



# THE PROTEIN MAGIK COOKBOOK

AYURVEDIC GUIDE TO  
**EASY, HEALTHY, HIGH-PROTEIN & LOW-CALORIE  
BREAKFAST & DESSERT ALTERNATIVES**  
USING ORGANIC WHEY PROTEIN

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**[www.ayurmagik.com](http://www.ayurmagik.com)**



## DISCLAIMER / INFORMATION

Always consult your physician or qualified health professional on any matters regarding your health.

The nutritional values for each recipe in this Cookbook are estimates. Please do not rely on them for your dietary strategy.

The nutritional values for each recipe in this Cookbook are always calculated without optional ingredients. Be aware that adding optional ingredients will add to taste but also increase the calorie content of the recipe.

Be sure to do your own calculations if tracking your calories/macros towards your diet plan!

Please avoid Peanuts & Peanut Butter and use Walnuts, Almonds, Macadamia, Hazelnut & Almond Butter instead.

# AYURMAGIK: A Brief Introduction



AYURMAGIK was born to serve Ayurveda.

AYURMAGIK's Headquarters as well as its fully integrated state-of-the-art Production & Processing Facilities are located in the Canton of Bern in Switzerland.

AYURMAGIK's Farms & Plantations are located in Kerala, Odisha, Madhya Pradesh and Pondicherry in India. All Farms & Plantations follow the highest levels of Organic farming practices and no pesticides or chemical fertilisers are used at any stage of production. All processing and packaging for our Products strictly adhere to relevant and applicable Ayurvedic practices.

All Farms & Plantations follow water-harvesting and eco-sustainability practices. AYURMAGIK promotes and supports the conservation of Water, Earth, Environment & Nature.

AYURMAGIK has an in-house Quality Assurance Team & Laboratory to ensure that all Products are natural and pure and in line with Ayurvedic requirements and standards. AYURMAGIK is committed to promotion of Ayurvedic Healing & Wellness globally with Products & Therapies that enable Rejuvenation of Body, Mind & Spirit.

**[www.ayurmagik.com](http://www.ayurmagik.com)**  
**[support@ayurmagik.com](mailto:support@ayurmagik.com)**  
**Facebook & Instagram: @ayurmagik**

AYURMAGIK's **Protein Magik** is made from the highest grade of **Certified Organic** milk from **happy Alpine cows**.

The highlights of this amazing **Swiss** protein product are:

- ✓ **The highest quality milk protein powder!**
- ✓ **100 % Organic & Vegetarian!**
- ✓ **100 % free of added sugar & artificial sweeteners!**
- ✓ **100 % free of hormones, GMO & antibiotics!**
- ✓ **100 % free of colouring agents, artificial aromas, emulsifiers & thickeners!**
- ✓ **100 % gluten & soy free!**
- ✓ **Perfect for building muscle & losing fat!**
- ✓ **Fantastic flavour, with real organic Apples & Cinnamon!**
- ✓ **Ultra-filtered Whey Concentrate! Very high protein content!**
- ✓ **Composed of bioactive protein fractions!**
- ✓ **Low sugar - Low carb!**
- ✓ **High percentage of BCAAs!**
- ✓ **High percentage of EAAs!**

AYURMAGIK's **Protein Magik** is a Doctor's recommendation for all age groups:

- ✓ **For healthy school going children**
- ✓ **For adventurous college students**
- ✓ **For athletes & body builders**
- ✓ **Especially recommended for adults above the age of 40 to maintain muscle mass & control fat**
- ✓ **Highly recommended for post-surgery patients for easy assimilation of food**



### *Real Organic Apples & Cinnamon*

The **high fibre**, flavonoid and polyphenol content of apples cleanses the body of metabolic toxins and regular consumption of the fruit rich in vital substances **strengthens the immune system**. Cinnamon, on the other hand, can lower blood sugar levels and boost your metabolism. The mix of real Organic apples and cinnamon in AYURMAGIK's **Protein Magik** creates an **unmatched mix of nutrition, taste and flavour**.

**Shop here:** <https://www.ayurmagik.com/product-category/whey-protein/>



## All Recipes in this Cookbook are

- ✓ 100 % Vegetarian
- ✓ Rich in Protein
- ✓ Healthy
- ✓ Nutritious

My Team and I intend to release a new version of this as we come up with new delicious recipes, so follow us on Facebook & Instagram ([@ayurmagik](https://www.instagram.com/ayurmagik)), and subscribe to our newsletter for more updates on [www.ayurmagik.com](http://www.ayurmagik.com)!

Please send any reviews/testimonials or recipe suggestions/revisions to [support@ayurmagik.com](mailto:support@ayurmagik.com) for future versions!

Thank you so much for your support! Enjoy cooking and feel free to show us your delicious recipes on social media by tagging us or hashtagging #PROTEINMAGIK and we'll make sure to check it out!


*Timotheus Mikasa*



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# PROTEIN MAGIK SHAKE

## OVERVIEW

Makes: 1 Serving  
Prep Time: 1 Min  
Cook Time: 0 Min  
Ready in: 1 Min

## NUTRITION PER SERVING

Calories	204 kcal
Fat	4 gm
Carbs	13 gm
Protein	28 gm

## Ingredients

- 30 gm **Protein Magik**
- 200 ml Milk
- [AYURMAGIK Cinnamon](#)

Optional:

- [AYURMAGIK Wild Honey](#)
- Almond Butter

## Directions

1. Add all ingredients into a blender.
2. Blend until there is a smooth consistency.
3. Pour **Protein Magik Shake** out of the blender into a mug or glass and enjoy.





# PROTEIN MAGIK MANGO LASSI

## OVERVIEW

Makes: 1 Serving  
Prep Time: 1 Min  
Cook Time: 0 Min  
Ready in: 1 Min

## NUTRITION PER SERVING

Calories	371 kcal
Fat	9 gm
Carbs	43 gm
Protein	29 gm

## Ingredients

- 30 gm **Protein Magik**
- 300 ml Mango Lassi

## Directions

1. Add all ingredients into a blender.
2. Blend until there is a smooth consistency.
3. Pour **Protein Magik Mango Lassi** out of the blender into a mug or glass and enjoy.



# PROTEIN MAGIK SMOOTHIE

## OVERVIEW

Makes: 1 Serving  
Prep Time: 2 Min  
Cook Time: 0 Min  
Ready in: 2 Min

## NUTRITION PER SERVING

Calories	260 kcal
Fat	4 gm
Carbs	28 gm
Protein	28 gm

## Ingredients

- 30 gm **Protein Magik**
- 100 ml Milk
- 200 gm Seasonal Fruits – e. g. Bananas, Apples, Berries, Mangos
- [AYURMAGIK Cinnamon](#)

### Optional:

- [AYURMAGIK Wild Honey](#)
- Almond Butter

## Directions

1. Add all ingredients into a blender.
2. Blend until there is a smooth consistency.
3. Pour **Protein Magik Smoothie** out of the blender into a mug or glass and enjoy.



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# PROTEIN MAGIK OATMEAL

## OVERVIEW

Makes: 1 Serving  
 Prep Time: 2 Min  
 Cook Time: 5 Min  
 Ready in: 7 Min

## NUTRITION PER SERVING

Calories	506 kcal
Fat	9 gm
Carbs	67 gm
Protein	40 gm

## Ingredients

- 30 gm **Protein Magik**
- 70 gm Porridge Oats
- 150 ml Milk
- 20 gm AYURMAGIK Wild Honey
- AYURMAGIK Salt
- AYURMAGIK Cinnamon

### Optional Toppings:

- Seasonal Fruits
- Nuts or Almond Butter
- Coconut Chips
- Flax/Chia/Pumpkin Seeds

## Directions

1. Combine all ingredients in a medium saucepan. Bring to a boil, then reduce heat to low.
2. Simmer uncovered for 3 to 5 minutes until thickened, stirring constantly. Remove from heat and let cool slightly.
3. Pour **Protein Magik Oatmeal** into bowl and add optional desired toppings and enjoy.



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# PROTEIN MAGIK PANCAKES

## OVERVIEW

Makes: 10 Servings  
Prep Time: 5 Min  
Cook Time: 8 Min  
Ready in: 13 Min

## NUTRITION PER SERVING

Calories	97 kcal
Fat	2 gm
Carbs	7 gm
Protein	4 gm

## Ingredients

- 40 gm **Protein Magik**
- 110 gm Ground Oats
- 2 Eggs
- 80 gm Low Fat Curd Cheese
- 80 gm Yoghurt
- 40 gm AYURMAGIK Wild Honey
- 5 gm Baking Powder
- AYURMAGIK Salt & Cinnamon
- AYURMAGIK Vedic Ghee

### Optional Toppings:

- Seasonal Fruits
- Nuts or Almond Butter

## Directions

1. In a bowl mix Protein Magik, ground Oats, baking powder + salt + cinnamon.
2. Add curd + yoghurt + eggs + honey.
3. Heat a griddle over low-medium heat and add ghee. Add mixture to griddle and let sit for 1-2 min until edges appear cooked through.
6. Once edges start to brown and pancake appears to be visibly cooked about 2/3 of the way, flip the pancake in the griddle and let sit another 1-2 minutes.
7. Remove **Protein Magik Pancakes** from the griddle and serve on a plate with optional desired toppings.

*Makes 10 small Pancakes.*



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# PROTEIN MAGIK CREAM

## OVERVIEW

Makes: 1 Serving  
Prep Time: 2 Min  
Cook Time: 0 Min  
Ready in: 2 Min

## NUTRITION PER SERVING

Calories	131 kcal
Fat	2 gm
Carbs	7 gm
Protein	22 gm

## Ingredients

- 30 gm **Protein Magik**
- 10 ml Milk
- [AYURMAGIK Wild Honey](#)

### Optional Toppings:

- Seasonal Fruits - e. g. Bananas, Apples, Berries, Mangos
- Nuts or Almond Butter
- Coconut Chips
- Flax/Chia/Pumpkin Seeds

## Directions

1. Add all ingredients into a mug or small bowl.
2. Stir until there is a smooth consistency.
3. Add optional desired toppings and enjoy **Protein Magik Cream**.

*Can be enjoyed as a snack, as a healthy spread on toast or a topping on protein pancakes.*



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# COTTAGE CHEESE PUDDING

## OVERVIEW

Makes: 1 Serving  
Prep Time: 2 Min  
Cook Time: 0 Min  
Ready in: 2 Min

## NUTRITION PER SERVING

Calories	331 kcal
Fat	10 gm
Carbs	15 gm
Protein	44 gm

## Ingredients

- 30 gm **Protein Magik**
- 200 gm Cottage Cheese
- 20 ml Milk
- AYURMAGIK Wild Honey.

### Optional Topics:

- Pudding Powder
- Seasonal Fruits
- Nuts - e. g. Almonds, Walnuts
- Coconut Chips
- Flax/Chia/Pumpkin Seeds

## Directions

1. Add all ingredients into a blender
2. Blend until there is a smooth consistency
3. Remove **Protein Magik Cottage Cheese Pudding** from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.



# PROTEIN MAGIK YOGHURT

## OVERVIEW

Makes: 1 Serving  
 Prep Time: 2 Min  
 Cook Time: 0 Min  
 Ready in: 2 Min

## NUTRITION PER SERVING

Calories	218 kcal
Fat	4 gm
Carbs	21 gm
Protein	27 gm

## Ingredients

- 30 gm **Protein Magik**
- 150 gm Yoghurt
- 15 gm AYURMAGIK Wild Honey

### Optional Topics:

- Seasonal Fruits
- Nuts - e. g. Almonds, Walnuts
- Coconut Chips
- Flax/Chia/Pumpkin Seeds
- Almond Butter

## Directions

1. Add all ingredients into a mug or small bowl.
2. Stir until there is a smooth consistency.
3. Add optional desired toppings and enjoy **Protein Magik Yoghurt**.

*Can be enjoyed as a healthy snack or a topping on protein pancakes.*



# PROTEIN MAGIK ICE CREAM

## OVERVIEW

Makes: 1 Serving  
Prep Time: 3 Min  
Cook Time: 0 Min  
Ready in: 3 Min

## NUTRITION PER SERVING

Calories	260 kcal
Fat	3 gm
Carbs	34 gm
Protein	24 gm

## Ingredients

- 30 gm **Protein Magik**
- 150 gm Frozen Fruit
- 10 ml Milk
- 20 gm AYURMAGIK Wild Honey.
- AYURMAGIK Cinnamon

### Optional Topics:

- Almond Butter
- Coconut Chips
- Flax/Chia/Pumpkin Seeds

## Directions

1. Add all ingredients into a blender.
2. Blend until there is a smooth consistency.
3. Scrape **Protein Magik Ice Cream** out of the blender into a bowl and enjoy with optional desired toppings.





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# PROTEIN MAGIK CHEESE CAKE

## OVERVIEW

Makes: 8 Servings  
Prep Time: 5 Min  
Cook Time: 25 Min  
Ready in: 30 Min

## NUTRITION PER SERVING

Calories	129 kcal
Fat	2 gm
Carbs	16 gm
Protein	10 gm

## Ingredients

- 50 gm **Protein Magik**
- 50 gm Cottage Cheese
- 50 gm Low Fat Curd Cheese
- 20 gm AYURMAGIK Wild Honey
- 1 Egg
- 150 gm Ripe Bananas
- 20 gm Pudding Powder
- 100 gm Ground Oats
- 3 gm Baking Powder
- Lemon Juice
- Lemon Cest
- AYURMAGIK Cinnamon

## Directions

1. Preheat the oven to 180 °C.
2. Mash bananas with a fork.
3. Add all other ingredients and mix.
4. Fill dough into a loaf pan.
5. Bake in the preheated oven ca. 20 to 25 min.
6. Leave in fridge overnight before eating.
7. Enjoy **Protein Magik Cheese Cake**



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# NO-BAKE MAGIK PROTEIN BARS

## OVERVIEW

Makes: 12 Servings  
Prep Time: 10 Min  
Cook Time: 20 Min  
Ready in: 30 Min

## NUTRITION PER SERVING

Calories	126 kcal
Fat	10 gm
Carbs	22 gm
Protein	9 gm

## Ingredients

- 30 gm **Protein Magik**
- 300 gm Rolled Oats
- 75 gm [AYURMAGIK Wild Honey](#)
- 170 gm Almond Butter
- [AYURMAGIK Cinnamon](#)

### Optional:

- Cocoa Powder
- Coconut Chips
- Dried Fruit
- Dark Chocolate Chips

## Directions

1. Heat up the almond butter + honey on the stove for about 2-3 min (or until softened). Mix together.
2. Mix the oats + protein powder together in a mixing bowl. Add in the softened almond butter + honey. Mix thoroughly and evenly.
3. Mix in the optional desired ingredients. Place the entire mixture in an 8x8 or 10x10 cake pan covered with wax paper. Freeze for about 20-30 min.
4. Cut **Magik Protein Bars** into small rectangles, package in sandwich bags, and enjoy on-the-go!



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# PROTEIN CHOCOLATE LAVA CAKE

## OVERVIEW

Makes: 5 Servings  
Prep Time: 2 Min  
Cook Time: 13 Min  
Ready in: 15 Min

## NUTRITION PER SERVING

Calories	281 kcal
Fat	8 gm
Carbs	23 gm
Protein	30 gm

## Ingredients

- 150 gm **Protein Magik**
- 3 Eggs
- 40 gm Cocoa Powder
- 150 ml Milk
- 50 gm [AYURMAGIK Wild Honey](#)
- 25 gm Ground Oats
- 20 gm Pudding Powder
- [AYURMAGIK Vedic Ghee](#)

### Optional:

- Bananas
- Almond Butter

## Directions

1. Preheat the oven to 200 °C.
2. In a large bowl, add eggs + water + honey and whisk for 30 sec. Add Protein Magik + cocoa powder and continue to whisk batter until an even consistency has been achieved.
3. Grease a large mug or soup bowl with ghee and add batter.
4. Bake in the preheated oven until the sides are set but the middle is still gooey, 10 to 13 min. You do not want to overcook this. Let cool for 5 min before serving.
5. Enjoy **Protein Magik Chocolate Lava Cake**



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