

# PULSIN PROTEIN COOKBOOK

A COLLECTION OF OUR  
FAVOURITE VEGAN RECIPES

# WELCOME

We've created this little book of recipe inspiration from our favourite Pulsin culinary creations so you can create delicious vegan protein recipes with ease. We also have lots more recipes, including breakfast, lunch, dinner, desserts, snacks and drinks on the Pulsin blog, so check them out at [www.pulsin.co.uk/blog](http://www.pulsin.co.uk/blog) and have fun getting creative in your kitchen!

## SO, WHY PROTEIN?

Protein is essential to maintain a healthy lifestyle, it can also support:

- Muscle and strength gains
- Better recovery for endurance and strength training
- Weight control - protein makes you feel full for longer
- Maintaining muscle mass when dieting

## HOW MUCH PROTEIN?

The NHS states 0.75g of protein per kg of body weight is an adequate amount. Active people should take 1-2g of protein per kg of body weight per day. Eg. a 60kg person should aim for at least 60g of protein each day and a maximum of 120g per day. For optimal processing, aim for 25g servings multiple times per day.

## CONTENTS

BREAKFAST.....	04
LUNCH & DINNER.....	24
CAKES & DESSERTS.....	42
SWEET TREATS, SNACKS & SMOOTHIES.....	58





# BREAKFAST

# BLUEBERRY PROTEIN SMOOTHIE BOWL

A speedy thick creamy rich, positively dreamy smoothie bowl! If that description doesn't sell it to you then hopefully the photo will.

As pretty as it is satisfying, this smoothie bowl is given a protein boost with Pulsin Rice Protein, and along with a few other key ingredients it packs a nice rounded nutritional punch.

TAKES  
5 mins

MAKES  
1

SERVES  
1

## PORRIDGE INGREDIENTS

125g frozen blueberries

1 tsp maca powder

**20g Pulsin Rice Protein**

125ml dairy-free milk of choice

150g frozen banana chunks

7g (1 tbsp) chia seeds

2 - 3 tbsp dairy-free yogurt

## METHOD

Blend blueberries, banana chunks and dairy-free milk to a smooth consistency in a high speed blender. Add a touch more milk if necessary; up to 60ml. You want to create a thick soft serve consistency.

Once smooth, add in rice protein, chia seeds, maca powder and dairy-free yogurt. Blend until it's smooth.

Serve topped with granola or fresh blueberries and some edible flowers for prettiness sake if you can get your hands on some!



# CHOCOLATE BROWNIE BATTER OVERNIGHT OATS

These oats for the chocolate lover in your life. Sweetened with Pulsin Natural Chocolate Flavour Pea Protein, drizzle maple syrup on top or add it to the mix if you fancy a sweeter oat bowl.

TAKES  
5 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

70g oats  
15g raw cacao powder  
60g natural almond milk yogurt  
250ml water

**20g Pulsin Natural Chocolate  
Flavour Pea Protein**  
7g milled chia seeds  
10ml maple syrup (optional)  
2 tbsp dairy-free milk (optional)

## METHOD

If you prefer to cook your oats to help with digestion, cover with water or unsweetened almond milk and cook in the microwave for 1 minute 30 seconds.

Blend together yogurt (or banana) with pea protein or whisk together until smooth. Add in maple syrup if using.

Add protein mixture to oats. Mix well to combine. Add additional 2 tbsp of water or unsweetened dairy-free milk. Place into the fridge overnight or for at least 4 hours.

If you don't want to cook the oats simply cover with water, mix together protein as above, and add to the oats. There is no need to add the extra 2 tbsp of water. The oats will definitely require a good 8 hours to achieve a nice thick consistency.

## TIP

Try drizzling maple syrup on top for extra sweetness.



# CHOCOLATE PROTEIN PANCAKES

Simple gluten free chocolate protein pancakes. Made with oat and buckwheat flour, cocoa powder and Pulsin Natural Chocolate Flavour Pea Protein which adds an instant light sweetness.

These pancakes are great for a post-workout chocolate fix. Topped with a quick chocolate sauce for some added indulgence!

TAKES  
15 minsMAKES  
6SERVES  
2

## PANCAKE INGREDIENTS

40g buckwheat flour	10g oat flour	160ml - 180ml almond or cashew milk
<b>10g Pulsin Natural Chocolate Flavour Pea Protein</b>	1 tsp baking powder	½ tsp apple cider vinegar
10g cocoa powder	5g milled flaxseed or chia seed	

## SAUCE INGREDIENTS

30ml maple syrup	30g cocoa powder	60ml full fat coconut milk
	15g coconut oil, melted	

## METHOD

Whisk together all batter ingredients. Start with 160 ml of almond or cashew milk and add more to create a thick but pourable batter.

Heat a non stick pan over a medium heat. Lightly grease with spray oil. Cook ¼ cup (60ml) measures of the batter to make 5 -6 pancakes. Allow to cook for 2 -3 minutes, flip and cook for 1 -2 minutes more.

For the sauce, whisk together all ingredients in a small pot, bring the boil and simmer for 2 - 3 minutes. Add a little hot water if it gets too thick.

Store leftovers of sauce in the fridge for up to two days, reheat as needed in a pot or in short 20 second burst in the microwave.



# MOCHA PROTEIN OVERNIGHT OATS

Chocolate, coffee and oats for breakfast, what more could you ask for!? These super simple mocha overnight oats are a delicious, easy way to start the day.

You can meal prep single batches or just have these whenever you fancy something a little different to your standard batch of overnight oats... whole coffee beans on top are optional!

TAKES  
10 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

125ml strong coffee of choice

**10g Pulsin Natural  
Chocolate Flavour  
Pea Protein**

60g vanilla almond or cashew yogurt

½ tsp lucuma powder (optional)

60g oats of choice

125ml unsweetened rice milk or milk of choice

5g chia seeds

## METHOD

Mix together all ingredients in a bowl. Place into the fridge overnight to thicken up.

Serve with more cold milk of choice, topped off with coffee beans or some grated dark chocolate.



# SAVOURY CORN PANCAKES

These pancakes are a delightful alternative to your usual sweet, berry or nut butter laden stack. Laced with sweetcorn, they're savoury, with a hint of natural sweetness that makes for one mightily delicious brunch!

Make a bigger batch to serve to the masses or reheat the next day for breakfast, lunch or dinner.

TAKES  
15 mins

MAKES  
5

SERVES  
1-2

## PANCAKE INGREDIENTS

30g buckwheat flour	180ml unsweetened almond milk	¼ tsp black pepper
10g arrowroot flour	100g sweetcorn (if frozen thaw first)	¼ tsp cumin (optional)
<b>10g Pulsin Pea Protein</b>	½ tsp Pink Himalayan Rock Salt	2 tsp coconut oil for cooking
½ tsp baking powder		

## TOPPINGS

2 tbsp dairy-free plain yogurt	½ a ripe avocado diced	1 tbsp chopped roasted red pepper
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## METHOD

Whisk together pea protein, flours, baking powder and almond milk until smooth.

Add sweetcorn to the mixture and season with salt and pepper.

Melt 1 tsp of coconut oil in a non stick 10 inch pan over a medium heat. Spoon the batter into the pan, approx. 2.5 tbsp per fritter. Cook them in batches of 2 - 3.

Cook for 3 - 4 minutes, until they look solid around the edge and carefully flip, cook for 3 minutes more.

Repeat with remaining batter.

Serve topped with avocado, red pepper and dairy-free yogurt.





# MATCHA PANCAKES WITH CHOCOLATE PROTEIN CREAM

These vanilla matcha pancakes are thick and fluffy whilst being gluten free.

Eat them layered up with a super easy chocolate protein cream using Pulsin Natural Flavoured Chocolate Pea Protein.

TAKES  
15 mins

MAKES  
6

SERVES  
2

## PANCAKE INGREDIENTS

50g buckwheat flour	1 tsp maple syrup	1 tsp baking powder
40g banana puree	1 tsp ground flaxseed	½ tsp vanilla extract
125ml water	1 tsp matcha powder	½ tsp apple cider vinegar

## CHOCOLATE PROTEIN CREAM INGREDIENTS

<b>20g Natural Chocolate Flavour Pea Protein</b>	50g dairy-free yogurt	5g cacao powder
	2 tbsp dairy-free milk	

## METHOD

Whisk together all pancake ingredients until smooth in a bowl or jug.

Cook 2.5 tbsp of batter per pancake in a preheated non stick pan over a medium heat. Cook for 3 minutes, flip and cook for 2 minutes more.

Whisk together protein cream ingredients in clean bowl.

Layer pancakes up with protein cream and serve topped with some dairy-free yogurt, heated strawberries and a sprinkling of cacao nibs.



# PEANUT BUTTER PROTEIN WAFFLES

Thick fluffy peanut butter protein waffles! Crispy on the outside, soft and bready in the middle with a double duty protein boost.

You can get a protein boost in the morning by having these as part of your breakfast or brunch.

TAKES  
20 mins

MAKES  
4

SERVES  
1

## INGREDIENTS

70g oat flour	10g coconut sugar	5g milled flaxseed
1 tsp baking powder	<b>15g Pulsin Rice Protein</b>	30g smooth all natural peanut butter
½ tsp apple cider vinegar	150ml unsweetened dairy-free milk of choice	
½ teaspoon vanilla extract		

## METHOD

Whisk or blend together all ingredients in a large jug or blender.

Preheat waffle iron and grease with spray oil.

Pour batter into waffle iron. Only fill it just to the bottom edge so it doesn't spill over.

Close and cook for 8 to 10 minutes; this will depend on your waffle iron. Don't open it for at least 5 minutes.

Serve topped with dairy-free yogurt, peanut butter, brown rice syrup and some chopped peanuts if desired.

### Not got a waffle iron?

No worries, you can also make waffles in a griddle pan. Drop a ladle of the mixture into your pan and cook one side and then the other in a similar way to making pancakes.



# PUMPKIN PROTEIN BAKED OATS

These delicious pumpkin baked oats pack a real protein punch and can be devoured hot or cold and dressed up depending on the surrounding resources and time available!

TAKES  
30 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

50g jumbo rolled oats	½ tsp baking powder	60g pumpkin puree
1 tsp milled flaxseed or chia seed	¼ tsp cinnamon	2 tsp maple syrup
<b>10g Pulsin Pea Protein</b>	Pinch of nutmeg	¼ tsp vanilla extract
	Pinch of ground ginger	125ml oat milk

## METHOD

Preheat oven to 180C (350F).

Lightly grease a single serve oven safe dish with spray oil; it should be big enough to accommodate about 1.5 cups of liquid.

Mix together all ingredients in a bowl. Transfer to dish.

Bake in the preheated oven to 25 minutes. Allow to cool for 10 minutes before popping out of the dish or store in the dish until ready to serve; store in the fridge once fully cooled for up to two days.

## TIP

You can also make multiple single serve ready-to-go portions at a time.



# BLACK RICE CHOCOLATE PROTEIN MILK BOWL

Chocolate Oatly milk mixed with Pulsin Natural Chocolate Pea Protein, cold pre-cooked black (also known as forbidden rice), warmed from frozen blueberries with all their oozing juices, roast cashew butter, cacao nibs, hemp seeds, some walnuts and pecans, some coconut flakes. Plenty of carbs, healthy fats and protein in the mix to satisfy every angle of your appetite.

TAKES  
5 minsMAKES  
1SERVES  
1

## INGREDIENTS

1 cup cooked black rice  
(not to be confused with  
wild rice)

125ml Chocolate Oatly  
milk

2-3 tbsp frozen  
blueberries, gently  
warmed

1 heaped tbsp natural or  
vanilla coconut yogurt  
Pecans and Walnuts  
(optional final flourish)

**20g Pulsin Natural  
Chocolate Flavour Pea  
Protein**

125ml water

1 tbsp smooth roast  
cashew butter

½ tbsp each of hemp  
seeds, cacao nibs and  
coconut flakes

## METHOD

Add cooked black rice to a bowl.

Whisk together protein and milk or mix in a shaker.

Heat rice if desired for 2 minutes in the microwave or in a pan with 1 tsp of coconut oil.

Pour chocolate protein milk over rice. Top with warmed blueberries.

Add a dollop of cashew butter, coconut yogurt and all the toppings.

Dig in!

## TIP

Don't forget to leave  
enough time to cook  
your rice!





# LUNCH & DINNER

# VEGGIE PACKED QUINOA NUGGETS

Protein loaded veggie nuggets! The Pulsin Pea Protein plays double duty here giving them a nice protein boost as well as binding all the ingredients.

Delicious warm or cold, they make a delightful, nourishing, little lunchbox filler.

TAKES  
20 mins

MAKES  
6

SERVES  
2

## INGREDIENTS

150g cooked tricolour quinoa (or 40g uncooked weight)

30g finely grated courgette

1 tbsp nutritional yeast

¼ tsp cumin

¼ tsp garlic powder

¼ tsp black pepper

**20g Pulsin Pea Protein**

30g finely grated carrot

1 tsp mustard of choice

¼ tsp coriander

¼ tsp Pink Himalayan Rock Salt

2 tsp coconut oil, for cooking

## METHOD

Squeeze excess liquid from grated carrot and courgette and set to one side. Mix together all ingredients in a bowl, add liquid from veg, there should be about 3 tbsp worth. Bring together and form little nuggets with your hands.

Preheat oven to 180C (350F).

Melt coconut oil in pan over a medium heat.

Fry nuggets for 3 mins and then place the pan in the oven for 12 more mins, until golden and crisp.

Serve with ketchup or mashed avocado depending on your preference or have them served over a jumbo salad.



# MAC 'N' CHEESE

A thick and creamy protein enriched "cheese sauce" to lace your favourite pasta with. Our favourite is a brown rice gluten free macaroni for that authentic mac and cheese experience!

This is a high protein nutrient dense sauce that will add a feisty flavourful and nourishing punch to veggies or pasta or whatever your heart desires. Low in fat, with a moderate amount of carbs, as well as being rich in protein it would be the perfect addition to a post-workout savoury meal option.

TAKES  
15 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

180ml unsweetened  
almond milk  
**20g Pulsin Pea Protein**

¼ tsp paprika  
2 tbsp nutritional yeast  
¼ tsp turmeric

Pink Himalayan Rock Salt  
to taste

## METHOD

Blend together all ingredients in a jug. Place in a pot and heat through for a few minutes. Add more unsweetened almond milk to thin out if necessary.

Store any leftovers in the fridge for up two days or just devour the whole lot over a bowl of your favourite pasta, veggies or use as a high protein flavourful dip!



# QUINOA CAKES

High protein, SUPER delicious quinoa cakes. These can be served warm, chilled or simply reheated or toasted under a preheated grill.

Serve just as they are, these are a high protein, super satisfying, speedy delicious little alternative meal in minutes. Will keep in the fridge for up to two days if the quinoa being used hasn't been cooked more than one day in advance.

TAKES  
12 mins

MAKES  
3

SERVES  
1

## INGREDIENTS

100g cooked quinoa  
(approx. 30g uncooked)

2 tbsp finely grated  
courgette, approx. 30g

½ tsp dried herb of choice  
(we used basil)

1 tsp lemon juice

¼ tsp black pepper (to  
your own taste)

1 tbsp ground flax + 3 tbsp  
water

**20g Pulsin Pea Protein**

¼ tsp garlic powder

¼ tsp Pink Himalayan  
Rock Salt

1 tsp coconut oil for  
cooking

## METHOD

Mix together flax and water in a bowl and set to one side for 5 minutes.

Squeeze grated courgette to remove excess water.

Once your flax mixture is an egg consistency, combine all ingredients in a large bowl.

Heat oil in a non stick pan over a medium heat.

Mould quinoa mixture into three balls and press between the palms of your hands to create patties. Shape the edges using your hands before placing into the pan.

Cook for 3 minutes, flip and cook for 3 minutes more.





# PUMPKIN CASHEW & CHICKPEA CURRY

The ultimate thick rich and creamy curry sauce. Pumpkin puree instantly thickens the sauce along with the cashew butter, adding heaps of flavour and really doing their bit for that final consistency.

An additional protein boost with Pulsin Pea Protein in the mix, laced with chickpeas and served with a side of tricolour quinoa, complete plant-based protein bowl in less than 30 minutes.

TAKES  
25 mins

MAKES  
1

SERVES  
2

## INGREDIENTS

### 15g Pulsin Pea Protein

- ½ tsp ground ginger
- ½ tsp ground cumin
- ½ tsp chilli powder
- ½ tsp garam masala

- ½ tsp ground coriander
- ½ tsp turmeric
- ½ tsp cinnamon
- ½ can of chickpeas,  
drained and rinsed well

- 200g pumpkin puree
- 1 tsp maple syrup
- 40g smooth roast cashew  
butter
- 300ml unsweetened oat or  
almond milk

## METHOD

Blend together pumpkin puree through to oat or almond milk in a high speed blender.

Pour sauce into a pot, bring to the boil, simmer for 10 minutes.

Add a touch of hot water or more milk of choice to thin out the sauce if gets too thick.

Add in chickpeas and allow to heat through for 5 minutes more.

Serve topped with fresh coriander, roast cashews, coconut flakes and a side of quinoa. Corn chips might seem random but a nice little touch for scooping up the chickpea curry with an added crunch!



# MUSHROOM OAT RISOTTO

Thick and creamy with just a little bit of bite. This is a delicious alternative to your standard rice risotto. Wholegrain, cooks in under 10 minutes, and a great excuse to eat another bowl of oats during the day!

This is given a little protein boost with rice protein but the same amount of pea protein can also be used and incorporated in the same way depending on your dietary preferences

TAKES  
10 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

60g rolled oats	60ml unsweetened almond milk	<b>10g Pulsin Rice Protein</b>
60g chestnut mushrooms or mushrooms of choice chopped	Pink Himalayan Salt and black pepper to taste	1 -2 tbsp roasted hazelnuts, skins removed, roughly chopped
¼ tsp vegetable bouillon	250ml boiling water	Sprig of thyme to garnish
	½ tsp coconut oil	

## METHOD

Add oats, boiling water and vegetable bouillon to a pot. Place over a medium heat, stir and leave to simmer for 5 minutes.

Meanwhile, add melted oil to a pan over a medium heat.

Fry mushrooms in the pan for 5 minutes until lightly browned. Remove and place on kitchen paper to drain excess water for just a minute.

Mix protein with almond milk in a shaker or blend using a hand blender.

Add protein mix to the oats, stir to combine. Cook through for a minute and then add in the mushrooms.

Heat through for one more minute.

Taste and season if necessary.

Serve up in a bowl, top with chopped hazelnuts, black pepper and a sprig of thyme if you're feeling fancy.



# TOFU TACOS WITH PROTEIN MOLE SAUCE

Simple tofu tacos with a protein boosted chocolate mole sauce!

The perfect way to switch things up a bit. Leftover sauce would be great to be great to jazz up a veggie bean filled burrito bowl or enchilada!

TAKES  
40 mins

MAKES  
1

SERVES  
1

## TACOS & TOFU INGREDIENTS

120g tofu per serving	160ml water	¼ tsp Pink Himalayan Rock Salt
60g buckwheat flour	7g milled flaxseed	

## MOLE SAUCE INGREDIENTS

½ tsp bouillon	<b>10g Pulsin Natural Chocolate Flavour Pea Protein</b>	¼ tsp chili powder
1 tsp tomato puree		¼ tsp coriander
1 heaped tbsp (20g) almond butter	7g cacao powder	Pinch of cinnamon
125ml boiling water	¼ tsp cumin	1 tsp maple syrup

## METHOD

For the tofu - slice and dice, and bake on a baking paper lined tray. Spray generously with spray oil. Oven should be preheated to 200C (400F). Bake for 25 to 30 mins...until golden and crispy.

For the tacos - whisk until smooth. Pour 60ml (1/4 cup) into a non stick preheated hot pan. Swirl batter a little to form a small taco size wrap and cook for 2 to 3 mins until the edges lift. Flip and cook for 1 min more.

For the mole sauce - Blend everything together. Place into a small pot. Bring to the boil and simmer for 5 mins. Add more water if too thick. Season to taste with Pink Himalayan Rock Salt.

Serve tacos with shredded red cabbage, thinly sliced radish, baked tofu, mole sauce and yogurt on the side.



# BLACK BEAN CHILLI

A tasty chilli is the perfect choice for dinner with friends and family. Packed with black beans, tomatoes, chilli and more this recipe is a tasty option for an evening meal. You can also batch make this chilli and freeze it as a lighter lunchtime option too.

Versatile, easy and delicious – what more can you ask?!

TAKES  
30 mins

MAKES  
1

SERVES  
2

## INGREDIENTS

10g cacao butter	Handful of fresh spinach, finely chopped	1 large red chilli, seeds in
1 can of chopped tomatoes	Fresh coriander to garnish	1 can of black beans, rinsed well
1 tsp ground cumin	1 onion, finely chopped	<b>40g Pulsin Pea Protein</b> , mixed with 50ml of water
1 tsp cacao powder	1 tsp agave or rice syrup	
Salt & black pepper to taste	1 tsp dried oregano	

## METHOD

Start boiling the brown rice.

Melt the cacao butter.

Fry off the onions, add the chilli and tomatoes, before adding the cumin, oregano, cacao powder and syrup.

Add the black beans.

Mix the pea protein in 50-100ml of water, add to the mix then reduce down to the desired consistency.

Stir in the shredded spinach at the end.

Serve with boiled brown rice and top with fresh coriander.



# WARMING PEA SOUP

There is no better option than a delicious and warming soup! This soup is absolutely delicious and even better, it only takes 5-10 minutes to whip up. You can use frozen peas, making it a great last-minute option for dinner and the addition of our pea protein makes it a great option to boost your protein levels.

Our pea protein is slow releasing making it a great lunch option if you have a workout scheduled for later in the day.

TAKES  
10 mins

MAKES  
1

SERVES  
4

## INGREDIENTS

500g frozen peas  
1 tsp sea salt

Optional: turmeric to  
taste, fresh or ground

2 tsp bouillon or stock  
powder

**20g Pulsin Pea Protein**

## METHOD

Cover the peas with boiling water and bring to the boil.  
Simmer gently then add the bouillon, salt and turmeric.

Blend until smooth then add the pea protein.

Blend again until the powder is fully dissolved.

Split between 4 bowls and serve.





# CAKES & DESSERTS

# BROWNIE COOKIE

A simple one bowl protein gluten free cookie... these cookies are soft, lightly chewy and just a teeny bit crispy around the edges.

Made with Pulsin Pea Protein, they're a delicious alternative way to get your protein from a purely natural plant based source.

TAKES  
23mins

MAKES  
1

SERVES  
4

## INGREDIENTS

### 25g Pulsin Pea Protein

1 tsp arrowroot starch  
10g raw cacao powder or cocoa powder  
10g coconut sugar  
15g almond butter or peanut butter

Pinch of Pink Himalayan Rock Salt  
100ml water or unsweetened almond milk or dairy-free milk of choice  
½ tsp vanilla extract or ¼ tsp fresh vanilla

½ tsp vegan friendly chocolate drops  
4-5 (5g) mini marshmallows (make sure they are vegan friendly)

## METHOD

Preheat oven to 180C (350F).

Mix together all ingredients to form a thick dough/paste. It should be soft and pliable like playdough but not wet.

Shape into a ball, flatten to create a thick jumbo cookie, approximately 4 inches in diameter.

Place on a baking tray lined with baking paper. Press chocolate chips and marshmallows on top and press into the cookie.

Bake for 15 - 18 minutes...the lesser time will create a slightly softer cookie.

Eat once cooked or allow to firm up for 15 -20 minutes or store in the fridge for an even firmer consistency.



# BANANA MUG CAKE

A springy fluffy banana protein mug cake.

This little mug cake is perfect post-workout or as a cheeky bedtime snack.

TAKES  
4 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

½ a medium super ripe banana

**15g Pulsin Rice Protein**

15g gluten free oat flour

60ml unsweetened almond milk

½ tsp baking powder

Pinch of cinnamon

¼ tsp vanilla powder or pure vanilla extract

## ICING

1.2 tbsp smooth cashew butter

5 drops liquid stevia or 1 tsp powdered stevia erylite

## METHOD

Mash banana until almost smooth. Mix with almond milk. If you're finding it hard to create a smooth mix just blend with a hand blender in a jug.

Add the rest of ingredients to the wet mixture.

Lightly grease a mug, deep cup or ramekin with about ¼ of a tsp of coconut oil.

Pour the batter into the mug and cook in the microwave on high for 1 minute 30 seconds. If it starts rising up over the mug just stop the microwave for a second and restart...keep a close eye on it!

Mix together cashew butter and stevia in a small ramekin until perfectly smooth.

Tip the mug cake out onto a plate and top with icing.



## TIP

You could pour the icing in on top of the cake and eat out of the dish. BE CAREFUL not to burn your mouth!



# PROTEIN COOKIE DOUGH TRUFFLES

Chocolate cookie dough protein truffles with a difference. These truffles have a soft cookie dough filling, encased in a crisp chocolate shell.

Dairy and gluten free, the base of the recipe is a can of chickpeas...blended up with a small amount of maple syrup and stevia, pea protein, and oat flour.

TAKES  
90 mins

MAKES  
10

## COOKIE DOUGH TRUFFLE FILLING

240g canned, drained and rinsed chickpeas (approx. 1 can)  
30g oat flour (gluten free if necessary)  
30ml maple syrup  
10 drops stevia

**20g Pulsin Pea Protein**  
1½ tbsp coconut oil, melted  
2 tbsp warm water  
50g chocolate drops

## CHOCOLATE SHELL

120g 75% - 85% vegan friendly dark chocolate, roughly chopped into small pieces

1 tbsp coconut oil

## METHOD

Blend together all truffle ingredients, except for the chocolate chips, until smooth in your food processor or blender. Put truffle mixture into a bowl and fold in chocolate chips with a spoon. Place into the fridge for 1 hour to firm up.

Once a little firmer, roll truffle filling into 10 golf ball sized truffles.

Place onto a tray or plate lined with baking paper and then transfer the plate into the freezer for half an hour.

Place chocolate and coconut oil into a large, 2 litre, pyrex jug. Melt in the microwave in 30 second increments, stirring every 30 seconds for a total of 2 minutes. The chocolate should be fully melted.

Remove truffles from the freezer and have a clean plate lined with baking paper ready. One at a time dunk the truffles into the melted chocolate. Use a spoon to dunk and roll quickly, lift each one out with a fork, carefully shake off excess chocolate and place onto the clean plate. Drizzle with remaining chocolate once the shell has just set... it will take a few minutes.

Once coated, allow to set at room temperature or place into the fridge if you prefer a firmer truffle.

Store in the fridge for up to five days or at room temperature in seal tight container for up to 3 days.



# CHOCOLATE AND CHIA PUDDING

A chocolate pudding delicious and indulgent enough for dessert, wholesome and nourishing to make it a delightful breakfast option!

TAKES  
5 mins

MAKES  
4

SERVES  
4

## INGREDIENTS

40g Medjool dates  
40g whole chia seeds  
250ml water or dairy-free milk

20g cacao powder  
30ml maple syrup  
20g almond or peanut butter

**15g Pulsin Natural  
Chocolate Flavour Pea  
Protein**

## SUGGESTED TOPPINGS

Pomegranate arils  
Toasted coconut flakes

Cacao nibs  
Coconut cream or dairy-free yogurt

Edible dried rose petals

## METHOD

Mix everything together in a jug. Place into the fridge for four hours or overnight.  
Blend the mixture in a high-speed blender until smooth. (A food processor will not work in this instance).

Divide between two dishes, serve topped with dairy-free yogurt, chia seeds, raspberries, rose petals, pistachio nuts, cacao nibs, coconut or whatever you fancy!

These will keep in the fridge for up to three days in a seal tight container.



# HAZELNUT WHIP PROTEIN BARS

Chocolate and hazelnut is a match made in heaven, and why not give an amazing combination a little protein boost?! Not only will it ensure it keeps you fuller for longer, but a lot of people tend to struggle with ensuring they have an adequate and regular intake of protein throughout the day.

TAKES  
45 mins

MAKES  
10

## INGREDIENTS

170g hazelnut butter  
280ml hazelnut, almond  
or rice milk  
40g cocoa powder  
70g chopped toasted  
or roasted unsalted  
hazelnuts

2 tbsp coconut oil  
**130g Pulsin Natural  
Chocolate Flavour Pea  
Protein**  
60ml maple syrup

250g vegan friendly  
dark chocolate, roughly  
chopped

## METHOD

Blend together pea protein, hazelnut butter, maple syrup and milk of choice in your food processor.

Line an 8 or 9 inch tray with baking paper. Press the dough into the tray and spread evenly.

Sprinkle the chopped hazelnuts on top and press them into the dough.

Place into the freezer for 30 minutes.

Remove and slice into 10 bars. Place onto a plate lined with baking paper and return to the freezer until the chocolate is melted.

Melt chocolate and coconut oil in a jug in the microwave; 30 seconds at a time stirring every time you remove it to prevent it from burning.

One at a time dunk the bars in the chocolate. Ensure it is fully coated and carefully lift out of the chocolate using a spoon. Transfer across to a fork, gently tap off excess chocolate and return to the baking paper lined tray to firm up.

Store in the fridge for up to two weeks or freeze for up to a month.



# STRAWBERRY PROTEIN CHIA PUDDING

These chia seed puddings are a handy breakfast treat to whip up as a nice little hassle free and healthy surprise.

TAKES  
5 mins

SERVES  
2

## INGREDIENTS

- |                       |                                 |  |
|-----------------------|---------------------------------|--|
| 40g chia seeds        | 300g frozen thawed strawberries | 2 - 4 tbsp dairy-free yoghurt of choice to serve |
| 2 tbsp maple syrup    | 125ml water                     |  |
| 125ml oat milk        | <b>20g Pulsin Pea Protein</b>   |  |
| 1 tsp vanilla extract |                                 |  |

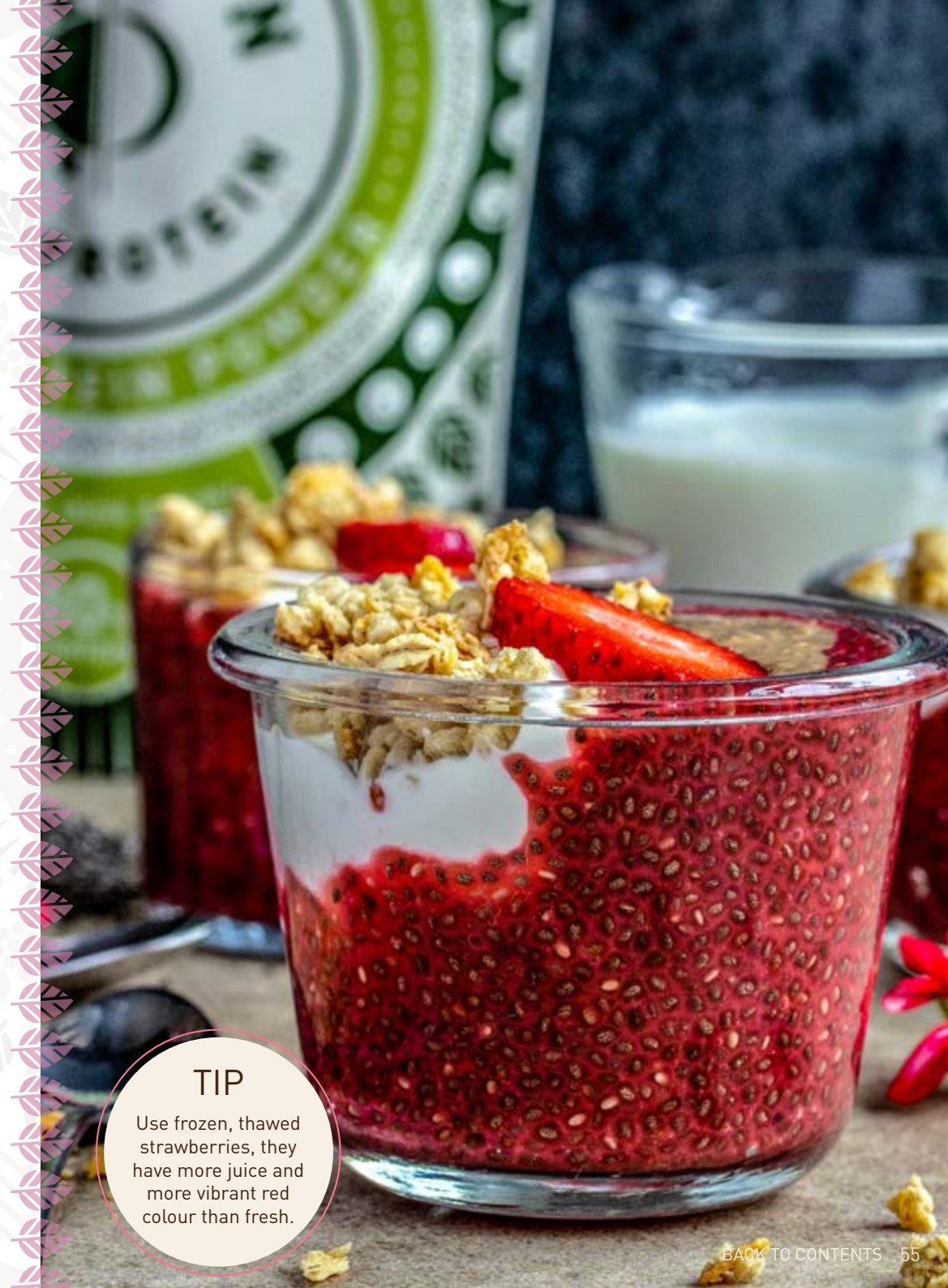
## METHOD

Blend together strawberries, maple syrup, water, oat milk, vanilla extract and pea protein. Mix with chia seeds and place into the fridge overnight or for at least four hours. Give the mixture a good stir up after the first hour as the chia seeds can settle at the bottom of the liquid.

Serve topped with dairy-free yogurt, granola and fresh strawberries!

## TIP

Use frozen, thawed strawberries, they have more juice and more vibrant red colour than fresh.



# PEANUT BUTTER CARAMEL PROTEIN BARS

A sweet protein boosted fudgy vanilla layer topped with a date and peanut butter caramel, some chopped peanuts on top and the whole chunk of deliciousness coated in dark chocolate.

TAKES  
30 mins

MAKES  
6

## BASE INGREDIENTS

**160g Pulsin Pea Protein**

80g cashew butter

80g maple syrup

30g coconut flour

30g oat flour

250ml water

## TOPPING INGREDIENTS

100g pitted Medjool dates  
(for caramel)

30g smooth peanut butter  
(for caramel)

60ml hot water

2 tbsp chopped salted  
peanuts

200g chocolate drops (for  
chocolate coating)

1 tbsp coconut oil (for  
chocolate coating)

## METHOD

Blend together all ingredients for the base in a food processor.

Place into a 9 inch loaf tin that has been lined with baking paper.

Clean your food processor and blend dates to a paste. Add remaining caramel ingredients except for the chopped peanuts and blend until smooth.

Spread over the base layer. Sprinkle over the peanuts and press lightly into the bars. Allow to set in the freezer for 2 hours.

Slice into 8 or 16 bars. Return to the freezer on a baking paper lined plate or tray while you melt the chocolate.

Melt chocolate in a microwave safe jug; heat for 30 seconds, stir and heat for 30 seconds more until fully melted. It should take about 2 and half minutes total.

One at a time place the bars into the chocolate using a large spoon. Ensure they are fully coated before lifting up with the spoon and transferring to a fork. Tap off excess chocolate and place onto the baking paper lined plate to set. Place into the fridge to set fully.

Will keep in the fridge for up to one week or freeze for up to one month.





# SWEET TREATS, SNACKS & SMOOTHIES

# SALTED CARAMEL CHOCOLATE PROTEIN BALLS

Easy peasy, blender made salted caramel chocolate protein balls. Pulsin Natural Chocolate Flavour Pea Protein is not overly chocolatey and mixes well with just water or dairy-free milk.

It also is easy to incorporate into your raw energy balls and bites giving them an instant protein boost as well as adding a touch more sweetness thanks the inclusion of stevia.

TAKES  
10 mins

MAKES  
9

## INGREDIENTS

60g toasted flaked almonds	1 tsp vanilla extract	<b>20g Pulsin Natural Chocolate Flavour Pea Protein</b>
150g pitted Medjool dates	Generous pinch of Pink Himalayan Rock Salt	30g smooth almond butter
15g maple syrup	10g dessicated coconut	¼ tsp cinnamon
15ml water	5g cacao powder	10g cacao nibs

## METHOD

Blend almonds and coconut in your food processor until you have a coarse crumb.

Remove and add pitted dates to the food processor. Blend to a paste.

Add in the coconut and almonds along with all other ingredients except for the cacao nibs.

Add the additional water.

Add in cacao nibs and pulse through the dough.

Tip into a bowl and create 9 energy balls rolling the dough in your hands.

Store in a seal tight container for up to 2 weeks in the fridge.



# CHOCOLATE TRUFFLE PROTEIN BARS

Chewy, wholesome, satisfying homemade protein bites with a nice hit of natural sweetness from the dates, along with satiating fibre and fat from the oats and almond butter.

TAKES  
10 mins

MAKES  
16

## INGREDIENTS

**160g Pulsin Natural  
Chocolate Pea Protein**

80g peanut butter

30g raw cacao powder

80g maple syrup

30g coconut flour

250ml water

## COATING

180g vegan friendly  
chocolate drops

½ tbsp coconut oil

## METHOD

Blend together all ingredients in a food processor.

Place into a 9 inch loaf tin that has been lined with baking paper. Allow to set in the freezer for 2 hours.

Slice into 16 bars.

Melt chocolate with coconut oil in a large 2 litre jug with a wide base in the microwave. Heat for 30 seconds, stir, heat for 30 seconds more; it should take 90 - 120 seconds total.

Place the bars into the melted chocolate one at a time.

Coat and then remove with a large spoon. Transfer to a fork, tap off excess chocolate and return to a plate or tray lined with baking paper.

Sprinkle with freeze dried raspberries and some puffed amaranth, or whatever your heart desires.

Store in the fridge for up to two weeks or at room temperature for one week in a seal tight container. You can also freeze them for up to one month.





# GOJI COCONUT MANGO SMOOTHIE

This recipe is an exotic blend of the outrageously healthy goji berry, a few crunchy coconut flakes and the sweetest of all fruits – mango.

TAKES  
2 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

¼ cup dried goji berries  
soaked in 1/2 cup of water

¼ cup coconut flakes

**1 tbsp Pulsin Soya  
Protein**

1 cup frozen mango

1 banana

½ cup water

## METHOD

Start a few hours in advance by letting the goji berries soak in half a cup of water. Add all ingredients to your blender and blend away until smooth and creamy. Enjoy!



## TIP

Soak the Goji Berries in warm water, it decreases the soaking time.

# WINTER SPICED CARROT SMOOTHIE

This smoothie combines carrots which are rich in fibre, vitamins and antioxidants with flavours like cinnamon, vanilla and nutmeg plus a sprinkling of our pea protein powder.

The perfect combination of crunchy sweetness of the carrots blended with winter spices create a creamy and rich flavoured smoothie.

TAKES  
2 mins

MAKES  
1

SERVES  
1

## INGREDIENTS

1 cup peeled and cut  
carrots  
½ cup soya milk

1 tsp cinnamon  
1 pinch of nutmeg  
1 large banana

**1 tbsp Pulsin Pea Protein**  
¼ tsp ground vanilla

## METHOD

Place all ingredients into a blender and blend until smooth.

Depending on your blender, you might need to mix a little longer for the carrots to be fully chopped up.



## FIG AND DATE SMOOTHIE

The fresh figs enhance the creamy texture of this smoothie whilst creating a delicious sweet flavour. The addition of dried dates, soy yoghurt and pea protein powder combine to create a wonderful, creamy blend which is rich in fibre and protein!

TAKES  
5 mins

MAKES  
1

SERVES  
1

### INGREDIENTS

4 figs  
5 dried dates

½ cup water  
½ banana

½ cup soy yoghurt  
**1 tbsp Pulsin Pea Protein**

### METHOD

Wash the figs and remove the stems.

Add all ingredients to your blender and blend until smooth.

Enjoy!



# PUMPKIN PIE PROTEIN SMOOTHIE BOWL

This protein pumpkin pie smoothie bowl is delicious thick and creamy, spiced and sweetened with cinnamon and vanilla and topped off with a little vegan friendly chocolate, maple caramelised pumpkin seeds and some coconut flakes....all the delicious things in life!

TAKES  
5 minsMAKES  
1SERVES  
1

## INGREDIENTS

<b>20g Pulsin Pea Protein</b>	100g frozen pumpkin puree	1 tsp vanilla extract
150ml unsweetened oat milk	1 tbsp roast cashew butter	
100g frozen banana	½ tsp cinnamon	

## TOPPING INGREDIENTS

120g pumpkin seeds	2 tbsp maple syrup
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## METHOD

Preheat oven to 160C (320F).

Place pumpkin seeds in a bowl. Pour over maple syrup. Mix well to coat.

Place on a baking paper lined baking tray and roast in the preheated oven for 12 -15 minutes.

Allow to fully cool on the tray (store in a seal tight container for up two weeks once cool).

Blend together all smoothie ingredients in a high speed blender until perfectly smooth.

Add a touch more milk to desired consistency.

Serve with maple caramelised pumpkin seeds (and coconut flakes, vegan friendly chocolate if desired) in a mighty bowl.



# BLUEBERRY OAT BARS

A cross between thick baked oats and a flapjack. Soft and tender in the middle with beautiful pops of oozing blueberry, lightly sweet, crispy round the edges and on top and truly satisfying to the core.

These are a great make ahead grab and go breakfast option which you can pair with some yogurt of choice and a mug of your favourite morning tipple!

TAKES  
35 mins

MAKES  
8

## INGREDIENTS

250g jumbo oats	½ tsp cinnamon	200ml unsweetened dairy-free milk of choice
<b>30g Pulsin Rice Protein</b>	100 frozen blueberries	80ml maple syrup
2 tbsp milled flaxseed	180g plain or vanilla cashew or almond dairy free yogurt	1 tsp vanilla extract

## METHOD

Preheat oven to 180C (350F).

Line a 9 x 5 inch baking tray with baking paper and lightly grease with spray oil.

Mix together all ingredients with the exception of the blueberries in a large bowl. Set aside to thicken a little for 5 minutes.

Fold in blueberries.

Place mixture into prepared baking tray and bake in the preheated oven for 25 minutes.

Remove and allow to cool for 15 minutes before slicing or cool and store in the fridge overnight before slicing for a more solid slice!

Store in the fridge in a seal tight container for up to 3 days or freeze for up to one month.



