

# HIGH PROTEIN DESSERTS

## Chocolate Protein Pancakes

**Total Time:** 20 min

**Yield:** 1 serving (2 pancakes)



**Nutrition Information** (per serving):

**Calories: 446.5** Total Fat: **16.5g** Saturated Fat: **5g** Total Carbs: **41g** Fiber: **3g** Protein: **33.5g**

# Ingredients:

- 2 eggs
- 1 banana
- ½ cup of nonfat milk
- 1 scoop (⅓ cup) of chocolate protein powder\*
- ½ tsp baking powder

\*Note: nutritional content and pancake texture is dependent on the brand of protein powder. Recipe is made with Muscle Milk Chocolate protein powder.

# Directions:

1. Mix dry ingredients (protein powder and baking powder).
2. Add wet ingredients (eggs and non-fat milk).
3. Mash ½ of the banana into the mix and stir thoroughly.
4. Spray the cooking pan with oil spray.
5. Cook pancakes on medium-low heat.
6. Garnish remaining ½ of banana onto pancake and enjoy!

# Suggestions:

- Garnish with more fruit (e.g. strawberries and blueberries) to eat with the pancakes
- Instead of syrup, try peanut/nut butter as a sauce!



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## Protein Brownies

**Total Time:** 35 min

**Yield:** 9 servings



**Nutrition Information** (per serving):

**Calories: 170.8**   **Total Fat: 10.8g**   **Saturated Fat: 1.8g**   **Total Carbs: 8g**   **Fiber: 0g**   **Protein: 10.2g**

# Ingredients:

- 2 eggs
- ½ cup of nonfat milk
- ½ cup unsalted almond butter
- 3 scoops (1 cup) of chocolate protein powder\*
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp vanilla extract

\*Note: nutritional content and brownie texture is dependent on the brand of protein powder. Recipe is made with Muscle Milk Chocolate protein powder.

# Directions:

1. Preheat oven to 350 F degrees.
2. Heat almond butter in the microwave to make it easier to mix with ingredients.
3. Mix together almond butter, eggs, milk, and vanilla extract.
4. In a separate bowl, mix dry ingredients (protein powder, baking soda, and salt).
5. Combine wet and dry ingredients.
6. Pour batter into sprayed 9"x9" square pan.
7. Bake for 26 minutes or until sets.

## Suggestions:

- Add up to another ½ cup of milk if the consistency of the batter is too thick



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## Double Chocolate Protein Cookies

**Total Time:** 20 min

**Yield:** 4 servings (12 cookies)



**Nutrition Information** (3 cookies):

**Calories: 100** Total Fat: **2.25** Saturated Fat: **0g** Total Carbs: **12g** Fiber: **4g** Protein: **8.25g**

# Ingredients:

- 1 scoop ( $\frac{1}{3}$  cup) chocolate protein powder\*
- $\frac{1}{4}$  cup canned pumpkin
- $\frac{1}{2}$  cup canned white beans
- 3 tbsp egg substitute
- 1 tsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 4 tbsp chocolate chips
- sweetener to taste

\*Note: nutritional content and cookie texture is dependent on the brand of protein powder. Recipe is made with Lean Body For Her chocolate whey.

# Directions:

1. Preheat oven to 350 F degrees.
2. Drain and rinse beans.
3. Puree beans, pumpkin, egg, and vanilla until smooth.
4. Stir in remaining ingredients.
5. Drop batter onto parchment paper (batter will be thin).
6. Bake for 10-12 minutes.

## Suggestions:

- Try using different types of beans! Chickpeas and garbanzo beans are other great options!
- These cookies are both gluten-free and low in fat - a great pre and post workout snack!



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## Protein Cheesecake

**Total Time:** 85 min

**Yield:** 8 servings



**Nutrition Information** (per serving):

Calories: **133.6** Total Fat: **1.75g** Saturated Fat: **1g** Total Carbs: **8.6g** Fiber: **0g** Protein: **16.4g**



## Ingredients:

- 2 scoops (½ cup) of whey protein powder\*
- 2 cups of fat free cream cheese (at room temperature to mix well)
- 2 eggs, 2 egg whites
- 1 cup of Stevia

\*Note: nutritional content is dependent on the brand of protein powder. Recipe is made with Cellucor protein.

## Directions:

1. Preheat oven to 250 F degrees.
2. Mix wet ingredients.
3. Mix dry ingredients.
4. Combine wet and dry and mix thoroughly.
5. Pour into pie tin and bake for 30 minutes at 250 F.
6. Turn up the heat to 300 F and bake for an additional 45 minutes.
7. Let cake fully cool before cutting and enjoy!

## Suggestions:

- You can customize your cheesecake by adding natural flavorings (e.g. pumpkin, cocoa powder, spices, etc)



# HIGH PROTEIN DESSERTS

## Peanut Butter Banana Almond Bars

**Total Time:** 25 min

**Yield:** 8 servings (16 bars)



**Nutrition Information** (2 bars):

**Calories: 108** **Total Fat: 5.4g** **Saturated Fat: 2g** **Total Carbs: 8.8g** **Fiber: 2g** **Protein: 6.6g**

# Ingredients:

- 2 tbsp of whey protein powder\*
- ½ cup of almond meal
- ⅓ cup oat flour
- 1 tsp baking powder
- ½ cup of baking Stevia
- 1 egg, ½ cup of liquid egg whites
- 1 mashed banana
- ½ tsp vanilla extract

\*Note: nutritional content and bar texture is dependent on the brand of protein powder. Recipe is made with Lean Body For Her chocolate whey.

# Directions:

1. Preheat oven to 350 degrees.
2. Mix dry ingredients.
3. Mix wet ingredients.
4. Combine dry and wet and mix thoroughly.
5. Pour batter into sprayed 9"x9" square pan.
6. Bake for 12-15 minutes or until toothpick comes out clean.
7. Let it sit, then cut into 16 squares.

## Suggestions:

- Top with peanut butter or other nut butters onto the bar for some extra protein and healthy fats!



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## Coconut Almond Cookies

**Total Time:** 25 min

**Yield:** 5 servings (15 cookies)



**Nutrition Information** (3 cookies):

**Calories: 180** Total Fat: **13.2g** Saturated Fat: **6g** Total Carbs: **11.4g** Fiber: **3g** Protein: **6.6g**

# Ingredients:

- ¾ cup of almond meal/flour
- ⅛ tsp baking soda
- ⅛ tsp salt
- 1 tsp vanilla extract
- 1 tbsp coconut oil
- 1 tbsp nonfat milk
- ½ tbsp Stevia
- sauce: PB2 and chocolate sauce

# Directions:

1. Preheat oven to 325 F degrees.
2. Mix dry ingredients.
3. Mix wet ingredients.
4. Combine wet into dry ingredients until you get a dough.
5. Roll the dough out between parchment paper and shape/cut into cookies.
6. Freeze dough for 20 minutes and bake for 10-13 minutes depending on desired crunch.
7. Let it sit, mix PB2 into a thick butter and top onto cookies.

## Suggestions:

- Peanut butter and other nut butters add protein and healthy fats!



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## Cottage Cheese Pancakes

**Total Time:** 25 min

**Yield:** 12 pancakes



**Nutrition Information** (per pancake):

Calories: **81** Total Fat: **0.3g** Saturated Fat: **0g** Total Carbs: **12g** Fiber: **1g** Protein: **7g**

# Ingredients:

- 1¼ cups of whole wheat flour
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- 8 egg whites
- 1 cup of nonfat cottage cheese
- 1 cup of nonfat plain yogurt
- sweetener to taste

# Directions:

1. Combine dry ingredients and make a well at the center.
2. Combine wet ingredients in a separate bowl.
3. Pour the wet ingredients into well and stir until moistened.
4. Spray the cooking pan with oil spray.
5. Use ¼ cup of batter for each pancake. Cook until lightly browned on both sides on medium-low heat.
6. Serve with fruit and enjoy!

## Suggestions:

- Bring egg whites to room temperature first to make the pancakes fluffier!

