

Recipe Ideas

We recommend that you make smoothies from any of the following milks - coconut, unsweetened soy milk, skim milk, rice milk or almond milk.

Check that the milk you are using does not contain added sugar.

Add fresh or frozen berries to the smoothie for their high content of antioxidants. Berries contain organic acids, which assist in fat burning. To increase Omega 3 fatty acids - add 1 tablespoon cold pressed flaxseed oil. To add fibre - add 1 tablespoon psyllium husks or FibreTone powder. Add liquid to blender first, and cut fruit into small chunks. For a thicker, colder smoothie - freeze some of the fruit before blending.



How does your protein powder compare?

Carbohydrate per 100g	Sugars per 100g	Protein per 100g
5.5g	<1g	80.9g (>80%)

Passionfruit Slimming Smoothie

- ½ cup unsweetened plain acidophilus yoghurt (dairy or soy)
- 2 tablespoons Synd-X Protein Powder
- ½ mango, peeled and chopped
- Pulp from 3 passionfruit
- ½ cup ice

Place in a blender, blend until smooth - serve immediately.

Banana Protein Soother

- 4 tablespoons canned coconut milk
- ¼ cup unsweetened plain acidophilus yoghurt (dairy or soy)
- 1 ripe banana, chopped
- 2 tablespoons Synd-X Protein Powder
- 4 tablespoons water
- ½ cup ice

Place in a blender, blend until smooth. Sprinkle with nutmeg and cinnamon (helps to burn fat) - serve immediately.

Berry Slimming Smoothie

- 4 tablespoons canned coconut milk
- 2 tablespoons Synd-X Protein Powder
- ½ cup water
- ½ cup ice
- 1 cup berries (fresh or frozen)

Place in blender, blend until smooth.



This recipe is not low carb but it is very high in protein and is ideal for including in children's lunch boxes or as a special treat for them after school. Delicious and healthy!

Protein Slice

- ½ cup of desiccated coconut - toasted
- ½ cup rolled oats
- ½ cup chopped dried apricots
- ½ cup natural sultanas
- ½ cup slithered almonds
- 1 cup Synd-X Protein Powder
- ½ cup fresh squeezed orange juice
- 1½ tablespoons cold pressed olive oil

Mix all ingredients together in a bowl, stir through oil and juice and mix until all combined.

Spread mixture into 9 x 9" cake tin lined with baking paper and press down firmly and evenly.

Place in refrigerator for approximately 4 hours or, even better, overnight. Cut into bars or bite sized pieces. Store in refrigerator.



Frozen Banana and Passionfruit Dessert

- 2 cups canned coconut cream
- 1 cup unsweetened plain acidophilus yoghurt (dairy or soy)
- ½ cup Synd-X Slimming Protein Powder
- 2 bananas, mashed
- 2 - 4 passionfruit (approx ½ cup pulp)
- 1 tablespoon finely grated orange rind

Fold all ingredients together until well combined, pour into a flat container, cover with food wrap and freeze until firm around the edges. Remove from freezer, break up mixture and place in a large bowl. Beat again until smooth and creamy, return to freezer until firmly set. Serve with puréed fruit or fresh fruit cubes. Alternatively, you can use an ice cream making machine.

Peach and Nut Smoothie

- 1 medium peach, chopped
- 1 cup water
- 1 heaped tablespoon almond butter/paste
- 2 tablespoons Synd-X Slimming Protein Powder

Place all ingredients in blender, blend until smooth. Scrape the sides of the blender with a spatula if needed. Add more water, or a pinch of stevia powder for your desired consistency and sweetness.

Low Carb Ice Cream

- 1 x 440mL can coconut cream
- 1 cup fresh cream
- ½ cup Synd-X Slimming Protein Powder
- 1 cup cooked or sugar free canned fruit, drained and chopped or 1 cup fresh or frozen berries
- 1½ tablespoons Nature Sweet Sugar Substitute
- ½ teaspoon coconut essence

Using electric beaters, mix together coconut cream, cream, protein powder, Nature Sweet and essence until smooth and free of lumps.

Fold in your fruit of choice, pour into a flat container, cover with food wrap and freeze until firm around the edges. Remove from freezer, break up mixture and place in a large bowl. Beat again until smooth and creamy, return to freezer until firmly set, then serve in scoops.

Alternatively, after folding in your fruit of choice, you can use an ice cream making machine.

