

### Ingredients

#### Chocolate Banana Muffins

300g fat free yogurt  
200g oats  
1 egg  
½ tsp of baking powder  
3 scoops of vanilla protein whey  
Couple drops of almond extract  
Banana X ½  
50g of chocolate Chips  
Almond milk X 150ml

**Total: Serves 12**  
**124kcal per slice**

### Directions:

Boil Sweet Potato until soft and skin is ready to peel off and once done add to large Bowl. Add 4 egg whites, 2 x Scoops of Chocolate Protein, add ¼ tbs of Baking Powder, and 30g of Oats, add in Almond Milk as needed. Mix well until consistency is that of a yogurt, not too watery. Melt 150g of Dark Chocolate and add to your mix and stir in well. Finally grate some fresh orange zest into bowl until you have about 3 dessert spoons in quantity (¾ of an orange) mix everything until it is a good thick and creamy texture.

Get two inch deep baking trays and grease with coconut oil well, covering the base, edges and sides. Spread out evenly and place in oven 15-20min at 180c.

Once done Take out let them cool down and add melted Chocolate to the top of your brownies and one Almond on top (simply for decoration, but tastes great too)

### Tip:

You can add lemon instead of Orange if you wish, it'll give a nice tangy kick to it. Also you can use White Chocolate to top it off with a walnut instead of Almond, or simply leave off. Likewise if you are not a huge fan of Dark Chocolate use dairy milk instead.

### Preparation Time:

30min

### Serving Suggestion:

This will serve 16 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit before or after the gym too.

### HEALTHY ALTERNATIVES



## Ingredients

### Upside Down Tart

500g fat free Vanilla Yogurt  
200g of Porridge Oats  
1 Large Egg  
1/2 tsp of baking powder  
90g of vanilla Protein Whey  
Couple drops of almond extract  
Stewed apples X 3  
50g of chocolate drops  
Almond milk X 70- 90ml



**Total: Serves 8**  
**217kcal per slice**

#### Directions:

Boil the apples until soft, and dice — add the chocolate chip droppings and leave in a separate bowl. Put the yogurt and oats into a bowl. Mix in 3 scoops of Vanilla Whey Flavor Protein, and baking soda, add in 1 medium egg and the almond milk, slowly.

Mix well until similar to that of apancake mix. Get a loose-bottom fluted tin, and spray with 1kcal cooking spray. Put the apple and chocolate chip droppings in, then cover with the oat/whey/yogurt mix, and place in the oven.

**Bake for: 25- 30min at 180c. Once Cooled Turn over and plac on serving plate**

#### Tip:

You can add lemon instead if you wish, it'll give a nice citric kick to it. Also you can use some almond flakes on top of it. This is also really nice with a tablespoon of Hot Custard over it.

#### Preparation Time:

30min

#### Serving Suggestion:

This will serve 8 People and is a very low calorie dessert, that all the family can enjoy.



## Ingredients

### Sweet Healthy Bread

500g of vanilla yogurt  
300g of oats  
1 Medium egg  
½ teaspoon of Baking Soda  
3 x scoops of Vanilla flavor Protein.  
2 x tbsp of raisins  
100g of chocolate drops  
Handfull of Walnuts

#### Optional Extras

1 Tbsp of Custard  
1 Tbsp of Almond flakes  
1 Banana  
½ tsp of Vanilla essence or Almond essence

**Total: Serves 12-14 slices**  
**139kcal per slice (Without Optional extras)**  
**153kcal per slice (With the full toppings)**

#### Directions:

Put all your ingredients into a mixing bowl. I prefer to put in the walnuts first, then add in the Low Fat Vanilla Yogurt, followed by the oats, eggs, protein powder, Baking Powder. I always mix this up good and thick and add almond milk to the mix to increase fluidity and lighten the mix a little. It is important that you don't have too much of a watery mix though. Finally I add in the Chocolate droppings and raisins and once again mix it all up.

Prepare two Bread Tins with either grease proof Paper or grease the tin itself in coconut oil or 1kcal cooking spray. Put your Mix into the baking Tin and place in the oven

**Bake for: 50min at 180c.**

#### Tip:

At about the 30-35min mark check to make sure its not burning on top. Take out and place tinfoil over the top of the tin, put it back in and let it continue to cook. You can also add Banana to this mix and I love to put Flaked Almonds on top of the bread, aside from being full of goodness, look amazing.

#### Preparation Time:

30min

#### Serving Suggestion:

This will serve 16 People and is a very low calorie dessert, that all the family can enjoy. You can use it like a pudding after a meal if you wish. Heat in Microwave and add a spoon of hot custard over it. Simply delicious.

