

Protein-Powered Recipes

Learn easy ways to make nutritionally-balanced and delicious treats by adding Form vegan blends into your favourite creations



Contents

Introduction 1

Recipes:

Pre-workout smoothie 2-3

Green smoothie 4-5

Berries smoothie bowl 6-7

Porridge 8-9

Choc peanut pancakes 10-11

Toffee truffle balls 12-13

Tiramisu muffins 14-15

Chocolate salted cookies 16-17

About Form & Acknowledgements 18





Hello, welcome and thank you for downloading our plant-powered recipes booklet. We're looking forward to sharing with you just a few ways you can use our protein powder in your kitchen endeavours.

Proteins are the building blocks of our bodies. The macronutrient is responsible for a series of key body functions, from healthy hair to happy hormones, working its magic within every cell of your body.

Ensuring you have enough protein in a convenient way without compromising on taste is one of Form's missions. Form multi-sourced plant-based protein provides full amino acid profiles from organic pea, brown rice, and pumpkin seed and tastes great with just water.

If you're not sure how much protein you need, our recommendation based on a review of these two trusted reviews, the American College of Sports Medicine and the International Society of Sports – is 1.2 to 2.0g of protein, per kg of weight, per day.

So if you're looking to top your levels up or just ensure you're getting enough, in this PDF we share how you can increase the protein content of your regular favorites like smoothies, muffins and porridge by adding in our delicious vegan protein powders.

I hope you enjoy playing with these recipes and please let us see your creations by tagging us **@formnutrition** or using the hashtag **#FindForm**

With gratitude,

Natalia Bojanic
Brand Director, Co-founder





Pre-workout smoothie

PREP TIME

2 mins

COOK TIME

30 secs

SERVES

1

Coffee shakes aren't just great for their rich taste and ability to balance the flavour of sweet ingredients, they also help boost energy, which in turn can enhance physical performance.

INGREDIENTS:

250ml Plant-based milk
½ Frozen banana
1 tsp Instant coffee or
¼ cup Espresso
¼ tbsp Cinnamon
30g Performance Tiramisu*
3 Ice cubes

OPTIONAL:

Cacao nibs
Chopped nuts

INSTRUCTIONS:

1. Blend all ingredients in a blender on high until smooth.
2. Top your smoothie with some cacao nibs and chopped nuts for crunch and enjoy!

VARIATIONS:

- It also works with any other flavoured blend*.
- For Pureblend add 1 tbsp maple syrup or more to taste.



INGREDIENT SPOTLIGHT

Caffeine has been shown to increase blood flow and circulation to the muscles. Since it's a stimulant, it can also give you that extra push at the gym.

Nutrition information per serving (This will vary depending on ingredients)

Calories 254 Protein 25.6g Fat 3.6g Carbs 32g Fibre 3g

GF



Green smoothie

PREP TIME

2 mins

COOK TIME

30 secs

SERVES

1

Drinking your greens is a convenient way of packing in nutrients. The fresh mint and ginger make this smoothie super refreshing, while the avocado and pears give it a creamy texture.

INGREDIENTS:

250ml Raw coconut water

½ Avocado

½ Pear

1 cup Spinach

1 tsp Grated ginger

10 Mint leaves

20g Pureblend*

1 tbs Maple syrup

5 Ice cubes

INSTRUCTIONS:

1. Blend all ingredients in a blender on high until smooth.
2. Top your smoothie with some hemp seeds for an extra nutritional boost and enjoy!

VARIATIONS:

- It also works with Performance/Superblend Vanilla*. We recommend skipping the maple syrup if you're using these.



INGREDIENT SPOTLIGHT

Leafy greens are rich vitamin A, C, K, folate, calcium & magnesium. They have also been shown to offer the strongest protection against major chronic diseases.

Nutrition information per serving (This will vary depending on ingredients)

Calories 353 Protein 20g Fat 12g Carbs 44g Fibre 11g

GF NF



Berries smoothie bowl

PREP TIME

2 mins

COOK TIME

30 secs

SERVES

1

A handy tip when making smoothie bowls is to let the frozen fruits rest for 5-10 minutes in the blender before blitzing them. This ensures a thick texture, while looking after the health of your blender. We also recommend adding the liquid slowly to ensure you don't end up with a watery smoothie.

INGREDIENTS:

50ml Plant-based milk
1 Frozen banana
1 cup Frozen blueberries
1 cup Frozen strawberries
1 tbsp Cashew butter
20g [Superblend Vanilla*](#)

INSTRUCTIONS:

1. Blend all ingredients in a blender on high until smooth.
2. Top your smoothie bowl with your favourite toppings, granola is a must for us and enjoy!

VARIATIONS:

- It also works with any other flavoured blend*.
- For Pureblend add 1 tbsp maple syrup or more to taste.



INGREDIENT SPOTLIGHT

The brightly coloured pigments in berries are down to the anthocyanins, a flavonoid with antioxidant & anti-inflammatory effects that help neutralise free radicals.

Nutrition information per serving (This will vary depending on ingredients)

Calories 460 Protein 16g Fat 13g Carbs 81g Fibre 17g

GF



Porridge

PREP TIME

0 mins

COOK TIME

5-10 mins

SERVES

1

Porridge is a simple, reliable and comforting dish that you can have fun with by mixing up your toppings. Adding protein to your porridge makes you feel fuller for longer. In order to have a silky consistency our recommendation is to cook your oats slowly on low heat and add the protein towards the end.

INGREDIENTS:

1 tbsp Performance Vanilla*
½ tsp Cinnamon
¼ tsp Vanilla extract
50g Oats
200ml Almond milk

TOPPINGS:

1 tbsp Almond butter
Handful of blueberries

INSTRUCTIONS:

1. Stir all the ingredients (except for the protein powder) in a saucepan on low heat until creamy.
2. Once porridge achieves the desired consistency, remove it from heat. Add in the protein, mix well. Transfer it into your bowl. Add your toppings and enjoy!

VARIATIONS:

- It also works with any other flavoured blend*.
- For Pureblend add 1 tbsp maple syrup or more to taste.



INGREDIENT SPOTLIGHT

Oats contain the prebiotic fibre beta-glucan, as well as phenolic acids that offer antioxidant and anti-inflammatory protection.

Nutrition information per serving (This will vary depending on ingredients)

Calories 392 Protein 22g Fat 15g Carbs 45g Fibre 8g

GF



Choc peanut pancakes

PREP TIME

5 mins

COOK TIME

8 mins

SERVES

8-10 pancakes

Plant-based pancakes can taste as good or even better than the traditional ones. The main difference is that they might cook a bit slower, so they're also a good opportunity for you to exercise your patience!

INGREDIENTS:

90g GF Oat flour
90g GF flour
30g Performance Choc Peanut*
2 tsp Baking powder
1 tsp Cinnamon
1/8 tsp Sea salt
1 Medium ripe banana (100g)
1½ tbsp Melted coconut oil
½ tsp Vanilla extract
300ml Oat milk

TOPPINGS:

Maple syrup
Non-dairy yogurt
Fresh berries

INSTRUCTIONS:

1. Mix dry ingredients together. In a separate bowl, mash banana, add vanilla extract, 200ml oat milk & coconut oil.
2. Add 2/3 of the dry mix into this bowl. Whisk. Add the remaining 100ml oat milk and the rest of the dry mix.
3. In a non-stick frying pan add some coconut oil, wait until it's hot and fry the pancakes in batches.
4. Stack the pancakes, add your favourite toppings and enjoy!

VARIATIONS:

- It works with any other flavoured blend*.
- For Pureblend add 1 tbsp maple syrup or more to taste, 1 tsp cacao powder and 1 tsp peanut butter.



INGREDIENT SPOTLIGHT

Bananas are great for replenishing muscle glycogen, along with potassium to help regulate your muscle contractions.

Nutrition information per pancake (This will vary depending on ingredients)

Calories 117 Protein 4g Fat 3g Carbs 18g Fibre 2g

GF



Toffee truffle balls

PREP TIME

8 mins

COOK TIME

0 mins

SERVES

20

This recipe is an all time favourite at Form HQ! We strongly recommend using medjool dates instead of the drier variations as their softness gives the balls a nourishing and tender texture.

INGREDIENTS:

100g Roasted almonds
30g [Superblend Toffee*](#)
2 tsp Cinnamon
¼ tsp Himalayan salt
100g Medjool dates
1 tbsp Melted coconut oil

INTRUCTIONS:

1. Blitz the almond, Superblend, cinnamon and salt in a powerful food processor. Then add the dates and coconut oil. Blend again until you have a nice moist crumble.
2. Using your hands grab the equivalent to 1 tbsp of the mixture, squeeze it together and roll approximately 20 balls. Keep in the fridge for up to five days after making.

VARIATIONS:

- It also works with any other flavoured blend*.
- For Pureblend add 3 tbsp maple syrup or more to taste.



INGREDIENT SPOTLIGHT

Vitamin E, found in almonds - is an antioxidant that protects our cells. It is also great for keeping our blood flowing freely throughout our body.

Nutrition information per serving (This will vary depending on ingredients)

Calories 56 Protein 2g Fat 3g Carbs 5g Fibre 1g

GF



Tiramisu muffins

PREP TIME

5 mins

COOK TIME

25 mins

SERVES

12

This recipe is easy to make and does not require any baking experience. We recommend eating these fluffy muffins when they are fresh out of the oven so you can enjoy those chocolate chips when they're still melted #yummy.

INGREDIENTS:

1 Flax egg
250g Self-raising flour
40g [Performance Tiramisu*](#)
2 tbsp Coconut sugar
1 tbsp Raw cacao powder
2 tbsp Coconut sugar
2 tsp Cinnamon
1 tsp Baking powder
2 tsp Vanilla extract
4 tbsp Maple syrup
2 cups Oat milk
1 Mashed banana (90g)
1 tbsp Melted coconut oil
70g Chocolate chips

INTRUCTIONS:

1. Preheat oven to 180°C fan assisted. Make your flax egg by mixing 1 tbsp flaxseed with 3 tbsp water in a bowl and place it aside.
2. Mix together the dry ingredients in one bowl (except the chocolate chips). Mix together the wet ingredients in another bowl. Once mixed, combine them and mix together until you have a nice batter.
3. Add in the flax egg and mix again.
4. Fold in the chocolate chips. Scoop the batter into muffin cups. Bake them for 20-25 minutes.

VARIATIONS:

- It also works with any other flavoured blend*.



INGREDIENT SPOTLIGHT

Cinnamon is great for reducing inflammation in the body, and can help increase circulation, as well as regulate blood sugar.

Nutrition information per serving (This will vary depending on ingredients)

Calories 182 Protein 6g Fat 4g Carbs 34g Fibre 2g

NF



Chocolate salted cookies

PREP TIME

5 mins

COOK TIME

10 mins

SERVES

6

Using dark chocolate as the basis for this recipe makes them super indulgent. Waiting for the baked cookies to cool down before eating is an essential step so you can fully enjoy the contrast of the crunchy outside and the pleasure of it melting in your mouth. If you make one recipe from this PDF, this is my personal favourite.

INGREDIENTS:

1 Flax egg
100g 70% Dark chocolate
30g Coconut oil
85g Coconut sugar
55g Self-raising flour
20g [Superblend Choc Salted*](#)
1 tsp Vanilla extract
30g Cashew nuts

INTRUCTIONS:

1. Preheat oven to 180°C fan assisted. Make your flax egg by mixing 1 tbsp flaxseed with 3 tbsp water in a bowl and place it aside.
2. Melt the dark chocolate in a bain-marie/water bath and add in the coconut oil. Whisk coconut sugar, flax egg and vanilla in a bowl. Add in the chocolate oil mix. Whisk.
3. Add in the flour, Superblend Choc Salted and crushed cashew nuts. Mix well. Spoon heaped spoonfuls onto a parchment lined baking sheet. Flatten them.
4. Place it in the preheated oven and bake them for 10 minutes. Be careful not to over-bake so that they retain their gooeyness! Cool for 15 minutes before eating.

VARIATIONS:

- It also works with any other flavoured blend.*



INGREDIENT SPOTLIGHT

Flaxseeds are rich in omega 3 fatty acids and lignans, as well as being an excellent source of soluble fibre, which feeds our beneficial gut bacteria in our microbiome.

Nutrition information per serving (This will vary depending on ingredients)

Calories 278 Protein 5g Fat 15g Carbs 32g Fibre 3g

Our values



Empowering the Individual

Performance is yours to define. We're all on a path to fulfil our potential. Whatever your goals, there's room for everyone at our table.



Flourishing Ethically

We use trusted research and sustainable practices to naturally support your wellbeing. How we choose to nourish ourselves impacts others.



For People and Planet

We believe human health depends on the health of our planet and that together we can impact society in a way that's bigger than our products alone.



Unbound by Convention

We are quick thinkers who don't rush. Our success lies in doing the unexpected, taking our time and not compromising.

Recipe development: Natalia Bojanic
Nutritional information: Vanessa Rohmig
Photography: Natalie Penny
Editing: Richard Jones

formnutrition.com

Follow [@formnutrition](https://www.instagram.com/formnutrition) on   

Certified



Corporation

This company meets the highest standards of social and environmental impact