Train beyond the Smoothie.

Try these great recipes with Gladiator® Complete Protein.

"PUSH IT" PROTEIN BAR

1¼ cup oats
½ cup nut butter of choice
½ cup milk of choice (cashew, almond, coconut, hazelnut, etc.)
½ scoops Gladiator (any flavor)
Dried fruit or preferred mix-in

Topping:

¼ cup rolled oats
¼ cup ground nuts of choice
1 tablespoon nut butter of choice
1 tablespoon honey, or preferred liquid sweetener
(agave, cane syrup, etc.)

Combine dry ingredients for the protein bar portion in a bowl. Using a sturdy spoon, blend together the nut butter and milk. Mix in the dry ingredients (mixture will be very thick). Toss together the topping ingredients. Make sure the liquid ingredients coat the dry fully. Press the protein bar portion into the bottom of a 9x9 pan and sprinkle on the topping evenly. Bake in a 350°F oven for 25-30 minutes, or until topping browns and hardens.

POWER PANCAKES

3/8 cup oat flour
 ½ cup Greek yogurt
 2 tablespoons nut butter of choice
 1 scoop Gladiator (any flavor)
 3/4 cup egg whites
 ½ teaspoon baking soda

Plus, any mix-ins you want, like bacon, banana or toasted nuts.

Blend dry ingredients together and set aside. Whip egg whites until foamy. Mix yogurt and nut butter together, and whip into egg whites. Gently fold dry mixture into liquid portion (do not overmix). Let sit on counter for 5 minutes while you prepare your mix-ins. Fold in your mix-ins, and cook in a hot pan or griddle until golden brown.

Try different combinations of Gladiator flavors and mix-ins, like strawberry and banana, chocolate and bacon, vanilla and sea salt!

