

# EVERYTHING SWEET

ALL YOUR  
FAVOURITE SWEET  
TREATS IN ONE  
PLACE



**JESS COATE**  
*fitness*



# PROTEIN CUSTARD



## Ingredients:

- 1 Cup of water
- 2 Tbsp of custard powder
- 1 Scoop of vanilla or banana whey protein powder
- Sweetener to taste



Serves 1

## Method:

Shake or blend all ingredients well. Pour into a pot and cook on low until the custard starts to bubble. Be careful not to over-cook the custard or it will curdle. The consistency should be perfect and smooth.

Top with  $\frac{1}{2}$  a fresh banana and some light whipped cream, or have it as it is.

# BANANA PIKELETS



## Ingredients:

- 1 cup Rolled Oats
- 1 cup Oat milk
- 1 Scoop of whey or vegan protein
- 1 tsp baking powder
- Few drops vanilla essence
- Olive oil spray
- 1 chopped banana (Thick pieces)



Serves 2

## Method:

Blend all ingredients together (except the banana). The mixture may look thick but that's what is needed to hold around the banana. Heat a non-stick pan and spray with olive oil. Dip the banana pieces into the mixture and cook on the pan. Once cooked, load onto a plate and top with your favourite pancake toppings.

To keep it low calorie, queens maple syrup and berries is a great option. Add some light whipped cream to top it off.

# CHOCOLATE BLISS BALLS



## Ingredients:

- 2 Scoops chocolate whey protein powder
- 3 Tbsp of any nut butter
- 1-2 Tbsp honey
- ½ cup Oats
- 1/3 cup Unsweetend Almond milk
- 1 Tbsp Cocoa powder
- Shredded coconut to taste



2 bliss balls per serving

## Method:

Mix all the ingredients together well with a spoon . Roll into even balls and roll each ball into the shredded coconut. Place tray into the fridge to chill for one hour before eating.

# BANANA LOAF



## Ingredients:

- 3 Scoops of vanilla whey
- 1.5 ripe bananas
- 6 Tbsp oats
- 6 Tbsp light Greek yoghurt
- 3 Tbsp light cottage cheese
- 6 Pitted dates
- 1.5 tsp melted coconut oil
- 1.5 tsp baking powder



Serves 8

## Method:

Blend all ingredients together in a food processor.

Pre-heat oven to 180 degrees.

Spray a loaf tin and pour in batter.

Sprinkle with cinnamons and walnuts if you like (will add more calories).

Bake for 20-30 minutes or until cooked.

Cool and serve with almond butter on top if you like (will add more calories).

# COOKIE DOUGH MUG CAKE



## Ingredients:

- 25g Self raising flour
- 15g Whey or vegan protein
- 1 Tbsp natvia
- 1 Pinch of salt
- 1 Drop of vanilla essence
- 3 Tbsp milk of choice
- 1-2 squares of chocolate



Serves 1

## Method:

In a small bowl stir flour, protein powder, natvia and a pinch of salt. Stir in almond milk and drop of vanilla essence.

Place in a small ramekin or mug.

Chop up your chocolate and place on top or fold into the mix.

Microwave for 60 seconds, or oven bake at 180 degrees for approx 15 minutes.

# BANANA BERRY MUFFINS



## Ingredients:

- 1 cup Mashed banana
- ¼ cup Frozen raspberries
- 1 Egg
- 4 Tbsp Honey
- 3 Tbsp of coconut oil (melted)
- ¾ cup of Oat flour
- ½ cup Vanilla protein powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ cup dark chocolate chips



Makes 12

## Method:

Pre-heat oven to 180 degrees and prepare a lined or greased muffin tin.

In a bowl, mash bananas until smooth. Stir in egg, honey, berries and melted coconut oil until combined.

Add in all remaining dry ingredients until batter has formed.

Pour batter into cups, filling ¾ of the way and bake muffins for 15 minutes or until golden brown.

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