

The recipes included in this brochure have utilized accurate kitchen measuring devices such as baking spoon measures and baking cup measures. All measures are based on level spoons, level cups, or level fractions of a cup. It is important to be accurate. If a recipe calls for 1/3 of a cup, measure it to a level 1/3 cup baking measure. Don't guess or approximate.

### **Pea Protein Recipes**

#### **GRAPE/APPLE DRINK**

One cup apple cider or apple juice  
One cup red or white grape juice  
15-16 grams (1/2 oz.) Pea Protein Powder

Instructions;  
Add apple juice and grape juice to blender  
Mix well  
Add Pea Powder and blend at high speed until uniform and smooth

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#### **PINEAPPLE/APPLE DRINK**

One cup apple cider or apple juice  
One cup unsweetened pineapple juice  
15-16 grams (1/2 oz.) Pea Protein Powder

Instructions;  
Add apple juice and pineapple juice to blender  
Mix well  
Add Pea Powder and blend at high speed until uniform and smooth

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#### **PINEAPPLE/BERRY DRINK**

One cup frozen berries (your choice/strawberries, raspberries, etc. or mixed)  
One cup unsweetened pineapple juice  
15-16 grams (1/2 oz.) Pea Protein Powder

Instructions;  
Add frozen berries and pineapple juice to blender  
Blend until uniformly processed  
Add Pea Powder and blend at high speed until uniform and smooth

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#### **PINEAPPLE/GRAPE DRINK**

One cup grape juice (red or white)  
One cup unsweetened pineapple juice  
15-16 grams (1/2 oz.) Pea Protein Powder

Instructions;  
Add grape juice and pineapple juice to blender  
Mix well  
Add Pea Powder and blend at high speed until uniform and smooth

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#### **CF/GF Crackers**

Makes approximately 120 1 1/2 inch crackers

One cup Pea Protein Powder  
1/4 cup butter or GF/CF margarine (chilled and cut into small pieces)  
One cup almond milk\* (See instructions below)  
1/4 teaspoon Apple Cider Vinegar  
1/8 teaspoon Baking Soda  
1/8 teaspoon Salt

\* To make almond milk, blend one cup of water with 1/2 cup almond flour.

Instructions:

Mix Pea Protein powder and chilled butter/margarine with a fork.

Add vinegar, baking soda, and salt to the almond milk.

Add almond milk mixture to the pea protein/butter margarine mix.

Mix by hand until one solid mass has formed.

Cut dough into four (4) equal parts.

Working with one piece at a time, roll out to the thickness of a dime.

Cut into desired shapes and sizes using sharp knife, pizza wheel or cookie cutter.

Place crackers on well greased cookie sheet.

Using a fork, poke each cracker two or three times.

Dip your fingers in water and sprinkle water lightly on crackers.  
DO NOT SOAK! A SPRAY BOTTLE WORKS GREAT!

Sprinkle tops of crackers with salt or desired seasonings.

Bake at 375 degrees for 10-15 minutes.

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**PROTEIN "CHIPS"**

Makes approximately 8.8 ounces of dough

One cup plus one teaspoon Pea Protein (plus some for dusting)  
Three large eggs  
¼ teaspoon olive oil  
Hot oil for frying

Instruction:

Mix all ingredients with a fork until well blended.

Knead together for 2-3 minutes.

Wrap dough in plastic and allow to sit for 30 minutes at room temp.

Remove dough from plastic and roll out very thin. Use pea powder for ducting as required to prevent sticking.

Cut into desired shapes and sizes.

Fry in hot oil. These will fry very quickly.

Remove from oil with slotted spoon and drain on paper towels.

Season to taste.

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**PEANUT BUTTER PROTEIN BALLS (With Calcium)**

Makes approximately 90 protein balls

One cup natural creamy peanut butter  
¼ cup plus two tablespoons honey  
1/3 cup plus three tablespoons Pea Protein  
One tablespoon Kirkman Hypoallergenic

Calcium Powder  
One cup ground nuts (your choice)

Instructions:

Mix peanut butter, honey, pea protein and calcium powder until uniform.

Roll into balls about the size of a filbert.

Coat balls in ground nuts (if desired) and place in refrigerator for 10 minutes.

Serve at room temperature or chilled.

Refrigerate any uneaten portions.

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**ALMOND BUTTER PROTEIN BALLS (with calcium)**

Makes approximately 90 protein balls

One cup almond butter  
¼ cup plus two tablespoons of honey  
2/3 cup Pea Protein  
One tablespoon Kirkman Hypoallergenic Calcium Powder  
One Cup ground nuts (your choice)

Instructions:

Mix Almond Butter, honey, pea protein and calcium powder until uniform.

Roll into balls about the size of a filbert.

Coat balls in ground nuts (if desired) and place in refrigerator for 10 minutes.

Serve chilled or at room temperature.

Refrigerate any unused portions.

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**TOMATO SOUP (Makes about 4 cups of soup)**

Two tablespoons olive oil  
½ cup carrots coarsely chopped  
½ medium yellow onion coarsely chopped  
Two cloves garlic/minced  
Three cups tomato juice  
3-4 medium tomatoes (peeled, seeded and

coarsely chopped)  
Two tablespoons fresh basil (Or one teaspoon dried basil)  
One teaspoon fresh thyme (Or ¼ teaspoon dried thyme)  
One teaspoon honey (optional)  
1/3 cup Pea Protein  
Two to three tablespoons butter or margarine

Instructions:

Saute carrot, onion, and garlic in olive oil for 3-5 minutes on medium to high heat being careful not to burn.

Add tomato juice, tomatoes, and DRIED HERBS\*, IF USING DRIED HERBS.

\*If using fresh herbs, hold out for now!

Stir and bring to a boil.

Reduce heat, cover, and simmer for 10 minutes.

Put soup in blender and puree until smooth.

Strain soup back into a pan, and add fresh herbs if using fresh herbs.

Stir in Pea Protein.

Heat until hot, stir in butter or margarine and serve.

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### **PROTEIN MUFFINS (Makes 12 muffins)**

1 ¾ cups almond flour  
½ cup Pea Protein  
4 large eggs (separated/see instructions)  
½ teaspoon baking soda  
¼ cup oil  
two teaspoons Vanilla liquid extract  
½ cup honey

Instructions:

Beat egg whites until fluffy mounds are formed.

Add egg yolks, oil, honey and vanilla.

Add almond flour and baking soda slowly.

Gradually add Pea protein with mixer on low.

Bake at 325 degrees for approximately 20 minutes or until top is firm.

This recipe works best if cup cake liners are used.

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### **PROTEIN PASTA (Makes 8.8 ounces/two servings)**

One cup plus one teaspoon Pea Protein Powder (Plus some for dusting)  
Three large eggs  
¼ teaspoon olive oil

Instructions:

Mix all ingredients with a fork until well blended.

Knead together for 2-3 minutes.

Wrap dough in plastic and allow to sit for 30 minutes at room temp.

Remove dough from plastic and roll out to about the thickness of a dime.

Cut into shape using a sharp knife or cookie cutter. Dust with pea protein as required.

Place cut pasta on a lint free paper towel for 15-20 minutes to dry.

Bring a large pot of generously salted water to a rolling boil.

Add the pasta and cook for 20-25 minutes, stirring occasionally so the noodles don't stick together.

Add your favorite spices and sauce.

Serve and enjoy.

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## MEATLOAF (ULTRA HIGH PROTEIN)

Makes about four servings

One carrot (Minced, grated or finely diced)  
1/3 cup onion finely diced  
One tablespoon olive oil  
Two cloves of garlic/minced  
1 ½ pounds ground beef  
One large egg (slightly beaten)  
½ teaspoon salt  
½ teaspoon black pepper  
½ teaspoon dry mustard  
¼ cup tomato juice  
One tablespoon fresh parsley chopped  
One teaspoon fresh thyme leaves chopped  
1/3 cup Pea Protein  
Secondary mix of ½ tomato juice, 2  
tablespoons honey, 2 teaspoons  
pea protein, 1 tablespoon fresh chopped  
parsley.

Instructions:

Saute carrot, onion and garlic in olive oil until softened (3-5 minutes).

Remove from heat.

In a bowl, combine ground beef, egg, spices, tomato juice herbs and pea powder. Mix thoroughly, but gently.

Add sautéed vegetables and mix gently to combine.

Form the mixture into a loaf type shape and place in a well greased pan of desired shape.

In a small bowl, combine ½ cup tomato juice, 2 tablespoons honey, 2 teaspoons pea powder, and 1 tablespoon fresh chopped parsley.

Pour the above mixture over the meatloaf and bake in 350 degree oven for one hour.

Add about ½ cup water (adjust as necessary) halfway through the cooking time as needed to prevent burning to the pan.

After one hour, remove from oven and place meatloaf on a cutting board.

Let meatloaf rest for 5 minutes or more before slicing!

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## CURRY SAUCE PROTEIN ENRICHED (Serves 4)

One medium onion/sliced  
Two carrots/diced  
Two cloves of garlic/minced  
Two teaspoons olive oil  
Four cups vegetable broth  
Two tablespoons plus two teaspoons curry powder  
Three tablespoons unsweetened coconut  
Two teaspoons salt  
1 ½ teaspoons black pepper  
¼ cup Pea Protein powder

Instructions:

Sweat vegetables in olive oil on medium to high heat for 2-3 minutes.

Reduce heat to low and add broth, curry powder, coconut, salt and pepper.

Turn heat up to medium and cook until carrots and onions are tender.

Continue simmering until sauce thickens.

Add pea protein and stir until completely combined.

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## **PIE CRUST PROTEIN ENRICHED (Makes one 9" pie crust)**

1 ¼ cups plus one tablespoon Pea Protein powder  
½ cup almond flour  
pinch of salt  
½ cup butter, margarine, shortening (chilled)  
½ cup ice water

### Instructions:

Sift dry ingredients into a bowl.

Add chilled fat and use a fork to mix into pea sized lumps.

Add ice water slowly using just enough to make dough one mass.

Remove dough mass from bowl and press into a 4 inch disc.

Wrap disc in plastic wrap and let sit for 15 minutes.

Remove dough from plastic wrap and press into a pie pan.

Bake pie shell in 350 degree oven for 15-16 minutes.

Remove from oven and fill as desired..

Cautions: Overhandling of the dough may result in tough crust.

Options: Pressed or rolled out dough may be brushed with melted butter (or margarine) mixed with honey and cinnamon for a sweeter taste.

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### **Some other great ideas for increasing protein consumption using Food Products:**

When using Kirkman's Five Recipe Cookie Base, add two extra eggs and one full cup of pea powder to the recipe ingredients.

When making pancakes using Kirkman's Pancake/Waffle Mix or your own recipe, add an extra egg, ¼ cup more milk substitute, and 1 to 1 ½ cups water along with one cup of pea

powder. THESE ARE GREAT PROTEIN ENRICHED PANCAKES!

Add pea powder to most soups to thicken and enrich with protein.

Incorporate pea powder in casseroles.

Use your imagination and experiment!