Orgain® Organic Unsweetened Protein Powder

Applications & Tips



Orgain® Organic Unsweetened Protein Powder offers an unflavored and easy way to add protein into a range of savory applications, where traditional sweetened and flavored protein powders are not well suited. Given the uniqueness of this product, the Orgain team of dietitians aim to inspire you with practical ideas of how to use this powder in simple recipe creations, food pairings, and more.

Nutrition Facts

About 20 servings per container
Serving size **2 Scoops (36g)**

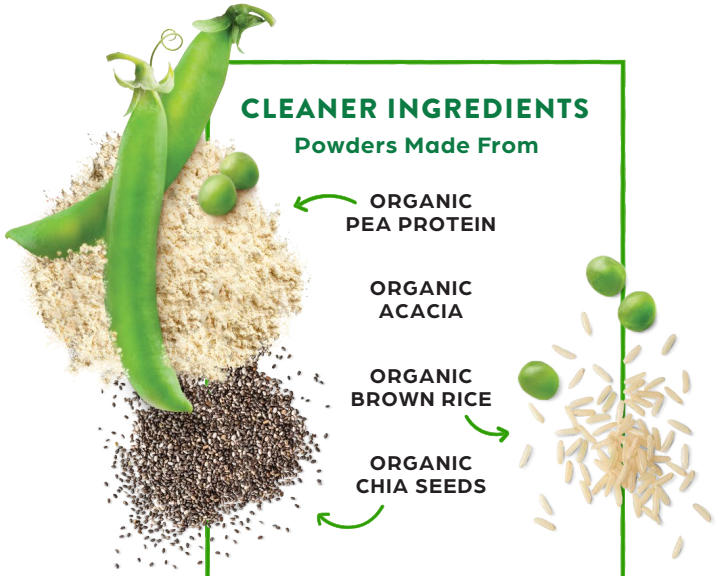
Amount per serving
Calories **140**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars less than 1g	
Includes 0g Added Sugars	**0%**
Protein 21g	**34%**
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 6.8mg	40%
Potassium 50mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

ORGAIN ORGANIC PROTEIN BLEND™ (ORGANIC PEA PROTEIN, ORGANIC BROWN RICE PROTEIN, ORGANIC CHIA SEED), **ORGAIN ORGANIC CREAMER BASE™** (ORGANIC ACACIA, ORGANIC HIGH OLEIC SUNFLOWER OIL, ORGANIC RICE DEXTRIN, ORGANIC SUNFLOWER LECITHIN, ORGANIC ROSEMARY EXTRACT), ORGANIC NATURAL FLAVORS.



IF IT'S ORGANIC IT'S NON GMO
CERTIFIED ORGANIC
Certified B Corporation
CERTIFIED PLANT BASED

Orgain HEALTHCARE

Orgain LLC, Irvine, CA

Suggested Uses

Thicken your soups, sauces, & more

Blending this powder into liquids or soft foods acts like a thickening agent similar to flour or corn starch. It can be helpful in creating a fluffier texture as it adds body to the consistency. A couple of examples include blending it into your cheese sauce for mac & cheese or mixing it in with mashed potatoes. To the right is a cheese sauce thickened with Unsweetened Orgain Protein Powder over steamed broccoli.



Tip

If your recipe or product is already at optimum thickness, add extra liquid before combining with Orgain® Organic Unsweetened Protein Powder.



A versatile protein supplement

Orgain® Organic Unsweetened Protein Powder allows for a nearly unnoticeable protein boost without significant additional volume, which may be helpful for those with low appetite who would benefit from increased protein intake. Its unsweet flavor is helpful to those experiencing undesirable taste changes, such as individuals going through oncology treatments, or individuals that are sensitive to sweeteners. This product can help meet higher protein needs in a palatable way and allow individuals greater control over the amount or kind of sweeteners they consume. To the left we are showing a Customizable Muffin recipe made with flour enhanced with Unsweetened Orgain Protein Powder.

Tip

For baking you may need to adjust your original recipe to optimize the texture. Through a food science test using plain muffin base recipes we have found the following adjustments are often necessary for keeping the muffins moist while springing back upon touch.

- For every cup of flour used, replace 2 scoops of flour with 2 scoops of Orgain® Organic Unsweetened Protein Powder, using the Orgain scoop.
- Increase liquid by approximately 10-25% of original liquid required by the recipe.
- Cook for 15-20% longer than the recipe originally stated.

Boost the flavor profile

While the Orgain® Organic Unsweetened Protein Powder is not flavored, it has a naturally inherent savory profile that may complement many recipes. For dishes that taste “simple”, it can help to elevate tastiness by incorporating the flavor from the organic plant-based proteins. This is a similar technique to adding nutritional yeast to vegan recipes to help create more harmony between the sweet, salty, savory, bitter, and umami flavors of different foods. To the right we've created Crispy Tofu using Unsweetened Orgain Protein Powder and corn starch dredge.



Tip

When using frying or sautéed cooking methods, many recipes require a light coating in dry ingredients, called a dredge, to prepare for cooking in oil on high heat. These dry ingredients are often plain flavored starches, so by replacing some of the starch with Orgain® Organic Unsweetened Protein Powder you are already starting with a flavored base! For example, using the Orgain scoop, replace two scoops of corn starch with two scoops of Orgain® Organic Unsweetened Protein Powder in a crispy tofu recipe.



“I enjoy using the Orgain® Organic Unsweetened Protein Powder as it offers the ability to create protein boosted savory recipes. Its fluffy texture and versatile taste allow it to be easily incorporated into many of my favorite dishes or snacks.”

Lauren

Registered Dietitian & Chef

Kitchen Considerations

Keep the texture smooth

To avoid clumps in your dishes, treat Orgain® Organic Unsweetened Protein Powder as you would any protein powder by shaking it up in your shaker with a fluid of choice! Add the protein powder to your shaker bottle with enough liquid to easily pour once combined. This can be any liquid that already goes with what you are making. For example, shake it with some stock from the soup you want to add protein to. You can also consider combining just enough protein powder with water in a bowl to create a thin paste, similar to a slurry technique that you would use in thickening a General Tsou's sauce or a clear soup, if you want to avoid adding liquid to your dish.

Get the perfect blend

When trying to decide what foods the unsweetened protein powder will best blend into you need to consider the texture of the powder and the texture of your ingredients. Orgain® Organic Unsweetened Protein Powder has a light, fluffy, powdery texture. This is similar to items like flour and corn starch where you can often easily swap out equivalent amounts of those ingredients for protein powder. For example, in homemade pizza dough consider removing some flour and adding the protein powder in its place for an added protein boost.



Easily adjustable flavor

There are many ways to easily incorporate the natural vegetable protein flavor of Orgain® Organic Unsweetened Protein Powder with other kitchen ingredients to elevate overall flavors while adding more protein. To change the flavor of dishes consider adding in preferred herbs and spices, combining with your go-to sauce from the grocery store, or blending it in with your favorite cheese/yogurt.

Recipes

Check out the following recipes using Orgain® Organic Unsweetened Protein Powder:

Customizable Muffins | Deep Dish Pizza Dip | Kale & Bean Soup | Butternut Squash Protein Pasta | Protein Packed Strawberry Preserves | Wintergreen Soup | Protein Sweet Potato Hummus | Twice Grilled Guaco Cados | Protein Guacamole | Spinach and Cheese Quiche Muffins | Veggie Fritters

If you have any questions or suggestions, please reach out to us at **medinfo@drinkorgain.com**.

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