

Protein Brownie *Air-fryer or oven*

Servings: 1

Prep time: 5 min

Cook time: 8-10 min

INGREDIENTS

30 g Chocolate Protein Powder
12 g (1.5 Tbs) Flour, reg or GF
8 g (1 Tbs) PB powder
5 g (1 Tbs) Cocoa Powder
1/4 tsp Baking powder
3 Tbs Greek Yogurt
1-2 Tbs Almond milk
1-2 Tbs sugar free maple syrup
1 whole egg
1/4 tsp vanilla extract
pinch of salt
15g semi sweet chocolate chips

DIRECTIONS

1. Preheat air fryer to 275 or oven to 325
2. Mix dry ingredients (protein, flour, salt, peanut butter powder, cocoa powder, and baking powder.
3. Add greek yogurt, almond milk, maple syrup, egg, vanilla extract, and mix until just barely combined. Do not over mix or it can make the brownie tough.
4. Add to a lightly greased air-fryer safe or oven-safe container, you can also line it with parchment paper.
5. Cook in the air-fryer for about 8 minutes (may need more or less time depending on your air fryer) or the oven for 12 minutes.

39 P 27 C 13 F Approximately, values change depending on protein used.

White Choco Pudding *Protein Packed*

Servings: 1

Prep time: 5 min

Cook time: 0 min

INGREDIENTS

1 cup Greek yogurt (Fage 0% or 2%)
1-2 Tbs Almond milk (unsweetened)
1-3 Tbs sugar-free white chocolate pudding mix (to taste)
optional toppings: mini chocolate chips, berries, grapes, cinnamon.

DIRECTIONS

1. Mix Greek yogurt and pudding mix in a bowl. If the consistency is too thick, you can add some almond milk.
2. Add any topping you would like.

23 P 10 C 5 F - using 2% Fage and not considering toppings.

Casein Pudding *Best for a before bed snack*

Servings: 1

Prep time: 5 min

Cook time: 0

INGREDIENTS

2 Tbs Peanut Butter
2-4 Tbs Almond milk
1 scoop Chocolate casein powder

Optional toppings: strawberries,
raspberries, blueberries, apple,
banana, mini chocolate chips,
cinnamon, whipped cream.

DIRECTIONS

1. Put PB into a microwaveable bowl for 15-20 seconds.
2. Mix casein into the melted PB and add almond milk until you reach your desired consistency.
3. Add any desired toppings.

32 P 5-10 C 16 F Approximately, values change depending on protein used.

Mango & Coco Cream *Bright and Fruity*

Servings: 1

Prep time: 5 min

Cook time: 0 min

INGREDIENTS

1/2 cup, cubed mango
3/4 cup 0% Fage Greek yogurt
1/4 tsp coconut extract
Vanilla stevia drops
2 Tbs. unsweetened shredded
coconut

DIRECTIONS

1. Mix yogurt, stevia drops, and coconut extract.
2. Top with mango and coconut.

17 P 25 C 7 F

Mallow Lava Cake *Chocolaty and Creamy*

Servings: 1

Prep time: 5 min

Cook time: 1 min

INGREDIENTS

Cake:

- 1 egg, beaten
- 3 Tbs unsweetened almond milk
- 1/4 cup Kodiak Power Cakes mix
- 1 Tbs cocoa powder
- 2 tsp sugar-free, fat-free, instant white chocolate pudding mix
- 1/2 tsp vanilla extract

Cream topping:

- 2 Tbs unsweetened almond milk
- 1 Tbs vanilla protein
- 1 Tbs Greek yogurt
- 1 tsp pudding mix

Toppings: 5g graham cracker

DIRECTIONS

1. Spray a microwaveable mug with cooking spray.
2. Mix cake ingredients together. And microwave for 1 minute.
3. Mix together cream topping ingredients in a small bowl.
4. Top the Mug cake with cream mixture and sprinkle with graham crackers.

18 P 25 C 7 F

Mug Cookie

Dense and Sweet

Servings: 1

Prep time: 5 min

Cook time: 1 min

INGREDIENTS

- 1/2 a ripe banana
- 15 g vanilla or chocolate protein powder
- 1 Tbs peanut butter (or 2 Tbs PB powder)
- 1 Tbs almond milk
- Pinch of salt
- 1/4 tsp baking powder
- 1-2 Tbs semi sweet or dark chocolate chips

DIRECTIONS

1. Mash banana and mix all ingredients in a bowl.
2. Spray a microwavable mug with cooking spray.
3. Pour batter into the mug and microwave for 1 minute.

15 P 28 C 14 F