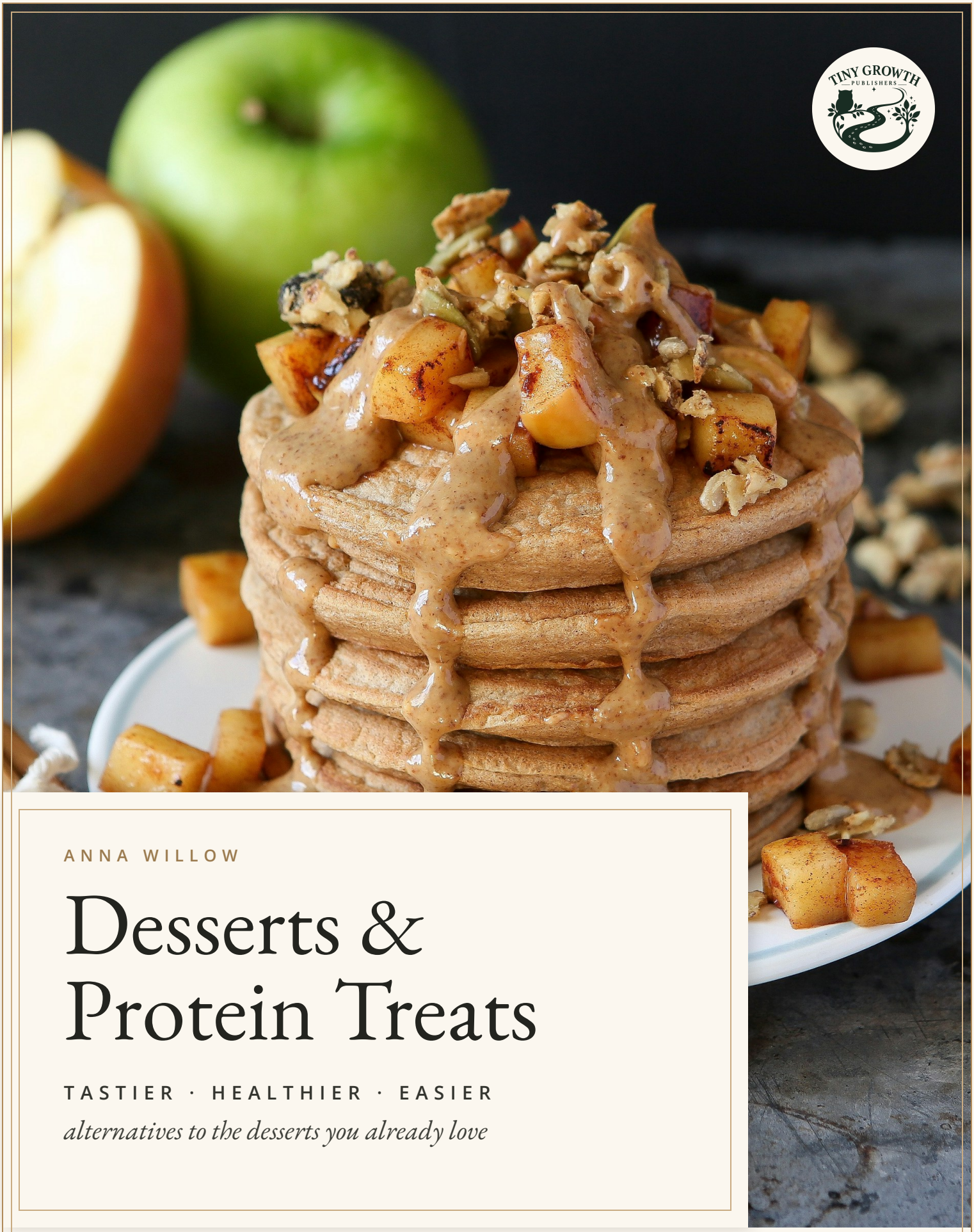


TINY GROWTH PUBLISHERS

ANNA WILLOW

# Desserts & Protein Treats

TASTIER · HEALTHIER · EASIER

*alternatives to the desserts you already love*

WILLOW'S HEALTH & WEALTH RECIPES

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Strawberries & cream chia parfait 29 — 287 kcal · 16 g protein
Mango yoghurt mousse pots 30 — 160 kcal · 12 g protein
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Fruit platter with chocolate yoghurt dip 32 — 149 kcal · 9 g protein
Dark chocolate fruit & nut bark 33 — 116 kcal · 2 g protein
Raspberry banana nice cream 34 — 223 kcal · 11 g protein
Warm cinnamon apple & granola yoghurt bowl 35 — 277 kcal · 19 g protein
Oat stuffed baked apples 36 — 267 kcal · 8 g protein
Berry frozen yoghurt cups 37 — 83 kcal · 7 g protein
Light vanilla fruit custard cups 38 — 204 kcal · 6 g protein
Silky chocolate avocado pudding 39 — 227 kcal · 7 g protein
Iced mocha yoghurt frappé 40 — 185 kcal · 13 g protein
Fruit salad with honey lime yoghurt 41 — 155 kcal · 8 g protein
Peanut butter banana soft serve 42 — 287 kcal · 11 g protein

# Protein chocolate lava cake

| preparation time | cooking time | total time | servings | difficulty |
|---|---|---|---|---|
| **5 minutes** | **12 minutes** | **17 minutes** | **1** | **easy** |

Per serving **416** kcal protein **41 g** carbs **36 g** fat **15 g** fibre **7 g**

Vitamins & minerals: Vitamin B12, Riboflavin (B2), Calcium, Selenium, Iron, Magnesium · estimated from standard nutrition values

**COOKING SETTINGS** **Oven** 190 °C / 375 °F (fan 170 °C / 340 °F) · **10 to 12 min** | **Air fryer** 160 °C / 320 °F · **9 to 11 min** | **Microwave** full power (800 to 1000 W) · **60 to 75 s**



A single serve chocolate fondant with a gooey centre, made with whey protein, oats and Greek yoghurt. Bakes in 12 minutes, or 75 seconds in the microwave.

## Ingredients

DRY

| | |
|---|---|
| 30 g | chocolate whey protein (1 scoop) |
| 15 g | oat flour (blended rolled oats) |
| 10 g | unsweetened cocoa powder |
| ½ tsp | baking powder |

WET

| | |
|---|---|
| 1 large | egg |
| 60 g | 0% Greek yoghurt |
| 30 ml | semi skimmed milk |
| 10 g | honey (1½ tsp) |

CENTRE & TIN

| | |
|---|---|
| 10 g | dark chocolate, 70 to 85% (1 square) |
| 1 spray | oil for the ramekin |

## Preparation

1. Heat the oven to 190 °C / 375 °F (fan 170 °C / 340 °F), or the air fryer to 160 °C / 320 °F. Grease a 250 ml ramekin.
   *Uses: oil spray*
2. In a bowl, mix the whey, oat flour, cocoa and baking powder, breaking up any lumps.
   *Uses: 30 g whey, 15 g oat flour, 10 g cocoa, ½ tsp baking powder*
3. Whisk in the egg, yoghurt, milk and honey until you have a thick, smooth batter.
   *Uses: 1 egg, 60 g Greek yoghurt, 30 ml milk, 10 g honey*
4. Spoon half the batter into the ramekin, press the chocolate square into the middle, then cover with the rest.
   *Uses: batter, 10 g dark chocolate*
5. Bake until the edges are set and the top springs back (times in the settings box). Rest for 1 minute, then turn out or eat from the ramekin.
   *Uses: filled ramekin*

Nutrition uses a typical 30 g whey scoop (115 kcal, 22 g protein).



PART 2 · 17 RECIPES

# Healthy Desserts

Quick, mostly no bake desserts built on Greek yoghurt, cottage cheese, fruit and dark chocolate. No protein powder needed.


Five minute chocolate cottage cheese mousse 26
Chocolate crunch yoghurt pudding 27
Lemon blueberry chia pudding 28
Strawberries & cream chia parfait 29
Mango yoghurt mousse pots 30
Blueberry cheesecake yoghurt bowl 31
Fruit platter with chocolate yoghurt dip 32
Dark chocolate fruit & nut bark 33
Raspberry banana nice cream 34
Warm cinnamon apple & granola yoghurt bowl 35
Oat stuffed baked apples 36
Berry frozen yoghurt cups 37
Light vanilla fruit custard cups 38
Silky chocolate avocado pudding 39
Iced mocha yoghurt frappé 40
Fruit salad with honey lime yoghurt 41
Peanut butter banana soft serve 42