

**My Top 10 Decadent,
Delicious AND
Fat Burning Desserts!**

The only reason why you should ever have to suffer through eating meals that don't taste good ... including desserts ... while eating "healthy" is if you don't know enough!

It's true!

If you know what you're doing—there are plenty of ways to make delicious meals that are great for you and still satisfy all your taste buds.

With that in mind, here are ten of my favorite "sweet tooth" desserts that are delicious, decadent even, and still will help your body burn pounds of stubborn fat.

Enjoy!

1. Protein Pudding



There are a couple ways to make protein pudding, but both of them will require that you use protein powder.

First, the simple way ...

Simple Protein Pudding Recipe:

The protein powder should be a casein. Some milk protein isolates also work. Whey doesn't work that well, but some brands will. (Optimum Nutrition 100% Casein Protein works well for this recipe, and comes in many pre-made flavors such as chocolate and vanilla—two of my favorites)

1. Mix powder and water (or milk) in a 1:1.25--1.5 ratio, meaning for each scoop of powder you take 1.25-1.5 scoops of water.
2. Less water yields a thicker pudding and more water a smoother pudding.
3. If you want more calories you can add a nut butter like Almond butter (a personal favorite) or peanut butter but be careful as it's easy to add too much and too many calories this way—but it's also a good way to “thicken up” the pudding if it gets too watery.
4. Put the bowl with the mixture the in fridge or freezer for 30 min to 2 hours depending on amount. (If you put it in the freezer, it'll turn into an ice cream like concoction.)

You can add extras to the mixture: try berries, banana, raisins or cottage cheese, for example. Almond butter, peanut butter or other tasty nuts work as well. Whipping cream (fat-free, look for ones with least carbs, fat, sugar, etc) on top tastes GREAT on all chocolate flavored puddings.

For extra satiety and fiber you can add some no calorie fiber mixes.

Slightly Different “Advanced” Pudding Recipe:

Very similar to above, but you add pre-made jello to it:

1. Place 2 cups of fat free milk in a bowl
2. Add package of Fat Free, Sugar Free, JELLO instant pudding, I prefer chocolate.
3. Add 1-2 scoops of your favorite protein powder
4. Mix with a whisk or blend in your blender until creamy.
5. Pour into bowl and refrigerate for about 5-10 minutes to thicken.
6. Service in your favorite bowl, topped with whipped cream. Or just eat by itself.

OH SO GOOD! And it's normally only 200-400 calories depending on what you add to it and high protein/low carbs.

2. Protein Fluff

Very similar to protein pudding, but you want it to “fluff up” instead of being a pudding mixture.

Here's The SUPER Simple Protein Fluff Method:

Simply grab:

1. A Bowl and Whipped Cream (look for the lowest carbs/fat variety)
2. Whey or casein protein
3. When you mix the protein and whip together it thickens. I don't have exact amounts, because it will vary with how much you want, so just keep adding whey to the whip until desired consistency is reached.



European Protein Fluff

The other method for Protein Fluff is based on a recipe by my good friend Martin over at www.leanGains.com.

This version is slightly different than his, because you add eggs—this recipe calls for egg whites but you can also try it with yolks.

1. 1-2 scoops of protein powder, I use a 100% casein protein with minimal fats/carbs
2. 6 large egg whites (between 6-8oz), raw (most eggs are pasteurized so I do not worry much about salmonella)
3. Whip the egg whites with a good mixer until soft peaks form. Add the protein powder and any flavorings (cocoa, cinnamon, extracts, etc.). Whip until stiff peaks form.
4. Eat or freeze for about an hour and a half.

If you are worried about the raw eggs, quickly whisk the egg whites with a 1/4 cup of water over a double boiler until the mixture reaches 140 degrees. Pour into mixer bowl and continue with recipe.

Again you can add in berries or whatever you want to the mixture – but the version above is almost all protein—no carbs and no fat! GREAT if you’re really trying to lose those last few pounds and really watching the calories or you just already ate enough that day.

NOTE: For both the above protein recipes—you can experiment with buying small quantities of different flavors of protein to get different puddings. For example, there are chocolate, strawberry, vanilla, even “cookie n’ cream” varieties—try em all out and have some fun!

3.Cottage Cheese and Berries



This one is SUPER simple to make and VERY delicious.

For those reasons it’s one of my favorites ☺

Simply grab:

1. A Bowl and put a cup or two of cottage cheese in it (go for the lowest fat variety of cottage cheese you can find).
2. Figure out what berries you want to put in it. I’ve done blueberries, raspberries, and even strawberries are DELICIOUS. Even better? You can mix them together.
3. Either eat it like that or if you really want a treat, add in some low fat/low carb whipped cream on top.
4. You can also experiment with sprinkling on some cinnamon or dark chocolate bits on top.

Voila!

This is a simple recipe that I consume often. The casein in the cottage cheese is a great source of protein, and if you keep the amount of berries you use low – it makes a great before bed snack because the protein is slow-digesting and good to have before sleep for muscle repair and growth.

4. Apple Slices and Organic Nut Butters

This also works with celery sticks if you're into that, but I find this to be more of a "dessert" using apple slices.

Very easy as well ...

1. Grab an apple, cut it up into slices
2. Get either organic Almond Butter, Peanut Butter, or Cashew Butter. All work well, but be careful with the amounts because they can pack a lot of calories (even though they're healthy foods—you can easily consume too many calories this way).
3. Dip the apple slices in the butter and eat away!



The good thing about apples is that if you eat a whole one it is pretty filling and not that many calories. The nut butters contain good fats and a little fiber and make the apple slices delicious.

You can also try the apple slices with the above cottage cheese recipe!

5. Greek Yogurt With Fruits



This is also REALLY easy.

Although it's really similar to the cottage cheese recipe, I include it here because people either usually like one or the other—the cottage cheese type taste or the taste of Greek Yogurt.

The recipes are pretty similar and simple actually:

1. Grab Greek Yogurt. Look for a combination of the lowest fat/carbs suitable to your needs
2. You can throw in all types of berries or try apple slices like above, even oranges can be a refreshing taste.
3. You can also try putting almonds on top, or other nuts that are amazing.
4. You can also experiment with mashing up the berries and mixing them in with the yogurt!

That's about it! Just figure out a way to eat it that you like.

6. Protein Chocolate & Peanut Butter Ice Cream:

A take on making healthy “ice cream”:

- 1 Sugar Free Jello Pudding Cup
- 1 Scoop Casein
- 1 Scoop WHEY
- 2 TBSP Natural Peanut Butter
- 2 oz. Milk



I use Chocolate Whey and Casein. Mix all the ingredients in a bowl, put it in the freezer for 1.5-2 hours, and it comes out like Chocolate PB Ice Cream.

With fat free milk, comes out to:

500 cal

20g Fat

26g Carb

52g Protein

You can also try using ALMOND MILK – not sweetened to take the carbs and fat and calories down even further—this is the way that I do it now!

Here's another recipe, from Prograde:

- 1 cup lowfat cottage cheese
- 1 scoop Prograde Protein Vanilla
- 2 Tbsp Natural Peanut Butter
- 1/4 cup Almond Milk
- 1/4 tsp cinnamon

Blend ingredients together in a blender until a smooth consistency is reached. Pour into a bowl and place in freezer until frozen to an ice cream consistency.



Makes approximately 3 servings. Nutrition Data per serving:

Calories: 174
Protein: 20 gms
Carbs: 7 gms
Fat: 7 gms

Cinnamon is added because research has shown it to be a very good blood sugar controlling spice. Natural Peanut Butter is full of monounsaturated fat, this can help lower total cholesterol and LDL (bad) cholesterol, plus raise HDL (good) cholesterol. If you want a little less peanut butter taste you can use 1 Tbsp of Natural Peanut Butter and it reduces the fat grams by 3 and calories per serving by 24. When the ice cream comes out of the freezer let it sit on the counter for 10 minutes or warm it up slightly. The ice cream will be harder than high sugar, high fat conventional ice cream because it doesn't contain all that excessive sugar and fat.

Enjoy 😊

7. Low Carb/Fat, High Protein Cheesecake!



As you might have guessed, this is one of my favorites 😊

Ingredients:

- 2 lbs no fat cream cheese
 - 4 whole large eggs
 - 1 tsp vanilla extract
 - 1 tablespoon cinnamon
- 4 oz (1/2 cup) low carb no fat milk
 - 1 cup cooking splenda (sucralose)

Directions:

- preheat oven to 350 degrees
- using no fat cooking spray, spray 9" pie pan
- mix ingredients together using an electric blender in a large bowl
- pour mix into pre-greased pan

- heat at 350 degrees for 40-50 minutes
- remove from oven and place in refrigerator
- **YOU MUST LET THIS SIT AT LEAST 4-5 HOURS IN THE FRIDGE** if you want a decent cheesecake.

Totals (if you cut it up into 8 slices) per slice:

Protein- 20g

Carbohydrates- 6g

Fat- 2.25g

Chocolate or vanilla protein powder can be added to mix for flavor and more protein if desired.

Here's a cheese cake tip: cook it and then leave it to cool in the oven without opening the door at all. This will give a fuller fluffier cheese cake. Pulling the cheese cake into the room temp air after cooking causes the cake to condense.

8. Peanut Butter Bars

2/3 cup flax meal

2 scoops Prograde Protein Vanilla

4 Tbsp Natural Peanut Butter

1/2 cup Water

Stevia, to taste (approx: 2tsp)

Blend ingredients together in a bowl until it becomes a blob of dough. It will be somewhat sticky. Place the sticky dough into a small casserole or baking pan and smooth out into a flat level surface. Then put in the refrigerator to cool or you can freeze them if you prefer. Once cooled or frozen you can cut them up into bars.

Makes approximately (4) 2in x 4in bars.

Nutrition Data per bar:

Calories: 205

Protein: 18 gms

Carbs: 7 gms

Fat: 11 gms



If you would like a lower calorie bar and maybe less of a peanut butter taste you can modify the ingredients by using 2.5 scoops of Prograde Protein powder, 2 Tbsp natural peanut butter, 1/3

cup of water and 2tsp of Stevia. This will lower the calories per bar by approximately 35 calories, 3 less grams of fat, 1 less gram of carbs and 1 extra gram of protein.

This recipe is also rich not only in natural monounsaturated fats that can help lower total cholesterol and LDL (bad) cholesterol, plus raise HDL (good) cholesterol, but rich in Omega 3 fats because of the flax meal and Omega 3 fats that flax meal provides. You will consume about 2.5 gms of Omega 3 fats per bar.

9. Peanut Butter BALLS!



As you might be able to tell, I'm kind of excited about this one as well 😊

I'm slightly addicted to peanut butter and if you're anything like me then, take my word for it, you NEED to watch how much peanut butter you add to your recipes—because it does pack a lot of calories per serving!

Otherwise, enjoy 😊

- Mix natural peanut butter,
- Splenda and
- Chocolate whey protein in a bowl.
- Once mixed, roll into balls and place in freezer.
- Wait about an hour, then num num num.

Low carb, sweet tooth satisfied, and even fills you up a bit if you are hungry. Could probably mix in Casein powder too if you were so inclined... casein is always good pre-bed.

10. Protein Brownies

These are a GREAT alternative to regular brownies.

Do I need to mention they taste great too?



Ingredients:

3 scoops Chocolate whey or casein protein
2 tbsp heavy whipping cream
1 whole egg
8 oz water

Directions:

1. Combine all ingredients into blender and blend until smooth
2. Pour into microwave safe container
3. Microwave for 5 - 8 minutes (until you notice bubbles starting to form and the top is becoming firmer)
4. Remove, cover, and let set at room temperature for 20 minutes

Nutrition Information:

Calories: 544
Protein: 58 g (42%)
Carbohydrate: 19 g (14%)
Fat: 28 g (45%)

Recommended Resources:

- **Prograde Nutrition**--<http://caleblee.getprograde.com> for protein powders, etc for the above recipes.
- **Local Health Food Store**—to get your organic nut butters, etc
- **Truvia**—truvia.com—for no calorie sweetness in place of splenda in the above recipes, I try not to eat splenda anymore and I like truvia the best of all natural sweeteners.
- **Google.com** – I’m not a cook, so I didn’t come up with many of these recipes, I found them online and added took away stuff to make them my own. The best thing to do is if you have a certain dessert you really like, then type in “high protein XYZ DESSERT” into google and see if there is a recipe for it! Or you can type in “low fat” “low calorie” or “Bodybuilding ...” instead of those because most of these recipes come from bodybuilders who are ALWAYS trying to diet while eating a lot of great tasting food.

Enjoy!