

Cooking with Almond Protein Powder



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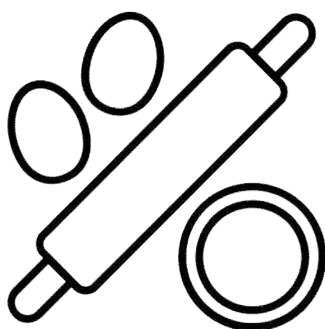
Written By

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About Nut Butter Concepts

We are dedicated to making products that taste delicious and promote healthy lifestyles to reduce obesity, diabetes, and heart disease. We receive only the highest quality, responsibly sourced ingredients at the best available price through our deeply rooted connections in the industry.

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According to a study from global market research firm Mintel, consumer interest in high-protein and plant-based foods continues to drive product innovation. Whether your company caters to a mainstream customer or a better-for-you audience, our single ingredient, plant-based Almond Protein Powder can help you meet your goals.

Our product is certified kosher, gluten-free, and vegan. It is also the only 58% almond protein on the market made from whole California almonds.

Because we start with high-quality ingredients, our protein powder has a mild flavor. This means your recipes will require less ingredients and have cleaner labels.

Many of our customers love using our protein powder in nutritional bars, ready-to-drink (RTD) beverages, and in foodservice contexts. However, it can be used in a wide range of applications.

This guide gives ten of our favorite recipes using for Nut Butter Concepts Almond Protein Powder, ranging from breakfast items to dinner entrees. We'll also share tips for incorporating this product into existing formulations.

We know you'll enjoy this tasty and versatile protein powder!

Key Benefits

These are a few reasons why Nut Butter Concepts Almond Protein Powder would be a great fit for your company's needs.



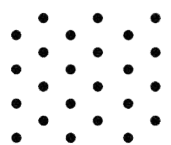
No Fillers or Additives

Cleaner labels for your products without added sugar, preservatives, or thickeners.



Mild and Palatable Flavor

Delicious in sweet or savory applications, with no need to mask the taste.



Super-fine Texture

No graininess here! Blends smoothly into batters, shakes, and doughs.



Specialty Diet Friendly

Certified kosher, non-GMO verified, gluten-free, vegan, paleo-friendly, and palm oil-free.



Easily Digestible

A good protein alternative for those sensitive to dairy or soy with 21g per serving.



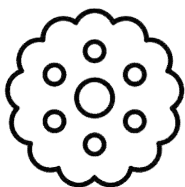
Nutritional Bonus

A good source of protein, fiber, potassium, calcium, zinc, iron, magnesium, and phosphorus.

Tips & Tricks

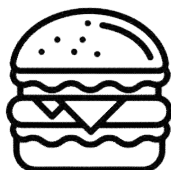
We formulated Nut Butter Concepts Almond Protein Powder for versatility, so it can seamlessly incorporate into existing formulations or inspire innovative new products. In most cases, we find that it doesn't impact the texture at all. However, in some instances, you may see subtle changes. Here's how to offset them.

Moist, Buttery Baked Goods



Using large quantities of protein powder in an existing cookie or cake recipe will affect your wet-to-dry ingredient ratio, resulting in a drier end product. Add about equal parts water or your preferred fat (ex. $\frac{1}{4}$ cup water for $\frac{1}{4}$ cup protein powder) to rebalance the ratio.

Meat Substitutes



When creating plant-based burgers, meatballs, or sausage, protein powder should be added with wet ingredients, such as water, vegan broth, tomato paste, etc. This allows the powder to integrate evenly into the mix.

Custards and Fillings



Incorporate protein powder with other dry ingredients like corn starch, cocoa powder, or thickening agents for a smooth finish. It will absorb some moisture, yielding a thicker result. If you like a thinner texture, add more a bit more liquid.

Adding Nut Butter Concepts Almond Protein Powder increases the protein per serving, without introducing egg making this recipe vegan friendly.

MAKES 8 SERVINGS

Ingredients

- 3 cups rolled oats
- 2 tablespoons light brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- ¼ cup Noosh Almond Protein Powder
- ¼ cup maple syrup
- ¼ cup vegetable oil
- 1 teaspoon vanilla extract
- ½ cup dried cranberries
- ½ cup coarsely chopped pecans

Approx. Nutritionals per Serving

Fat 10.5g, Carbs 32.3g,
Fiber 3.9g, Sugar 9.8g, Protein 6.6g



- 1** Heat the oven to 300°F and arrange a rack in the middle.
- 2** Place the oats, brown sugar, cinnamon, and salt in a large bowl and stir to combine; set aside.
- 3** Place the maple syrup, oil, Nut Butter Concepts Almond Protein Powder, and vanilla in a small bowl and stir to combine. Pour over the oat mixture and mix until the oats are thoroughly coated.
- 4** Spread the mixture in a thin, even layer on a rimmed baking sheet. Bake for 15 minutes, then stir and continue baking until the granola is very light golden brown, about 5 to 15 minutes more.
- 5** Place the baking sheet on a wire rack and cool the granola to room temperature, stirring occasionally, about 20 minutes.
- 6** Add the nuts and cranberries to the baking sheet and toss to combine. Store the granola in an airtight container for up to 2 weeks.

In this recipe, the Nut Butter Concepts Almond Protein Powder acts as a dry ingredient, so more wet ingredients (buttermilk and oil) are needed to create the right consistency.

MAKES 6 SERVINGS

Ingredients

- 1 cup whole wheat flour
- ½ cup Nut Butter Concepts Almond Protein Powder
- 1 ½ teaspoons baking powder
- 1/8 teaspoon kosher salt
- 2 eggs
- ¾ cup vegetable oil
- 2 tablespoons granulated sugar
- ½ cup buttermilk powder
- 2 cups water

Approx. Nutritionals per Serving

Fat 31.1g, Carbs 29.4g, Fiber 3.6g,
Sugar 9.9g, Protein 15.18g



- 1** Preheat waffle maker on medium-high heat.
- 2** Whisk the flour, baking powder, and salt together in a large bowl. Whisk the remaining ingredients in a medium bowl until combined. Pour into dry ingredients and whisk until combined and no large lumps remain.
- 3** Pour some batter into each well of the waffle maker and close the lid. Cook the waffles until golden brown and crisp, 5-6 minutes.
- 4** Serve warm waffles with your favorite toppings.

These wholesome muffins, made with oats, Greek yogurt, berries, and Nut Butter Concepts Almond Protein Powder, are perfect for a healthy grab-and-go breakfast or afternoon snack. They're packed with over 13 grams of protein and lots of fiber to keep you full.

MAKES 12 SERVINGS

Ingredients

- 2 cups whole wheat flour
- 1 cup rolled oats
- ½ cup Nut Butter Concepts Almond Protein Powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- 1 ½ cups full-fat Greek yogurt
- 2/3 cup honey
- 2 eggs
- 6 tablespoons unsalted butter, melted and slightly cooled
- 1 teaspoon vanilla extract
- 2 cup fresh berries, like blueberries and raspberries

Approx. Nutritionals per Serving

Fat 7.5g, Carbs 36g, Fiber 2.8g,
Sugar 28g, Protein 13.6g



- 1** Preheat the oven to 350 degrees. In a large bowl, combine flour, oats, Nut Butter Concepts Almond Protein Powder, baking powder, baking soda, and salt.
- 2** In a mixer or a large bowl, mix Greek yogurt, honey, eggs, butter, and vanilla until the batter is smooth and creamy.
- 3** Slowly whisk the flour mixture into the wet ingredients. After 2-3 minutes, a thick, scoopable batter that's the consistency of frosting should form. If the batter is too thick, whisk in a few tablespoons of water.
- 4** Gently fold in the berries with a spatula. Grease a 12-count muffin tin or insert muffin liners. Spoon batter into muffin tins, filling them to the top.
- 5** Bake until the tops are golden brown and the muffins spring back when gently touched, after 20-25 minutes.

Adults and kids alike love this tasty cheddar crack. It has a hint of heat from the cayenne pepper and a healthy dose of protein, so everyone can feel good about snacking.

MAKES 12 SERVINGS

Ingredients

- 4 cups sharp cheddar, coarsely grated
- 1 cup plus 2 tablespoons all-purpose flour
- ¼ cup Nut Butter Concepts Almond Protein Powder
- 1½ teaspoons kosher salt
- ¼ teaspoon cayenne pepper
- ¼ cup chopped jarred pimiento peppers
- 5 tablespoons chilled unsalted butter, cut into pieces
- 2-4 tablespoons ice water
- 3 tablespoons white or black sesame seeds

Approx. Nutritionals per Serving

Fat 8.9g, Carbs 4.4g,
Fiber 0.6g, Sugar 0.9g, Protein 5g



- 1** Pulse cheese, flour, Nut Butter Concepts Almond Protein Powder, salt, and cayenne in a food processor to combine. Add pimiento peppers and pulse until the mixture turns orange. Add butter and pulse until the largest pieces are about the size of a pea.
- 2** Drizzle in 2 tablespoons of ice water and pulse 2 or 3 more times. The dough should stick together when squeezed into your hand. If not, pulse in another tablespoonful of ice water.
- 3** Transfer dough to a work surface and form into two tightly packed 2"-diameter logs.
- 4** Gently sprinkle sesame seeds over the surface and roll log over sesame seeds, pressing them into the dough to adhere, until completely coated. Discard any sesame seeds that don't stick.
- 5** Wrap dough in plastic and chill for at least 4 hours and up to 2 days before rolling out.
- 6** Place a rack in the middle of the oven; preheat to 350°. Unwrap dough and using a sharp knife, slice into thin rounds; aim for ¼" thick.



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Transfer rounds to a parchment-lined baking sheet, spacing about 1" apart (they won't all fit in one batch). Prick each cracker 3–4 times with a fork to keep them from puffing up and bake, rotating baking sheet front to back halfway through until tops and edges are golden, 25–30 minutes. Let cool on a baking sheet; crackers will crisp as they cool. Repeat with remaining rounds and a fresh parchment-lined baking sheet.

This meatless burger has multiple high-quality, plant-based protein sources and has an appealing texture that stands up to the grill.

MAKES 8 SERVINGS

Ingredients

- 2 tablespoons olive oil, plus more for greasing
- 1 14-oz. block extra-firm tofu, drained
- 2 14.5-oz. cans black beans, rinsed, drained well
- ¼ cup almond butter
- ½ cup mayonnaise (standard or vegan)
- ½ cup Nut Butter Concepts Almond Protein Powder
- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 2 teaspoons cayenne powder
- 2 teaspoons kosher salt
- 2 cups quinoa, cooked and cooled
- ¼ cup flaxseed meal
- 2 tablespoons cornstarch

Approx. Nutritionals per Serving

Fat 26.5g, Carbs 29.4g, Fiber 8.7g, Sugar 2.6g, Protein 15.8g



- 1** Prepare a grill for medium-high, direct heat. Clean and oil grate. Shred tofu using the large holes of a box grater. Firmly squeeze tofu in between paper towels to drain as much excess liquid as possible.
- 2** Heat 2 Tbsp. oil in a large nonstick skillet over medium heat. Cook tofu and beans, tossing occasionally until beans look slightly dried out and their skins are darkened, after about 10–12 minutes.
- 3** Meanwhile, whisk almond butter and mayonnaise in a medium bowl until smooth. Whisk in Nut Butter Concepts Almond Protein Powder, garlic, chili powder, cayenne powder, and salt. Add tofu-bean mixture and cooked quinoa and stir well to combine.
- 4** Stir flaxseed and $\frac{1}{4}$ cup cold water in a small bowl. Let sit until a thick paste forms, about 1 minute. Add to tofu-bean mixture along with cornstarch and stir well to combine.
- 5** Using oiled hands, form mixture into 8–10 patties about $\frac{1}{2}$ " thick. Grill until lightly charred around the edges, about 2 minutes. Turn carefully using a metal spatula to cleanly lift off grate and grill until lightly charred on the second side and warmed through, about 2 minutes more.
- 6** Place burgers on bottoms of buns. Pile high with tomato, lettuce, onions, pickles, and your favorite condiments.

Try this grain-free breading to make existing chicken tenders recipes paleo- or keto-friendly. Or try it on plant-based nuggets or cauliflower wings to give it a boost of protein.

MAKES 6 SERVINGS

Ingredients

Breading

- ½ cup almond flour
- ½ cup Nut Butter Concepts Almond Protein Powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon cayenne powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 teaspoons kosher salt
- ¼ teaspoon ground pepper

Chicken Tenders

- 1 ½ pounds raw chicken tenders
- ¼ cup almond flour
- 2 eggs
- 2 tablespoons olive oil

Approx. Nutritionals per Serving (Breading)

Fat 2.2g, Carbs 3.8g,
Fiber 1.5g, Sugar 1.1g, Protein 6.9g



- 1** Preheat oven to 375 degrees.
Place a large sheet pan in the oven to heat up.
- 2** Season chicken tenders on both sides with salt and pepper. Add $\frac{1}{4}$ cup almond flour to a plate. Add eggs to a bowl. Then add $\frac{1}{2}$ cup almond flour, Nut Butter Concepts Almond Protein Powder, paprika, cumin, cayenne powder, garlic powder, onion powder, salt, and
- 3** Dip the chicken tenders first in the almond flour. Pat off excess. Dip in the egg. Finish with the seasoned flour mixture. Use hands to make sure the tenders are completely coated. Repeat.
- 4** Once you've breaded the chicken tenders, pull the sheet pan out of the oven and oil the pan. Put the chicken tenders on the pan and place back in the oven. Bake for 10 minutes. Flip and bake another 3-4 minutes until cooked through. Serve with your favorite condiments.

Delicious, cheesy pizza with more than 5 grams of protein per serving from just the crust. Nut Butter Concepts Almond Protein Powder seamlessly integrates into pizza and bread dough without changing the final texture.

MAKES 8 SERVINGS

Ingredients

- 1 cup warm water
- 2 ½ teaspoons active dry yeast
- 1 ¼ cup all-purpose flour
- ¼ cup whole wheat flour
- ¼ cup Nut Butter Concepts Almond Protein Powder
- ½ teaspoon kosher salt
- 2 tablespoons olive oil

Approx. Nutritionals per Serving

Fat 4.1g, Carbs 17.1g, Fiber 1.3g,
Sugar 0.4g, Protein 5.1g



- 1** Add 1 cup of warm water to a glass measuring cup. Sprinkle the yeast over the top of the water and allow it to sit and active for 5 minutes.
- 2** In a large mixing bowl, stir together the flours, Nut Butter Concepts Almond Protein Powder, and salt. Pour the yeast water and olive oil into the bowl and mix until a soft dough ball forms. Knead the dough on a well-floured surface for a couple of minutes. Then place back in the bowl, cover, and allow to rise in a warm spot for 1 hour.
- 3** Punch the dough down and remove it from the bowl. You can choose to make one large pizza with the dough, or divide in two and freeze the second half for later use. Roll the dough out and place on a pizza pan sprinkled with cornmeal (optional).
- 4** Bake at 400°F for 4-5 minutes. Then top with sauce and other toppings. Bake until cheese looks bubbly or the edges of the crust begin to brown (another 8-10 minutes).

Since the protein powder acts as a dry ingredient in this recipe, slightly more wet ingredients (water, in this case) are needed to produce the same tender crust. The addition doesn't impact the dough's flexibility, so it's ideal even for lattice crusts or hand pies.

MAKES 2 8-SERVING PIES

Ingredients

- 4 cups all-purpose flour
- 1 cup Nut Butter Concepts Almond Protein Powder
- 2 teaspoons kosher salt
- 1 $\frac{3}{4}$ cups unsalted butter
- 1 cup cold water
- 1 tablespoon white vinegar
- 1 egg

Approx. Nutritionals per Serving

Fat 20.6g, Carbs 25.7g,
Fiber 1.5g, Sugar 0.8g, Protein 8.3g



- 1** In a large bowl, stir together the flour, Nut Butter Concepts Almond Protein Powder, and salt with a fork. Cut in the butter
- 2** In a small bowl, beat together the water, vinegar, and egg; add to the flour mixture. Stir until all ingredients are moistened.
- 3** Divide dough into 5 portions and, with hands, shape each into a flat round patty ready for rolling. Wrap each patty in plastic or waxed paper and chill at least ½ hour.
- 4** When you are ready to use the pie crust, lightly flour both sides of the patty and roll out on a lightly floured board or pastry cloth. Keeping the pastry round, roll, from the center to a 1/8-inch thickness into a circle 2 inches larger than the top of the pie pan.
- 5** Fold in halves or quarters, transfer to the pie pan, unfold and fit in loosely. Press with fingers to remove air pockets.
- 6** Add your favorite filling into the pie crust. Place the other crust on top; flute edges with a fork and place decorative slits in top of crust to allow steam to escape. Bake as directed in the pie recipe you are following. Once the crust is golden and the filling is bubbling, remove the pie from the oven. Serving with vanilla ice cream or whipped cream.

Nut Butter Concepts Almond Protein Powder combines seamlessly with other dry ingredients and adds a rich, silky quality to this recipe.

MAKES 4 SERVINGS

Ingredients

- ½ cup granulated sugar
- ¼ cup unsweetened cocoa powder
- ¼ cup Nut Butter Concepts Almond Protein Powder
- 1/8 cup cornstarch
- ¼ teaspoon kosher salt
- 2 cups cold whole milk
- 1 tablespoon unsalted butter
- 1 teaspoon vanilla extract

Approx. Nutritionals per Serving

Fat 8.2g, Carbs 39g,
Fiber 2.5g, Sugar 32.3g, Protein 9.9g



- 1** In a heavy saucepan, whisk together the sugar, cocoa, Nut Butter Concepts Almond Protein Powder, cornstarch, and salt until combined.
- 2** Gradually add milk, whisking until no lumps remain. Bring to a boil over medium heat, stirring constantly for 1-2 minutes until it thickens. Remove from the heat; stir in butter and vanilla.
- 3** Allow mixture to cool completely, stirring occasionally to avoid a skin forming. Pour (or spoon) into individual serving glasses. Pudding will continue to thicken as it cools.
- 4** Enjoy warm or chill until ready to serve. Top with homemade whipped cream and chocolate shavings.

Whether as a dessert cake or as a breakfast item, this tasty treat melts in your mouth with over 9 grams of protein per serving. The super-fine protein powder incorporates easily with the other dry ingredients.

MAKES 8 SERVINGS

Ingredients

- 1 ½ cup all-purpose flour
- ¼ cup Nut Butter Concepts Almond Protein Powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- 1 tablespoon pumpkin pie spice
- 1 cup granulated sugar
- ½ cup unsalted butter, softened
- 2 eggs
- 1 cup canned pumpkin
- ½ cup Nut Butter Concepts Smooth & Silky Chocolate Almond Butter

Approx. Nutritionals per Serving

Fat 20.3g, Carbs 51g,
Fiber 2.9g, Sugar 28.5g, Protein 9.7g



- 1** Preheat the oven to 350 degrees. Grease a 9 x 5 x 2 $\frac{3}{4}$ inch loaf pan.
- 2** In a large bowl, combine flour, Nut Butter Concepts Almond Protein Powder, baking powder, baking soda, salt, and pumpkin pie spice. Set aside.
- 3** Add the dry ingredients to the pumpkin mixture, beating on low speed until just combined.
- 4** Stir in Nut Butter Concepts Smooth & Silky Chocolate Almond Butter. If it's too thick, warm in a heatproof bowl for a few seconds. The almond butter should be the consistency of chocolate sauce.
- 5** Spoon half of the pumpkin batter into the pan. Spoon half of the almond butter (about $\frac{1}{4}$ cup) over pumpkin mixture. Swirl gently with a knife. Spoon remaining pumpkin batter over top. Repeat with the almond butter, swirling gently.
- 6** Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from pan. Cool completely on a wire rack. Slice to serve.



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A Plant Based Company with Quality & Nutrition to the
Highest Standards

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