



PUMPED UP CHOCOLATE WHEY CRISP OATMEAL COOKIES

4 scoops chocolate Whey Crisps
1 cup all-purpose flour
1/2 cup granulated sugar (Splenda for baking)
1 teaspoon baking powder
1/2 cup light brown sugar
1/2 teaspoon baking soda
1 whole egg or 1/4 cup egg substitute
1/2 teaspoon salt
1 teaspoon vanilla extract
2 tablespoons vegetable shortening
1 1/2 cups rolled oats
1/4 cup apple sauce
1/2 cup chocolate chips
1/2 teaspoon cinnamon

Preheat oven to 375°. Lightly spray cookie sheet with cooking spray. In a large bowl, mix flour, Whey Crisps, baking powder, baking soda, cinnamon and salt. In a separate bowl, whisk together shortening, apple sauce, granulated and brown sugars, egg, and vanilla until shortening breaks into pea-sized pieces. Add flour mixture to apple sauce mixture. Mix well. Fold in oats and chips. Drop rounded teaspoonfuls onto cookie sheet two inches apart. Bake for 10-12 minutes. Remove from oven and cool on cookie sheet for 5 minutes. Remove and place on cooling rack. Enjoy!!

Yields approximately 30 cookies.

Each cookie contains approximately:
10 g protein
30 g carbs
1 g fat

Outperforms Whey Protein Powder

Whey Crisps have been proven to outperform and work better than whey powder when making foods such as protein bars, brownies, and cookies. Whey Crisps give your food product more protein, more crunch, and better taste. Functionality wise Whey Crisps are easier to handle, less sticky, less messy, and easier to clean up than whey protein powder.

Allergen information: Contains Dairy.

For more recipes go to www.wheycrisps.com



MUSCLE MUFFINS

2 1/4 cups whole grain flour
2 scoops chocolate Whey Crisps
1 1/2 teaspoons baking soda
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup Splenda for baking
2 large eggs
1 1/2 cups canned pumpkin (trust me!)
1 cup applesauce
1/8 cup oil
1 1/2 teaspoons vanilla
1 cup mini chocolate chips

Preheat oven to 350 degrees. Grease muffin pans. Mix dry ingredients. In another bowl, mix together sugar, eggs, applesauce, oil, vanilla, & pumpkin until well blended. Stir in chocolate chips. Mix dry and wet ingredients together without over mixing. Scoop into muffin pans and bake 18-20 minutes. Turn onto rack and cool.

Wrap in plastic bag and keep 1-2 days. Reheat before serving. Make 1-2 days ahead for best flavor. Yields approximately 25 large muffins.

Each Muscle Muffin contains approximately:
5 g protein
15 g carbs
1 g fat



SUPER PROTEIN SMORES

1 10 oz bag of mini marshmallows
3 tablespoons low fat margarine or butter
1 sleeve low fat graham crackers
3 cups chocolate Whey Crisps
1/2 cup chocolate chips

1. Melt margarine in a microwave safe bowl for 30 sec.
2. In another microwave safe bowl heat 10 oz of marshmallows on high for 1 min 30sec. Or until marshmallows are soft and can be stirred with a spoon.
3. Take marshmallows out of the microwave and immediately dump in margarine, stirring until totally combined.
4. Slowly add chocolate Whey Crisps and chocolate chips. Continue stirring until Whey Crisps are completely covered with mixture.
5. Crush the graham crackers and add to mixture.
5. Pour mixture into a 9x11 greased pan, press into pan. Leave on counter until cool. Slice and eat!!!

Yields approximately 10 Smores.

Each Super Protein Smore contains approximately:
20 g protein
65 g carbs
3 g fat



PEANUT BUTTER BON BON

2 cups peanut butter
1/2 cup Splenda for baking
1 cup crushed fiber cereal
2 cups chocolate Whey Crisps
1 cup mixed nuts (optional)
1 block fat free cream cheese, softened
1 bag dark chocolate chips

Combine softened cream cheese, Splenda and peanut butter until smooth. Combine Whey Crisps, cereal and nuts into cream cheese mixture ; mix well. Shape into small balls. Chill for 30 minutes. Melt chocolate chips in double boiler over boiling water; mix well. Dip Bon Bons into chocolate, place on waxed paper. Let stand until firm.

Yields approximately 24 Bon Bons

Each Bon Bon contains approximately:
10 g protein
5 g carbs
2 g fat

PATENT PENDING • CHOCOLATE

PROTEINIFICATION

WHEY

PROTEIN CRISPS

20 grams of protein per scoop! • Net Weight: 2.23 lbs (1,000 grams) Dietary Supplement

Proteinification: Pro-teín (proh-teen, if -fi-key-shuh n) verb. the act of strengthening with Whey Crisps any nourishing substance that is eaten, drunk, or otherwise taken into the body to increase anabolism, positive nitrogen retention, promote muscle growth, and increase metabolism.

- 20 grams of protein per scoop!
- 36 servings per container!
- 3 grams of Glutamine per serving!
- Contains Beta-lactoglobulin and Alpha-lactalbumin

- No Liquid Needed!
- Eat right out of container!
- Make your own high protein bars, cereal, cookies, pudding & more!
- Outperforms whey protein powder!

Nothing but the best whey protein in our Whey Crisps

Our Whey Crisps are made from using microfiltration/ultrafiltration whey protein isolate. Whey protein isolate is the best form of whey protein because it contains the highest amount of protein per gram. Because we use whey isolate, our Whey Crisps have a very high amount of BCAAs and glutamine. Next, we chose a whey protein isolate that was cold-filtered to preserve the delicate protein subfractions and peptides, like lactoferrin and insulin-like growth factors. A combination of high BCAAs and protein subfractions make our Whey Crisps your #1 choice for a muscle-building food source.

A New Technology for Whey Protein

Whey Protein Crisps are our most recent discovery of muscle growing food technology. It provides you with a high quality source of whey protein that is ready to eat. Whey Crisps are the same exact product as a whey protein powder but in solid crisp form, so it's easier and more convenient to consume than powder and it is perfect when you want to make high protein foods such as bars, cereal, cookies, pudding, and anything else you can think of.

Ingredients:

Natural microfiltration/ultrafiltration whey protein (beta-lactoglobulin and alpha-lactalbumin,) isolate and concentrate (protein subfractions and peptides, glycomacropptides, lactoferrin, and insulin-like growth factors), corn starch, cocoa, sucralose.

Supplement Facts

Serving Size: 1 scoop (27 g)

Servings per container: 36

Amount per Serving	
Calories 105	Calories from Fat 15
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 15 mg	5%
Sodium 160 mg	7%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Sugars 0 g	
Protein 20 g	

Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

*Percent Daily values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	Less than 3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Made in the USA
BPT Inc,
Ocean City, NJ 08226
732.920.4637

