



UNJURY® Recipes: Discover 7 Warm Savory Ways to Add Protein

UNJURY® Chicken Soup

You already know about cold, high-protein drinks. For example UNJURY Chocolate is a high protein powder with chocolate flavoring.

So What's UNJURY Chicken Soup?

It's the same high protein powder. Instead of chocolate flavor, it's a delicious savory Chicken Soup flavored protein powder that you mix in heated water (and more). Think of cup-of-soup, but with 20 grams of protein !

Here are 7 Great Ways to Use UNJURY Chicken Soup powder: (each full recipe is below the list)

1. Original UNJURY Chicken Soup
2. UNJURY meets Ramen
3. Super Quick & Easy Homemade Chicken Soup
4. Make Mashed Potatoes a High Protein Meal
5. Sour Cream Dip and Toppings
6. Amazing Mayonnaise
7. Hi Pro Cream Cheese Spread

1. Original UNJURY Chicken Soup

Just add one scoop or packet to 8 ounces of heated water (not hotter than 130 F). Stir and Enjoy!

2. UNJURY meets Ramen: Turn a Snack into a Meal!

Microwave 1 ½ cups of water¹ in bowl, mug or other microwave-safe dish for 1 minute.

While water is warming, open ramen noodle package and discard the flavoring packet.

Break noodle 'brick' in half. You will only need half of the noodles so you can save the other half for next time.

Crumble the half brick of noodles into the cup of warmed water. Put noodles and water back into microwave for 1 ½ minutes.

After microwaving, let the bowl or mug stand on the countertop for 5-10 minutes² and stir occasionally. The noodles will cook and expand.

When water has cooled to about 130 degrees, stir in one scoop or packet of Chicken Soup UNJURY, and enjoy!

3. Super Quick & Easy Homemade Chicken Soup

Serves 2

Microwave frozen vegetables according to package directions (Green Giant makes 2 serving size steamer bags that you can find in the frozen section of the grocery store)

Remove vegetables from microwave and drain

Open and drain canned chicken (5 oz in water), or cut up some cooked chicken

Measure 2 cups water (16 oz) and heat in microwave (heat only to 130 degrees)

Stir in 2 scoops or packets Chicken Soup Flavor UNJURY to warm water

Stir warm vegetables and chicken into Chicken Soup Flavor UNJURY. Enjoy!

4. Make Mashed Potatoes a High Protein Meal

Measure amount of water recommended for 1 cup of instant mashed potatoes

Replace amount of milk with water

Combine water and potato flakes in microwave safe bowl

Heat on high until almost boiling according to microwave chart

Stir with fork until potatoes are smooth and cool until temperature is 130 degrees or below

Add 1 scoop or packet Chicken Soup Flavor UNJURY

Stir until combined and smooth, enjoy!

5. Sour Cream Dip and Toppings

Measure ½ cup fat free sour cream³

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

6. Amazing Mayonnaise

Stir 1 Scoop or packet Chicken Soup Flavor UNJURY into 1 cup fat free mayo³

Use to make chicken salad, tuna salad, as sandwich spread, anywhere you use mayonnaise.

Store extra mayo spread in refrigerator and use in place of mayo for up to two days.

7. Hi Pro Cream Cheese Spread

Measure 4 tablespoons fat free cream cheese³. Leave at room temperature until softened.

Mix in 1 scoop or packet Chicken Soup Flavor UNJURY

Spread on top of cucumbers, celery, or other fresh vegetables, or on crackers, or use as a spread on sandwiches.

If you have questions, please do email or call us toll free:

Nutrition@UNJURY.com

1 800 517 5111

Monday - Friday 9 AM to 6 PM Eastern time

UNJURY Chicken Soup Flavor is also a good choice for these situations and more:

Weight Loss Surgery

Weight Loss

Diabetic

Special Diets: Clear Liquid Diets, Full Liquid Diets, Soft and Pureed Diets

Pregnancy and Breastfeeding

Cancer

Vegetarian

Seniors

As always, thank you so much for telling others about UNJURY

Kind regards

Martha and Jerome

Tip: When reheating, microwave 10 seconds, stir, check temperature, repeat if necessary. Do not exceed 130 F.

¹ You can use as little as 1 cup of water for a stronger chicken soup flavor.

² Time will depend on shape and size of bowl or mug. Mugs with narrow openings will take longer to cool than bowls with wide openings.

³ Fat free, Reduced Fat or Regular versions may be substituted for mayo, sour cream and cream cheese depending on individual needs.

*For all UNJURY flavors, do not use in liquids hotter than 130° F. Proteins, when heated, change texture. For example, you have seen an egg white go from a clear gel, to firm white, when cooked. For UNJURY, in a hot liquid, the proteins tend to clump. A food thermometer is a good way to get the temperature nicely warm...just right.