

Feb 2021



LOW CALORIE HIGH PROTEIN DESSERTS





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Calculate Your Caloric Needs

Weight	Daily Kcals Women	Daily Kcals Men
50	1,583	1,697
60	1,698	1,860
70	1,812	2,028
80	1,926	2,195
90	2,041	2,360
100	2,155	2,526
110	2,269	2,691
120	2,385	2,858

assumptions made: 10% deficit has been applied. We've also assumed an average level of daily physical activity.

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DBL CHOC MUG CAKE

MAKES 1 MUG CAKE

INGREDIENTS

- 30g (1 scoop) dbl chocolate whey
- 10g (2 tsp's) cocoa powder
- 5 (1 tsp) chocolate sweet freedom
- 1 splash milk
- 10g (1 tsp) chocolate chips

DIRECTIONS

Place the whey, cocoa, sweet freedom (optional), milk & choc chips in a bowl and mix thoroughly into a batter.

Microwave for 45s.

OPTIONAL: Serve with 1 scoop of Halo Top ice cream or similar.

Nutrition Info

Serving Size: 1

Recipe Makes: 1 serving

calories 228

carbs 13g

protein 24g

fats 8.2g



COSMIC BROWNIES

MAKES 4 BROWNIES

INGREDIENTS

- 45g (1 scoop) dbl chocolate whey
- 30g flour
- 10g (2 tsp) sweet freedom chocolate
- 2g baking powder
- 50g 0% greek yogurt
- 1 egg
- 15g chocolate chips
- unicorn sprinkles or similar

DIRECTIONS

Nutrition Info

Serving Size: 1

Recipe Makes: 4 Servings

calories 160

carbs 15g

protein 16g

fats 4g

Set aside 15g whey & 1 tsp sweet freedom. Add all other dry ingredients into a bowl & mix. Add in the yogurt & egg and mix into a batter. Melt choc chips in microwave then stir in. Place batter into a mould and bake for 8-10minutes or until done. To make frosting mix 15g choc whey + 1 tsp sweet freedom in a bowl & spread over top of baked brownie.



FUDGE BROWNIE

MAKES 4 BROWNIES

INGREDIENTS

- 50g (1 scoop) chocolate whey
- 30g flour
- 2g sweet freedom chocolate
- 2g baking powder
- 50g 0% greek yogurt
- 1 egg
- 15g chocolate chips

DIRECTIONS

Nutrition Info

Serving Size: 1

Recipe Makes: 4 Servings

calories 123

carbs 12g

protein 12g

fats 3g

Add all dry ingredients to a bowl and mix. Add your batter into a cake mould sprayed with low kcal spray. Cook until desired consistency (approx 8-10mins).



FUNFETTI BLONDIE

MAKES 4 BLONDIES

INGREDIENTS

- 45g vanilla whey
- 30g flour
- 10g (2 tsp) low kcal sweetener of choice
- 8g coconut flour
- 2g zero kcal sweetener
- 2g baking powder
- 50g 0% Greek Yogurt
- 1 egg
- 15g unicorn sprinkles

DIRECTIONS

Nutrition Info

Serving Size: 1

Recipe Makes: 4 Servings

calories 110

carbs 10g

protein 13g

fats 2g

Set aside 15g whey & 1 tsp sweet freedom. Add all other dry ingredients into a bowl & mix. Add in the yogurt & egg and mix into a batter. Melt choc chips in microwave then stir in. Place batter into a mould and bake for 8-10minutes or until done. To make frosting mix 15g choc whey + 1 tsp sweet freedom in a bowl & spread over top of baked brownie.



FUNFETTI FROSTY

MAKES 1 PUDDING

INGREDIENTS

- 30g vanilla whey
- 20g Angel Delight Strawberry
- 5g (1 tsp) low kcal sweetener
- 1-2g kanthan gum
- 200g almond milk
- crushed ice
- unicorn sprinkles
- 1 squirt low kcal spray cream

DIRECTIONS

Nutrition Info

Serving Size: 1

Recipe Makes: 1 Servings

calories	253
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carbs	15g
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protein	37g
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fats	5g
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Crush your ice before anything else. Then place all ingredients into a blender or food processor until well mixed. Put on high speed for 3-4minutes. Place in bowl and top with unicorn sprinkles.



OREO FROSTY

MAKES 1 PUDDING

INGREDIENTS

- 30g dbl choc whey
- 20g Angel Delight chocolate
- 5g (1 tsp) sweet freedom chocolate
- 1-2g kanthan gum
- 200g almond milk
- crushed ice
- 2 oreo thins, crushed
- 1 squirt low kcal spray cream

DIRECTIONS

Nutrition Info

Serving Size: 1

Recipe Makes: 1 Servings

calories 246

carbs 15g

protein 33g

fats 7g

Crush your ice before anything else. Then place all ingredients into a blender or food processor until well mixed. Put on high speed for 3-4minutes. Place in bowl and top with crushed oreo thins & cream.



FUNFETTI CUPCAKES

MAKES 16 CUPCAKES

INGREDIENTS

- 75g vanilla whey
- 50g flour
- 36g coconut flour
- 10g zero kcal sweetener
- 12g baking powder
- 30g sprinkles
- 275g 0% greek yogurt
- 275g egg whites
- 100g apple sauce
- 320g cheesecake frosting recipe

DIRECTIONS

Add all dry ingredients (except sprinkles) into a bowl & mix then add in your wet ingredients. Mix until you have cake batter consistency. Place into moulds and bake until done. Top with pre-made cheesecake frosting recipe & sprinkles.

Nutrition Info

Serving Size: 1

Recipe Makes: 16 Servings

calories	93
carbs	9g
protein	12g
fats	1g



OREO CUPCAKES

MAKES 16 CUPCAKES

INGREDIENTS

- 50g vanilla whey
- 50g flour
- 30g cocoa powder
- 10g sweet freedom chocolate
- 12g baking powder
- 275g 0% greek yogurt
- 275g egg whites
- 100g apple sauce
- TOP WITH: oreo frosting recipe

DIRECTIONS

Add all dry ingredients (except sprinkles) into a bowl & mix then add in your wet ingredients. Mix until you have cake batter consistency. Place into moulds and bake until done. Top with pre-made oreo frosting recipe & sprinkles.

Nutrition Info

Serving Size: 1

Recipe Makes: 16 Servings

calories	68
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carbs	6g
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protein	11g
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fats	0g
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CHEESECAKE FROSTING

MAKES 16 SERVINGS

INGREDIENTS

- 220g fat free cream cheese
- 227g 0% greek yogurt
- 60g vanilla whey protein
- 10g zero kcal sweetner

DIRECTIONS

Blitz everything in a blender or food processor until everything is combined. Scrape everything off and store in a container until needed.

Nutrition Info

Serving Size: 2 TBSP

Recipe Makes: 16 Servings

calories	36
carbs	2g
protein	7g
fats	0g



DBL CHOC FROSTING

MAKES 16 SERVINGS

INGREDIENTS

- 220g fat free cream cheese
- 227g 0% greek yogurt
- 60g dbl choc whey protein
- 10g sweet freedom chocolate
- 1 tbsp cocoa powder

DIRECTIONS

Blitz everything in a blender or food processor until everything is combined. Scrape everything off and store in a container until needed.

Nutrition Info

Serving Size: 2 TBSP

Recipe Makes: 16 Servings

calories	32
carbs	2g
protein	6g
fats	0g



OREO CAKE FROSTING

MAKES 16 SERVINGS

INGREDIENTS

- 220g fat free cream cheese
- 227g 0% greek yogurt
- 60g vanilla whey protein
- 10g zero kcal sweetner
- 4 oreo thins

DIRECTIONS

Blitz everything in a blender or food processor until everything is combined. Scrape everything off and store in a container until needed. Now crush your oreo thins and mix those in.

Nutrition Info

Serving Size: 2 TBSP

Recipe Makes: 16 Servings

calories 41

carbs 1g

protein 6g

fats 1g



OREO COOKIE BITES

MAKES 16 SERVINGS

INGREDIENTS

- 45g chocolate whey
- 45g brownie mix
- 25g cocoa powder
- 5g sweet freedom chocolate
- 115g 0% greek yogurt
- 4 oreo thins

DIRECTIONS

Add all dry ingredients (including oreos) into blender or food processor and combine. Add greek yogurt and pulse a few more times. Turn it onto lower speed until dough is formed (approx 30s). Add the dough to your fridge for 45-60mins then form into little bites and enjoy!

Recipe makes 45 “bites”

Nutrition Info

Serving Size: 5 bites

Recipe Makes: 9 Servings

calories 185

carbs 7g

protein 10g

fats 2g



BOWL CAKE

MAKES 16 SERVINGS

INGREDIENTS

- 1 scoop chocolate whey
- 1 tbsp cocoa powder
- 1 tsp baking powder
- chocolate sweet freedom
- splash milk
- 1 scoop Asda low calorie birthday cake ice cream
- 2 oreo thins or similar

DIRECTIONS

Place in a bowl the whey, cocoa and baking powder. Mix with a splash of milk until a batter forms. Add in the chocolate sweet freedom if using. Microwave for 45s. Top with protein ice cream and crushed biscuit thins.

Nutrition Info

Serving Size:1

Recipe Makes: 1 Serving

calories 285

carbs 7g

protein 20g

fats 2g



PB MARSHMALLOW BITES

MAKES 45 SERVINGS

INGREDIENTS

- 45g whey protein
- 45g peanut butter, powdered if possible
- 25g coconut flour
- 4g zero kcal sweetener of choice
- 115g 0% greek yogurt
- 30g mini marshmallows

DIRECTIONS

Add all the dry ingredients into a food processor or high powered blender. Add the greek yogurt and pulse. Turn it down on a lower speed for 30s until dough is formed. Add marshmallows and mix. Put dough in fridge for 45-60mins and enjoy.

Nutrition Info

Serving Size:5

Recipe Makes: 9 Servings

calories 69

carbs 7g

protein 8g

fats 1g



FRUITY DOUGH BITES

MAKES 45 SERVINGS

INGREDIENTS

- 45g whey protein
- 45g peanut butter, powdered if possible
- 25g coconut flour
- 4g zero kcal sweetener of choice
- 115g 0% greek yogurt
- 30g fruit loops cereal or similar

DIRECTIONS

Add all the dry ingredients into a food processor or high powered blender. Add the greek yogurt and pulse. Turn it down on a lower speed for 30s until dough is formed. Add cereal and mix. Put dough in fridge for 45-60mins and enjoy.

Nutrition Info

Serving Size:5

Recipe Makes: 9 Servings

calories	69
carbs	7g
protein	8g
fats	1g



UNICORN BITES

MAKES 45 SERVINGS

INGREDIENTS

- 90g whey protein
- 25g coconut flour
- 4g zero kcal sweetener of choice
- 115g 0% greek yogurt
- 30g sprinkles

DIRECTIONS

Add all the dry ingredients into a food processor or high powered blender. Add the greek yogurt and pulse. Turn it down on a lower speed for 30s until dough is formed. Add sprinkles and mix. Put dough in fridge for 45-60mins and enjoy.

Nutrition Info

Serving Size:5

Recipe Makes: 9 Servings

calories	94
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carbs	7g
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protein	12g
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fats	2g
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CHOC CHIP BITES

MAKES 45 SERVINGS

INGREDIENTS

- 90g whey protein
- 25g coconut flour
- 4g zero kcal sweetener of choice
- 115g 0% greek yogurt
- 30g chocolate chips

DIRECTIONS

Add all the dry ingredients into a food processor or high powered blender. Add the greek yogurt and pulse. Turn it down on a lower speed for 30s until dough is formed. Add chocolate chips and mix. Put dough in fridge for 45-60mins and enjoy.

Nutrition Info

Serving Size:5

Recipe Makes: 9 Servings

calories 90

carbs 7g

protein 10.5g

fats 2.5g



FUNFETTI CHEESECAKE

MAKES 12 SLICES

INGREDIENTS

- 130g crushed oat cakes
- 337g 0% greek yogurt
- 28g light butter
- 90g whey protein
- 10g low kcal sweetener of choice
- 220g light cream cheese
- 2 eggs, whole
- 30g sprinkles

DIRECTIONS

Pre heat oven. Add oat cakes, 100g yogurt, 28g light butter, 30g whey and 2g sweetener into food processor and blitz. Put dough in freezer for 10mins. Spray cheesecake pan with oil, add dough and cook for 10mins. To make filling, mix remaining yogurt, whey, sweetner, cream cheese & eggs. Place on top of base and cook until done (approx 20mins). Cool in fridge. Top with sprinkles and enjoy.

Nutrition Info

Serving Size: 1 slice

Recipe Makes: 12 Servings

calories 130

carbs 12g

protein 13g

fats 3g



OREO CHEESECAKE

MAKES 12 SLICES

INGREDIENTS

- 130g crushed oat cakes
- 337g 0% greek yogurt
- 28g light butter
- 90g whey protein, chocolate
- 10g low kcal sweetener of choice
- 220g light cream cheese
- 2 eggs, whole
- 1 pack oreo thins

DIRECTIONS

Pre heat oven. Add oat cakes, 100g yogurt, 28g light butter, 30g whey, 2g sweetener & half the oreo thins into food processor and blitz. Put dough in freezer for 10mins. Spray cheesecake pan with oil, add dough and cook for 10mins. To make filling, mix remaining yogurt, whey, sweetner, cream cheese & eggs. Place on top of base and cook until done (approx 20mins). Cool in fridge. Top with remaining oreo thins and enjoy.

Nutrition Info

Serving Size: 1 slice

Recipe Makes: 12 Servings

calories 140

carbs 11g

protein 12g

fats 5g



PB CARAMEL CHEESECAKE

MAKES 12 SLICES

INGREDIENTS

- 130g crushed oat cakes
- 337g 0% greek yogurt
- 28g peanut butter
- 90g whey protein, peanut butter
- 10g low kcal sweetener of choice
- 220g light cream cheese
- 2 eggs, whole
- zero calorie caramel sauce i.e. walden farms similar

DIRECTIONS

Pre heat oven. Add oat cakes, 100g yogurt, 28g peanut butter, 30g whey, 2g sweetener & half the oreo thins into food processor and blitz. Put dough in freezer for 10mins. Spray cheesecake pan with oil, add dough and cook for 10mins. To make filling, mix remaining yogurt, whey, sweetner, cream cheese & eggs. Place on top of base and cook until done (approx 20mins). Cool in fridge. Top with low kcal caramel sauce and enjoy.

Nutrition Info

Serving Size: 1 slice

Recipe Makes: 12 Servings

calories 136

carbs 12g

protein 13g

fats 4g



CHOC CHIP COOKIES

MAKES 13 COOKIES

INGREDIENTS

- 100g vanilla whey protein
- 30g flour
- 20g almond flour
- 10g coconut flour
- 4g low kcal sweetener of choice
- 6g baking powder
- 100g 0% greek yogurt
- 60g sugar free syrup
- 2 eggs
- 30g chocolate chips

DIRECTIONS

Pre heat oven. Add all dry ingredients into a bowl and mix. Add batter to freezer for 10mins then fold in chocolate chips. Roll dough into balls and flatten onto a oven dish into cookie shapes. Cook until done (approx 6mins). Allow to cool before serving.

Nutrition Info

Serving Size: 1 slice

Recipe Makes: 13 Servings

calories 74

carbs 6g

protein 7g

fats 2g



NO BAKE OREO DONUTS

MAKES 3 DONUTS

INGREDIENTS

- 75g whey protein, vanilla or chocolate
- 30g cocoa powder
- 12g coconut flour
- 5g low kcal sweetener
- 115g 0% greek yogurt
- 4 oreo thins

DIRECTIONS

Add all dry ingredients into food processor. Add greek yogurt. You should have a crumbly mixture. Add dough ball to freezer to chill for 15mins. Divide dough into 3. Add crushed oreos to mixture. Form into donuts shapes. Add to freezer for 20mins and then enjoy.

Nutrition Info

Serving Size:1

Recipe Makes: 3 Servings

calories 183

carbs 15g

protein 24g

fats 3g



NO BAKE CHOC DONUTS

MAKES 3 DONUTS

INGREDIENTS

- 75g whey protein, vanilla or chocolate
- 30g cocoa powder
- 12g coconut flour
- 5g low kcal sweetener
- 115g 0% greek yogurt
- 30g chocolate chips

DIRECTIONS

Add all dry ingredients into food processor. Add greek yogurt. You should have a crumbly mixture. Add dough ball to freezer to chill for 15mins. Divide dough into 3. Add chocolate chips to mixture. Form into donuts shapes. Add to freezer for 20mins and then enjoy.

Nutrition Info

Serving Size:1

Recipe Makes: 3 Servings

calories	213
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carbs	15g
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protein	21g
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fats	5g
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NO BAKE CHOC BARS

MAKES 6 BARS

INGREDIENTS

- 192g whey protein, cookie dough flavour
- 120g 0% greek yogurt
- 45g melted chocolate
- 30g chocolate chips

DIRECTIONS

Mix the whey & greek yogurt in a bowl. Take the dough and add to freezer for 10mins. Mix in the chocolate chips. Split dough into 6 balls and shape into bar shapes. Put back in freezer for 10mins. Add chocolate to a bowl and microwaved for 30s or until melted. Dip the bottom of each bar into the chocolate. Let cool until firm.

Nutrition Info

Serving Size:1

Recipe Makes: 6 Servings

calories	185
carbs	17g
protein	18g
fats	5g



NO BAKE SPRINKLE BARS

MAKES 1 BAR

INGREDIENTS

- 15g vanilla protein
- 6g peanut buttered, powdered
- 5g coconut flour
- 2g low cal sweetener of choice
- 6g sprinkles
- 20g almond milk
- 5g white chocolate chips

DIRECTIONS

Add all dry ingredient into a bowl. Add tiny bit of almond milk and milk. Repeat until you have a non stick cookie dough like batter. If its sticky, add to freezer. Work in some sprinkles. Add white chocolate. Shape into bar shape then back to the freezer to set.

Nutrition Info

Serving Size:1

Recipe Makes: 1 Servings

calories 122

carbs 12g

protein 14g

fats 2g



WHITE FUDGE BITES

MAKES 2 BITES

INGREDIENTS

- 10g vanilla whey
- 10g cocoa powder
- 2g coconut flour
- 2g stevia
- 62 0% greek yogurt
- 20g white chocolate
- 2 oreo thins

DIRECTIONS

Add dry ingredients into a food processor and blitz. Then add greek yogurt and pulse. Form dough into balls. Melt the white chocolate in microwave. Take each dough ball and dip into the white chocolate. Place onto non stick paper and leave to set.

Nutrition Info

Serving Size:1

Recipe Makes: 2 Servings

calories 128

carbs 15g

protein 8g

fats 4g



**which were your
favourites?**

Let us know!