

UNJURY® High Protein Pumpkin Spice Latte



Recipe makes 1 serving; 1 serving is 1 ¼ cups.

Calories 150, Calories from Protein 100 (67%), Total Fat 0g, Carbohydrates 12g, Sugars 10g, Protein 25g.

Ingredients:

1 Scoop or 1 Packet	UNJURY Vanilla
1 Tablespoon	Canned Pumpkin (not pumpkin pie filling)
1/4 Teaspoon	Pumpkin Pie Spice (cinnamon, nutmeg, allspice)
1/2 Cup	Skim Milk
1/2 Cup	Brewed Coffee

Instructions:

- Brew coffee and measure out 1/2 cup. Let cool until the temperature is below 140 degrees.
- Mix the coffee (as prepared above), milk, canned pumpkin, Vanilla UNJURY and pumpkin pie spice in blender.
- Blend until well combined (about 30 seconds).
- Heat in microwave until warm or serve over ice.

UNJURY® High Protein Pumpkin Pudding



Recipe makes 3 servings; 1 serving is ½ cup.

Calories 100, Calories from Protein 56 (56%), Protein 14g, Total Fat 0g, Carbohydrates 12g, Sugars 2g.

Ingredients:

2 Scoops or 2 Packets	UNJURY® Vanilla
2 Tablespoons	Canned Pumpkin (not pumpkin pie filling)
1 Package	Jell-O Instant Vanilla Pudding Mix, Sugar Free, Fat Free
1/4 Teaspoon	Pumpkin Pie Spice
3/4 Cup	Water

Instructions:

- Empty the Jell-O Sugar Free Instant (Not Cooked) Dry Pudding Mix into a bowl.
 - Add pumpkin pie spice to dry pudding mix.
 - Blend spice and dry pudding mix thoroughly with a fork.
 - Mix the UNJURY® Vanilla and water together.
 - Pour the UNJURY® and water mix over the dry mix.
 - Add 2 tbsp canned pumpkin.
 - Stir/Beat until thoroughly mixed (a wire whisk or mixer works best).
 - Place in small container and chill in the fridge.
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UNJURY® High Protein Fall Spice Latte



Recipe makes 1 serving; 1 serving is 1 ¼ cups.

Calories 150, Calories from Protein 100 (67%), Protein 25 g, Total Fat 0g, Carbohydrates 12g, Sugars 9g.

Ingredients:

1 Scoop or 1 Packet	UNJURY® Vanilla
1/2 Cup	Skim Milk
1/2 Cup	Brewed Coffee, Regular or Decaf
1 Teaspoon	Cinnamon
1/4 Teaspoon	Ginger

Instructions:

- Measure the skim milk into a microwave safe mug.
 - Heat the skim milk in the microwave (below 140 degrees).
 - Stir ½ cup Coffee (below 140 degrees) into warm skim milk.
 - Slowly add 1 scoop or packet of Vanilla UNJURY® and stir until dissolved.
 - Sprinkle cinnamon and ginger and mix well (amount of cinnamon and ginger may vary depending on your personal taste).
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UNJURY® High Protein Vegetable Dip



Recipe makes 5 servings; 1 serving is approximately 2 Tablespoons.

Calories 35, Calories from Protein 20 (57%), Protein 5g, Total Fat 0g, Carbohydrates 4g, Sugars 0g.

Ingredients:

1 Packet or 1 Scoop UNJURY Chicken Soup

1/2 Cup Sour cream, fat free

Instructions:

- Measure ½ cup fat free sour cream.
- Stir in 1 scoop or packet Chicken Soup Flavor UNJURY until well combined
- Use as dip for fresh vegetables (cucumbers, carrots, etc), crackers or pretzels, or on top of a baked potato.

Per serving: Calories 35, Total Fat 0g, Carbohydrates 4g, Sugars 0g, Protein 5g.

UNJURY® High Protein Green Bean Casserole



Recipe makes 12 servings; 1 serving is 1 mini casserole (1/2 cup)

Calories 110, Calories from Protein 28 (25%), Protein 7g, Total Fat 4.5g, Sodium 390mg, Carbohydrates 10g, Sugars 1g.

Ingredients:

3 Scoops or 3 Packets	UNJURY® Unflavored
2 Cans	Green Beans, drained, no salt added
1 Can	Campbells 98% Fat Free Cream of Mushroom Soup
3/4 Cup	Skim Milk
1 1/2 Cups	French's Original Fried Onions

Instructions:

- Preheat your oven to 350 degrees.
 - Mix 3 scoops of UNJURY® Unflavored with 3/4 cup of skim milk. Add one scoop at a time while stirring constantly.
 - Empty the Cream of Mushroom soup, green beans, onions and UNJURY®/milk mixture into a bowl. Stir until well incorporated.
 - Line a muffin pan (enough for 12 servings) with cupcake paper.
 - Divide the green bean mixture evenly between the "muffins."
 - Bake for 30 minutes, let cool for 10.
 - Enjoy!
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UNJURY® High Protein Chicken Mashed Potatoes



Recipe makes 2 servings; 1 serving is ½ cup.

Calories 110, Calories from Protein 52 (47%), Total Fat 0g, Cholesterol < 5mg, Sodium 420mg, Carbohydrates 12g, Sugars 4g, Protein 13g.

Ingredients:

1/3 Cup	Instant mashed potatoes
1/3 Cup	Water

1/2 Cup Skim Milk
1 Scoop or 1 Packet UNJURY Chicken Soup

Instructions

- Combine water and potato flakes in microwave safe bowl.
- Heat on high until almost boiling according to microwave chart.
- Add ½ cup of milk.
- Stir with fork until potatoes are smooth and cool until temperature is 140 degrees or below.
- Mix in 1 scoop of UNJURY Chicken Soup.
- Stir until combined and smooth, enjoy!

UNJURY® High Protein Sweet Potato Mash



Recipe makes 1 serving; 1 serving is ½ cup.

Calories 190, Calories from Protein 52 (38%), Protein 18g, Total Fat 0g, Carbohydrates 29g, Sugars 8g.

Ingredients:

1/2 Scoop or 1/2 Packet UNJURY Vanilla
1 small-sized Sweet potato
A dash of Cinnamon

Instructions:

- Scrub the outside of the potato gently to prepare for cooking.
 - Using a fork, poke holes randomly through the potato skin.
 - Place potato in a microwave-safe container and microwave on high for 4-5 minutes.
 - Remove cooked potato and split down the middle with a knife.
 - Mash the cooked potato with a fork, moving the skin to the side for removal.
 - Discard skin and let mash potato cool to 140 degrees or below.
 - Add 1/2 scoop of UNJURY Vanilla to mashed potato and stir to combine.
 - Sprinkle with ground cinnamon and serve!
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UNJURY[®] High Protein Gravy



Recipe makes 4 servings. 1 serving is 1/3 cup.

Calories 45, Calories from Protein 24 (53%), Protein 6g, Total Fat 1g, Carbohydrates 3g, Sugars 0g.

Ingredients:

1 Cup HEINZ[®] Homestyle Gravy - Roasted Turkey

1 Scoop or 1 Packet UNJURY[®] Unflavored

1/4 Cup Water

Instructions:

- Put the gravy in a microwave-safe container.
 - Microwave until the temperature of the gravy is below 140 degrees.
 - While the gravy is warming, mix the UNJURY[®] with the water until dissolved.
 - Once the gravy has cooled to below 140 degrees, stir in the UNJURY[®] and water mixture.
 - Enjoy!
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UNJURY[®] High Protein Stuffing



Recipe makes 6 servings. 1 serving is 1/2 cup.

Calories 140, Calories from Protein 44 (32%), Protein 11g, Total Fat 1g, Carbohydrates 20g, Sugars 3g.

Ingredients:

2 Scoops or 2 Packets UNJURY® Unflavored
1 Box KRAFT® Stove Top Stuffing Mix
1 3/4 Cup Warm Water

Instructions:

- Mix 2 scoops or 2 packets of UNJURY® with 1 3/4 cup of warm water.
- Shake or stir until dissolved.
- Empty the box of stuffing into a microwave safe bowl.
- Pour the UNJURY® mixture over the stuffing.
- Microwave the stuffing mix in 45 second increments, stirring after each one.
- Continue until the stuffing is heated through.
- Fluff with a fork, and enjoy!