

MANNA

Recipes



Have your own go-to recipes?
Let us know! We would love to
feature your recipe in our book.

mannafoods.org



18 servings
175 calories
8g protein
4g fat
27g carbs

Manna Bread

Ingredients

2 ½ cups water
1 tbsp + ¼ tsp yeast
2 tbsp sugar
1 tbsp salt
2 tbsp oil
1 ¼ cup Manna
4 ¾ cup flour

Directions

1. Add yeast and sugar to warm temperature water.
2. Let sit for 5 minutes until bubbles appear.
3. Add 1 cup Manna and 4 cups flour to mixer, add salt and oil.
4. Add the water with the yeast and sugar to the flour mixture.
5. Add enough flour until the dough separates easily from the sides of the bowl.
6. Knead dough until smooth and elastic, this will take 7-10 minutes.
7. Cover the dough with a towel and allow it to sit in a warm place. The dough will rise and approximately double in size.
8. Punch the dough down, and cut it in half, then fold it into two separate loaves.
9. Put the loaves on a cookie sheet and

MANNA



12 servings
230 calories
5g protein
9g fat
33g carbs

Lemon Blueberry Manna Muffins

Ingredients

1 ½ cup flour
½ cup Manna Sustainable Protein
½ cup butter or margarine
1 cup sugar
1 egg
1 tsp vanilla extract
2 tsp baking powder
Zest of 1 lemon
½ tsp salt
2 cup fresh blueberries
½ cup buttermilk or (½ cup non-dairy milk + 1 tbs lemon juice, sit for 5 minutes, as substitute for buttermilk)

Directions

1. Preheat oven to 350 degrees.
2. Cream together the butter and sugar. Add egg and vanilla mixing well. Add zest of lemon.
3. In a separate bowl, mix the flour, Manna, baking powder and salt.
4. Add half the flour mixture and all of the buttermilk, mix well and then add the rest of the flour.
5. Fold in blueberries careful not to break them.
6. Either grease or line a cupcake tin.
7. Fill the cupcake tin $\frac{3}{4}$ of the way full with batter.
8. Bake at 350 for 15-20 minutes or until a toothpick inserted in the centre comes out clean. Let cool. Store in an airtight container.



12 servings
245 calories
5g protein
14g fat
23g carbs

Mannarons (Macarons)

Ingredients

3 egg whites
110 grams almond meal
1/3 cup (30g) Manna Sustainable Protein
140 grams powdered sugar
90 grams white sugar
1 tsp vanilla extract
1/4 tsp cream of tartar

Ingredients, filling

1/2 cup butter or margarine
2 tsp vanilla extract
Zest of 1 large lemon
1 tbsp lemon juice
1-1 1/2 cup powdered sugar (depending on desired sweetness)

Directions

1. Line two baking sheets with parchment paper.
2. Start with room temperature egg whites. Place them in the bowl of a stand mixer fitted with the whisk attachment. Beat them until they start to get frothy. Add the cream of tartar. Slowly add the sugar. Keep beating them until you reach stiff peaks. Add any dye you wish now or keep white.
3. In a separate bowl, you will need to sift your dry ingredients with a fine mesh sieve.
4. Slowly fold in the dry ingredients with the eggs being careful not to knock out all the air.
5. Put the egg mixture in a piping bag fitted with a large round tip, pipe the mixture in one inch round circles on the baking sheets.
6. Now, it's important you let the cookies sit on the counter at room temperature for 30-40 minutes or until the top is no longer sticky.



Mannarons (Macarons)

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110 grams almond meal
1/3 cup (30g) Manna Sustainable Protein
140 grams powdered sugar
90 grams white sugar
1 tsp vanilla extract
1/4 tsp cream of tartar

Ingredients, filling

1/2 cup butter or margarine
2 tsp vanilla extract
Zest of 1 large lemon
1 tbsp lemon juice
1-1 1/2 cup powdered sugar (depending on desired sweetness)

7. Bake at a 350 degree oven for 14 minutes or until risen slightly.
8. Transfer to a cooling rack.
9. While the cookies are cooling, make the filling.
10. Start with room temperature butter, whisk until smooth.
11. Add the zest of lemon and vanilla.
12. Add a cup of the powdered sugar and a teaspoon of the lemon juice. Adjust sweetness to your liking.
13. Put the filling in a piping bag. Pipe the filling onto one side of a cookie and top with the other cookie.
14. Eat all of them now like I did or place in an airtight container and place in the refrigerator.



18 servings
150 calories
3g protein
6g fat
20g carbs

Chocolate Chip Cookies

Ingredients

1 stick butter or margarine
¾ cup brown sugar
¼ cup white sugar
1 egg
1 tsp vanilla extract
1 ½ cup flour
⅓ cup Manna Sustainable Protein Flour
½ tsp baking powder
½ tsp baking soda
Chocolate chips

Directions

1. Preheat oven to 360. Line cookie sheets with parchment paper.
2. Melt the butter until just melted. Add both sugars.
3. Add the egg and vanilla, mix well.
4. In a separate bowl, mix the flour, salt, Manna, baking soda and baking powder together. Add to the butter mixture.
5. Add the chocolate chips, careful not to mix too much.
6. Spoon out 1tbs size balls of dough onto the cookie sheet.
7. Bake for 8-10 minutes. They're done when the edges are slightly browned. If you like chewy cookies like myself, pull them out when the center still looks slightly underdone.
8. Transfer to a cooling rack.
9. Place in airtight container.



6 servings
110 calories
6g protein
6g fat
9g carbs

Manna Hummus

Ingredients

- 1 can chickpeas
- 1 tsp crushed garlic
- 1 whole jalapeno
- Large handful of cilantro
- 1 whole lemon juiced
- 1/8 - 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil

Directions

1. Place all ingredients in a blender or food processor.
2. Blend until consistency is that of hummus.
3. Adjust salt and spiciness to your liking.
4. Serve with chips, crackers, cucumber, pita bread, literally whatever you like.
5. Store in the refrigerator.



5 servings
295 calories
6g protein
19g fat
23g carbs

Manna Granola

Ingredients

- 2 cup oats
- ½ cup sliced almonds
- 1 tbsp chia seeds
- ⅓ cup (30g) Manna Sustainable Protein
- ¼ cup maple syrup
- ¼ cup coconut oil
- 1 tsp vanilla
- 1 tsp cinnamon

Directions

1. Preheat oven to 375.
2. In a large bowl, add oats, chia seeds, cinnamon, and Manna. Mix.
3. In a separate bowl, add the maple syrup, melted coconut oil and vanilla. Add to the dry ingredients. Mix well.
4. Place on a parchment lined baking sheet.
5. Bake for 15-20 minutes or until nice and golden.
6. Store in an airtight container.



1 serving
330 calories
13g protein
6g fat
58g carbs

Deep Blue Smoothie Bowl

Ingredients

- 1 frozen banana
- 1 cup frozen mango
- ¼ cup coconut milk
- 15g Manna Sustainable Protein
- 2 tsp blue spirulina

Directions

1. Place frozen fruit in blender or food processor with milk.
2. Blend. You'll have to stop and scrape down sides.
3. Add Manna and spirulina. Blend again until smooth.
4. Place in a bowl and top with Manna Granola, berries, shredded coconut, chia seeds, or anything you like.



Low Sugar Orange / Green Smoothie

Ingredients

- 1 cup almond milk
- 1 handful spinach
- 1 cup store bought frozen blended mix (orange, carrot, pineapple, peaches, mango)
- 15g Manna Sustainable Protein

1 serving
250 calories
15g protein
7g fat
33g carbs



Manna Blueberry Smoothie

Ingredients

- $\frac{2}{3}$ cup blueberries, frozen
- $\frac{2}{3}$ cup almond milk
- 1 small frozen banana
- 15g Manna Sustainable Protein

1 serving
290 calories
14g protein
6g fat
44g carbs



Manna Peanut Butter Smoothie

Ingredients

- 1 tbsp peanut butter
- 1 small banana
- $\frac{2}{3}$ cup almond milk
- Handful ice (discretionary)
- 15g Manna Sustainable Protein

1 serving
310 calories
17g protein
14g fat
30g carbs