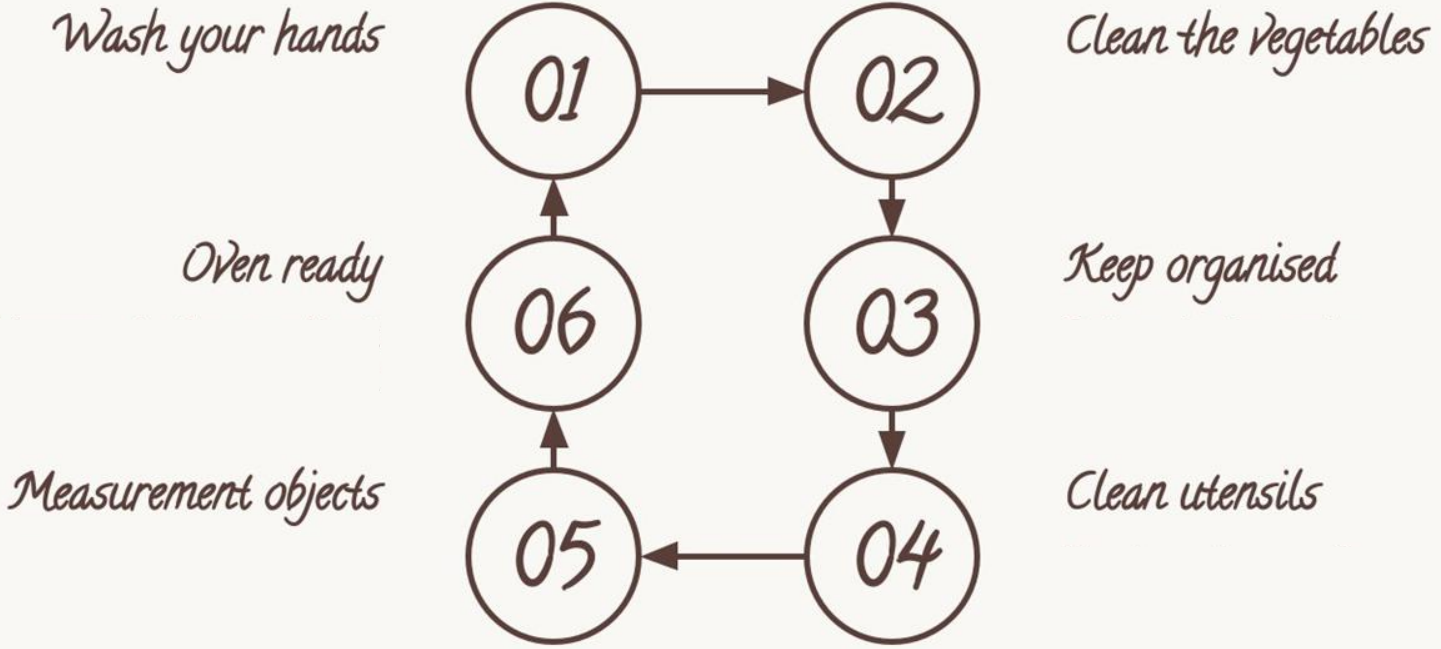


# Adequate Foods Products





# Steps to follow when cooking



# Thanks

Do you have any questions?  
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