

DR. NEWTON'S™
N A T U R A L S

NATURAL RECIPES



Over 40 Recipes Using
Natural Vitamins and Supplements
from Dr. Newtons Naturals



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YOU ARE WHAT YOU EAT, SO EAT HEALTHFULLY!

Welcome! Dr. Newton's Naturals is proud to be a partner in your quest for a healthier, more radiant life. This free ebook is a collection of recipes using various natural vitamin and supplement products we offer; recipes created and tested by Dr. Newton's Naturals staff and family members over the years. From healthful smoothies to delicious side dishes, this 15-page book contains over 40 recipes that we're excited to share with you.

Click on the www.drnewtons.com address at the bottom of every page to be taken directly to our website for health tips, testimonials and to learn more about our quality natural vitamins and supplements. And wherever you see words highlighted in **blue text**, simply click on them to be taken to that particular product on our website.

For nearly 20 years, our homegrown Maine family business has been rooted in time-honored principles and values when it comes to representing the highest quality natural nutritional products with substantial savings.

We hope you enjoy the recipes developed by members of the Dr. Newton's family!

To your health!



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Breakfast Recipes

DR. OATMEAL

Prep time: 2 minutes

Yield: 1 serving

Ingredients:

- 1 cup steel-cut oatmeal
- 1/2 cup water*
- 1/4 cup blueberries
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**

Directions:

Bring water to a boil and stir in oats. Bring to a boil again then reduce heat; simmer for 5 minutes. Thoroughly mix protein powder into the oats. Add berries on top and enjoy.

* Use up to a cup of water depending on desired consistency.

SUPER SCRAMBLED EGGS

Prep time: 2 minutes

Cooking time: 3 minutes

Yield: 2 servings

Ingredients:

- 6 eggs
- 1/4 cup 1% milk
- 1/2 scoop **Advanced Gold Standard Whey Protein (Vanilla)**
- 1/8 tsp. salt
- 1/8 tsp. fresh-ground pepper

Directions:

Mix the eggs and milk together in a bowl. Add the protein powder in at the end, mixing until the mixture is no longer clumpy. Scramble the eggs over low heat until cooked thoroughly. Salt and pepper to taste. Serve immediately.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Breakfast Recipes

NO BAKE VANILLA PROTEIN CAKE

Prep time: 5 minutes

Yield: 1 serving

Ingredients:

- 1 egg
- 3 tbsp. applesauce
- 2 tbsp. vanilla syrup
- 3 tbsp. 1% milk
- 1/2 tsp. vanilla extract
- 2 tbsp. white flour
- 3 tbsp. pancake mix (dry)
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**

Directions:

Blend all of the ingredients together in a blender (except for the flour, pancake mix and protein powder) until well mixed.

Add the flour, pancake mix, and protein powder into the blender and mix together.

Add the mixture into a non-stick bowl and microwave for 2 minutes (if it's still "wet" looking at the top, microwave for an additional 10 seconds at a time).

POWER PANCAKES

Prep time: 2 minutes

Cooking time: 4 minutes

Yield: 1 serving

Ingredients:

- 1 scoop **Advanced Gold Standard Whey Protein***
- 1 oz. water

Directions:

* You may use whatever flavor protein powder you like for this recipe: Vanilla or Chocolate.

Add just enough water to the protein powder until it reaches consistency of pancake batter. Add mixture to a non-stick skillet on medium heat, cooking 1-2 minutes on each side so as to not dry it out.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Breakfast Recipes



NO BAKE VANILLA BLUEBERRY TREAT

Prep time: 2 minutes
 Cooking time: 3 minutes
 Yield: 1 serving

Ingredients:

- 1 egg
- 3 tbsp. applesauce
- 2 tbsp. vanilla syrup
- 3 tbsp. 1% milk
- 1/2 tsp vanilla extract
- 2 tbsp. white flour
- 3 tbsp. pancake mix (dry)
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**
- 1/2 cup blueberries

Directions:

Blend all of the ingredients together in a blender (except for the flour, pancake mix and protein powder) until well mixed.

Add the flour, pancake mix, and protein powder into the blender and mix together.

Place the mixture into a non-stick bowl and microwave for 2 minutes (if it's still "wet" looking at the top, microwave for an additional 10 seconds at a time).

Add blueberries on top and smash them into the cake to create the topping.

PUMPED UP TOAST

Prep time: 5 minutes
 Cooking time: 5 minutes
 Yield: 1 serving

Ingredients:

- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**
- 1/2 cup egg whites
- 1/4 cup 1% milk
- 1 medium banana
- 1/8 tsp. ground cinnamon

Directions:

Mix egg whites, milk and protein powder together in a small bowl, adding cinnamon to taste.

Dip bread into the mixture. Cook on medium heat using a non-stick skillet for 2-3 minutes on each side.

Cut up the banana into small pieces, smashing them on top of both pieces of bread. Add syrup to taste.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Breakfast Recipes

CEREAL FIX

Prep time: 2 minutes

Yield: 1 serving

Ingredients:

- 3/4 cup multi-grain cereal
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 cup water
- 1 cup blueberries

Directions:

Mix protein powder and yogurt together in a glass. Be sure to mix well and avoid the clumping that can happen when blending protein powder.

Add blueberries into the mix and enjoy. You can add frozen or canned blueberries if you cannot find fresh blueberries.

BLUEBERRY POWER PROTEIN MUFFINS

Prep time: 15 minutes

Cooking time: 20 minutes

Yield: 9 servings

Ingredients:

- 3 eggs
- 3 tbsp. vegetable oil
- 1/4 cup heavy whipping cream
- 5 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 2 tsp baking powder
- 1/3 cup brown sugar
- 1 cup blueberries
- 1/2 cup fat free cream cheese
- 1/4 tsp. ground cinnamon

Directions:

Preheat oven to 375 F.

Line 9 muffin tins with muffin liner cups and then give them a quick spray of non-stick cooking spray. Mix cream cheese and cinnamon into a small bowl. Mix eggs, oil and cream into a separate bowl. Add protein powder, baking powder and sugar or sweetener into the cream mixture, mixing thoroughly. Combine both mixtures along with the berries into the muffin tins. Bake for 15-20 minutes or until they begin to brown at the top.



QUICK RECOVERY COOKIE

Prep time: 2 minutes

Cooking time: 1 minute

Yield: 1 serving

Ingredients:

- 1 scoop **Advanced Gold Standard Whey Protein***
- 1 large egg white

Directions:

Add water to the mixture until it forms a "doughy" substance. Spray a bowl with non-stick spray and place the better inside. Microwave for 15-45 seconds (depending on the power of your microwave).

*You may use whatever flavor protein powder you prefer, Chocolate or Vanilla.

Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





BY POPULAR DEMAND!

At Dr. Newton's Naturals, we get a lot of requests and suggestions for creative ways to make shakes and smoothies using our incredibly popular **Advanced Gold Standard Whey Protein (AGSWP)**, in delicious Chocolate and Vanilla flavors. Try one of these recipes and in no time at all you've got a filling, satisfying, cool and creamy treat for lunch or a low-carb snack. Cut calories, cut carbohydrates, curb your cravings and lose weight with Advanced Gold Standard Whey Protein!

We've also added smoothie recipes incorporating our super immunity-booster **Super C22**, as well as for smoothies our antioxidant powerhouse **Ultimate Reds** as a key healthful ingredient. Who knew losing weight and staying healthy could taste so good?

BASIC AGSWP SHAKE RECIPE

- 1-2 scoops of **Vanilla or Chocolate Advanced Gold Standard Whey Protein**
- 1 1/2 cups of water or skim milk
- 1 cup of fresh/frozen (unsweetened) fruit
- Add ice and blend for extra thickness

Now to 'shake' things up, try one of these great tasting recipes or come up with your own. In just minutes, you'll have a rich, creamy treat to help you lose weight or maintain your weight loss.

MORNING GOODNESS SMOOTHIE

- 1-2 scoops **Advanced Gold Standard Whey Protein (Chocolate)**
- 1 tblsp **Catie's Greens**
- 1 scoop **Ultimate Reds**
- 1 cup milk
- 1 frozen banana
- Mix in a blender until smooth.

AGSP MANGO PINEAPPLE SHAKE

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1 cup reduced fat mango yogurt
- 1/4 of frozen pineapple
- 1/2 to 1 banana
- Add ice and blend for extra thickness

AGSP CHOCOLATE SMOOTHIE

- 1 to 2 scoops of **Advanced Gold Standard Whey Protein (Chocolate)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup of frozen raspberries
- 1/4 to 1/2 frozen banana
- Add ice and blend for extra thickness

PEACHY KEEN SMOOTHIE

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup of frozen peaches
- Add ice and blend for extra thickness





Smoothies & Shakes

MAINE BLUEBERRY VANILLA CHILLER

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup fresh Maine blueberries
- 1/4 to 1/2 cup chopped pears
- Add ice and blend for extra thickness

STRAWBERRY MANGO SMOOTHIE

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup frozen strawberries
- 1/4 to 1/2 cup frozen mango slices
- Add ice and blend for extra thickness

IF YOU LIKE PINA COLADAS

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/2 to 1 cup frozen pineapple pieces
- 1/2 tsp. coconut extract
- Add ice and blend for extra thickness

LITTLE GREEN APPLES BANANA BLAST

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/2 small green apple
- 1/2 frozen banana
- 1/2 tsp. cinnamon
- Add ice and blend for extra thickness

WACKY WATERMELON

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of pure water or skim milk
- 1/4 to 1/2 cup frozen watermelon
- Add ice and blend for extra thickness



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Smoothies & Shakes



DR. NEWTON'S SUPER SMOOTHIE

Combine in a blender:

- 1 cup orange juice
- 1 cup frozen peaches or mango
- 2 tbsp. orange, pineapple or mango Greek yogurt
- 1 tsp. **Super C22** powder

Blend until smooth. Garnish with mint or orange slice and enjoy!



SUPER CREAMSICLE 22

- 2 tbsps. **Advanced Gold Standard Whey Protein (Vanilla)**
- 2 tsp. **Super C22** powder
- 8 oz. skim milk
- 3 ice cubes
- 1 orange slice

Directions:

Blend Advanced Gold Standard Whey Protein with Super C22 in the milk. Add Ice Cubes to thicken the shake. Garnish with orange slice. Serves 1. This shake contains 1500mg of Vitamin C and 26g of protein!



DR. NEWTON'S ULTIMATE SMOOTHIE

Combine in a blender:

- 1 cup cranberry juice
- 1 cup frozen berries
- 2 tbsp. orange, pineapple or mango Greek yogurt
- 1 tsp. **Ultimate Reds** powder

Blend until smooth. Garnish with mint or orange slice and enjoy!



RED PINEAPPLE

Prep Time: 1 minute

Yield: 1 serving

Ingredients:

- 6 oz. pineapple juice
- 2 tsp. **Ultimate Reds** powder

Directions: Stir 2 teaspoons Ultimate Reds mix into 6 oz. pineapple juice.

ULTIMATE RED CIDER

Prep Time: 1 minute

Yield: 1 serving

Ingredients:

- 6 oz. apple cider
- 2 tsp. **Ultimate Reds** powder

Directions: Stir 2 teaspoons Ultimate Reds mix into 6 oz. apple cider





Smoothies & Shakes

VANILLA ALMOND PEACH PERFECTION

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of pure water or skim milk
- 1/2 to 1 cup frozen peaches
- 1/2 tsp. almond extract
- 1/2 tsp. cinnamon
- Add ice and blend for extra thickness

BLUE MANGO HEAVEN

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of pure water or skim milk
- 1/4 to 1/2 cup frozen mango
- 1/3 to 1/2 cup blueberries
- Add ice and blend for extra thickness

TROPICAL CHOCOLATE DREAM

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Chocolate)**
- 1 1/2 cups of pure water or skim milk
- 1/4 to 1/2 cup of frozen pineapple
- Add ice and blend for extra thickness



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Smoothies & Shakes

CHOCOCHERRY BLAST

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Chocolate)**
- 1 1/2 cups of pure water or skim milk
- 1/4 to 1/2 frozen banana
- 1/4 to 1/2 cup frozen black cherries
- Add ice and blend for extra thickness

NUTS FOR VANILLA

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of pure water or skim milk
- 1/4 cup raw organic oatmeal
- 1 tbsp. raw cashew butter
- 1/2 tsp. cinnamon
- Add ice and blend for extra thickness

CHOC-BANANA NUT

- 1 to 2 scoops of **Advanced Gold Standard Whey Protein (Chocolate)**
- 1 1/2 cups of water or skim milk
- Ad1/2 frozen banana
- 1 tablespoon of raw cashew butter
- Add ice and blend for extra thickness

RASPBERRY RHUBARB PIE

- 1 to 2 scoops of **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup frozen chopped rhubarb
- 1/4 to 1/2 cup frozen raspberries
- Add ice and blend for extra thickness

COFFEE ADDICTION

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1/4 to 1/2 cup raw almonds or cashews
- 1-2 teaspoons instant decaffeinated coffee
- Add ice and blend for extra thickness

APRICOT FANTASY

- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1 1/2 cups of water or skim milk
- 1 to 2 small apricots
- 1/4 cup raw almonds
- 1/2 tsp. almond extract
- Add ice and blend for extra thickness



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Side Dishes

NEWTON'S MAC AND CHEESE

Prep time: 40 minutes

Cooking time: 30 minutes

Yield: 6 servings

Ingredients:

- 1 lb elbows pasta
- 2 cups 1% milk
- 1 1/2 cups low fat sharp cheddar cheese
- 1 1/2 cups low fat Monterey Jack cheese
- 1/2 cup unsalted butter
- 1 to 2 scoops **Advanced Gold Standard Whey Protein (Vanilla)**
- 1/2 tsp. salt
- 1/2 tsp. fresh-ground black pepper

Directions:

Preheat oven to 375 degrees. Cook pasta according to directions on box. Spray a 9x13 inch pan with non stick spray. Drain pasta and put into pan. Add milk and cheese onto the noodles, making sure to spread the cheese evenly. Place pan into the oven for 25-30 minutes. Remove and mix protein powder in along with the salt & pepper.

BUFF BURGER

Prep Time: 2 minutes

Cooking Time: 10 minutes

Yield: 1 serving

Ingredients:

- 4 oz lean (95%) ground meat (beef, chicken or turkey)
- 1/4 scoop **Advanced Gold Standard Whey Protein (Vanilla)**

Directions:

This is as easy as it gets. You can also add more protein powder if you like. Mix ground meat and protein powder together. Form into a patty. Grill for 4-5 minutes on each side.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Side Dishes

MUSCLE MASHED POTATOES

Prep time: 15 minutes

Cooking time: 25 minutes

Yield: 4 servings

Ingredients:

- 1 lb. red potatoes
- 1/4 cup unsalted butter
- 1/4 cup 1% milk
- 1 scoop [Advanced Gold Standard Whey Protein \(Vanilla\)](#)

Directions:

Place potatoes in a large pot. Cover with water and boil for 15 minutes or until you can pierce through them with a fork. Drain potatoes, return them to the pot and mash them. Add butter, milk and protein powder and mix thoroughly. Salt and pepper to taste.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Desserts

CINNAMON PROTEIN APPLES

Prep time: 4 minutes

Yield: 3 servings

Ingredients:

- 3 apples
- 1 tbsp. ground cinnamon
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**

Directions:

Cut the three apples into chunks or slices and place them into a plastic bag.

Add the cinnamon and the protein powder into the bag. Seal the bag and shake vigorously.

Serve immediately or place in the refrigerator to chill for a few minutes. Enjoy! This may very well become your new favorite treat.

CHOCOLATE DELIGHT

Prep time: 2 minutes

Yield: 1 serving

Ingredients:

- 1 scoop **Advanced Gold Standard Whey Protein (Chocolate)**
- 6 oz. Plain Greek Yogurt
- 1 tsp. ground cinnamon

Directions:

This is a great way to have dessert - guilt free and packed with protein, as Greek yogurt is a good base for so many recipes. To jazz it up, throw in some fresh strawberries to get more fruit into your diet.

Combine all ingredients in a mixing bowl and then transfer to a serving dish. Garnish with more berries.

BLUEBERRY PROTEIN PARFAIT

Prep time: 3 minutes

Yield: 1 serving

Ingredients:

- 6 oz. plain Greek yogurt
- 1 scoop **Advanced Gold Standard Whey Protein (Vanilla)**
- 1/2 cup blueberries

Mix the AGSP and yogurt together. Layer on top of blueberries.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Desserts

REJUVINATING RICE TREATS

Prep Time: 5 minutes

Cooking Time: 45 minutes

Yield: 9 servings

Ingredients:

- 1 1/2 cups crisped rice cereal
- 1 1/2 tbsp. honey
- 2 tbsp unsalted butter
- 1/2 cup steel-cut oatmeal
- 1/2 tsp vanilla extract
- 1 scoop **Advanced Gold Standard Whey Protein***

Directions:

*Use chocolate or vanilla flavor protein powder for this recipe. Preheat oven to 325 F, then spray a 9x9 baking pan with cooking spray. Mix all the ingredients together in a large bowl before transferring to the baking pan. Cook for approximately 10-15 minutes or until crisp. Let cool then slice and serve.

SUPER PROTEIN JELLO

Prep Time: 3 minutes

Cooking and Cooling Time: 60 minutes

Yield: 4 servings

Ingredients:

- 1 scoop **Advanced Gold Standard Whey (Vanilla)**
- 1 package Sugar Free Jello

Directions:

Follow directions on the box, and right at the end mix in the protein powder. Use whatever flavor of jello you prefer. For variety, add fresh fruit.



Advanced Gold Standard Whey Protein, in Delicious Vanilla and Chocolate Flavors.





Dr. Newton's Naturals

At Dr. Newton's Naturals, our goal is to help people live healthier, more radiant lives.

Dr. Newton's Naturals is proud to be a partner in your quest for a healthy, enjoyable life. We hope you enjoy the recipes in this ebook. If you have your own recipes using products from Dr. Newton's Naturals, feel free to contact us at the customer service phone number below. We'd love to share them!

Visit our website www.drnewtons.com to find the vitamins and supplements mentioned in this recipe book. With nearly 100 products in 16 health categories, we're committed to representing the highest quality natural nutritional products with substantial savings. As always, we support our customers and stand behind our products with our 100% guarantee.

Most of all, we care about your successful journey toward a healthy life!



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