



# Spacemilk Recipe Book

---

Includes 25 Recipes

Smoothies, Baked  
Goods & More!







# Mini Protein Cheesecakes

---



## Ingredients

- 150g Plain Non Fat Greek Yogurt
- 150g 2% Cottage Cheese
- 60g Egg Whites
- 30g of Spacemilk
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener
- 3 Crushed OREO Thins





# Instructions

---

1. Add all your ingredients into a small blender and blend till smooth.
2. Crush up your three oreo thins and mix into the batter.
3. Add the batter evenly to your 8 small cupcake molds.
4. Air fry on 250 degrees F for 15-17 minutes.
5. Once done, let them cool in the cupcake molds for about 10 minutes. Then transfer to the fridge to cool for another 30-60 minutes. The longer the better.
6. Then once ready, add your toppings and enjoy!







# Low Calorie Mug Cake

---

## Ingredients

- Add 20g of Spacemilk to a small mug or bowl
- Add 10g of Oat Flour
- Add 5g of Cocoa Powder
- ½ tsp of Baking Powder
- Pinch of Salt
- 1 tbsp of Sweetener of choice (Maple Syrup, Agave, Honey)
- 40 ml of Almond Milk





# Instructions

---

- 1.Mix together.
- 2.Add in some chocolate chips.
- 3.Put in Microwave for 45 seconds.
- 4.Then once ready, enjoy!



# Strawberry Uncrustable Protein

---



## Ingredients

- 8 Slices Bread of Choice
- 50g Egg Whites
- 136g Sugar Free Strawberry Jam
- 20g of Spacemilk
- 10g Powdered Sugar
- 4g White Chocolate Sugar Free/Fat Free Pudding Mix
- 60g Plain Non Fat Greek Yogurt





# Instructions

---

1. Take 1 slice of bread and lay flat on your surface. Brush egg whites to the bottom slice. Don't be shy with the egg whites. Press down the middle. Then add 34g of your sugar free jam to the middle.
2. Take another slice of bread and brush egg whites to the bottom edges to help it seal when add on top. Add on top of other slice with the jam and then brush egg whites to the top side edges and press down the edges with your thumbs as well as possible to help seal the edges.



# Instructions

---

3. Then crimp down the edges with a fork and slice off the extra with a pizza cutter. Repeat this process for all 4 of your pop tarts.

4. Add them to the air fryer and spray the tops with non stick butter spray. Then air fry on 400 degrees F for 3-4 minutes. Flip once the tops are golden to get the bottoms cooked as well.

5. Make your icing by adding vanilla protein powder, powdered sugar, and pudding mix into a bowl and mixing to avoid clumping. Add cold water and mix till you get a runny icing consistency.







# Low Calorie Cookie Dough

---



## Ingredients

- 30g of Spacemilk
- 8g of Powdered Peanut Butter
- 4g of Sweetener of choice
- 5g of Chocolate Chips





# Instructions

---

1. Mix the protein powder, the powdered peanut butter, and the sweetener of choice in a bowl with a little bit of water.
2. Mix until as smooth as possible (cookie dough consistency).
3. Once mixed, add the chocolate chips.
4. Then once ready, enjoy!





# Honey Cinnamon & Vanilla Fruit Dip

## Ingredients

- Greek Yogurt
- One Scoop of Spacemilk
- Cinnamon
- Pink Himalayan Salt
- Honey



# Instructions

---

1. In a bowl, mix together:
  - a. A big table spoon of plain greek yogurt.
  - b. One scoop of Spacemilk.
  - c. A dash of cinnamon.
  - d. Pink Himalayan Salt.
  - e. Honey.
2. Then once ready, enjoy!







# Protein Cookies

## Ingredients

- 2 Ripe Bananas
- 2 tbsp of Peanut Butter
- 1 tsp of Vanilla
- ½ Cup Flour of your choice
- ¾ tbsp of Baking Powder
- ½ tsp of Salt
- 1 Scoop of Spacemilk
- Chocolate Chips





# Instructions

---

1. In a bowl mash the ripe bananas and then mix in the peanut butter.
2. Once that's all mixed together, add the milk and vanilla and mix in.
3. Next add the flour, baking powder, and protein powder and mix in to start forming the dough.
4. You should have a ball of dough.
5. Once you have the dough, mix in the chocolate chips to your liking.



# Instructions

---

6. Place on a well-greased baking sheet at 350 degrees and cook for 12-15 minutes.
7. Give them a few minutes to cool and enjoy!



# High Protein Cookie Dough Bars



## Ingredients

- 2 cups Oats Blended into Flour
- 1½ Scoops of Spacemilk
- ¼ cup Peanut or Almond Butter
- ¼ cup Maple Syrup or Honey
- 1 tsp Vanilla Extract
- ¼ tsp Salt
- About ½ cup choice of Milk
- 2 tbsp Dark Chocolate Chips

### Topping:

- ¼ cup Dark Chocolate Chips
- 1 tsp coconut oil



# Instructions

---

1. Blend oats into a fine flour.
2. Add oat flour, protein powder, peanut butter, honey, vanilla and salt to a bowl and mix well.
3. Add a splash of milk at a time and mix until a very thick dough forms.
4. Fold in 2 tbsp choc chips then press into a container lined with parchment paper, and refrigerate for 10 mins.

# Instructions

---

5. Add chocolate chips and coconut oil to a microwave safe bowl and microwave for 30 seconds until melted. Stir until smooth then pour over bars.

6. Sprinkle sea salt on top then place back in to the fridge until the chocolate sets. Slice into bars and enjoy! Store in the fridge in an airtight container.





# Coconut Protein Pancakes

---



**Ingredients** (makes 6 pancakes): A small circular icon with a green leaf inside, indicating a vegan recipe.

- ¼ cup Coconut Flour (or plain flour)
- ¼ tsp Baking Soda
- 1 Scoop of Spacemilk
- 2 tbsp Smooth Nut Butter (we used almond for these)
- 2 Eggs
- ½ tbsp Honey
- ½ Banana (mashed)
- ¼ cup Milk of Choice (we chose coconut for extra coconuttiness!)

# Instructions

---

1. In a large bowl mix together coconut flour, baking soda, and coconut protein powder & set aside.
2. In a separate bowl, beat nut butter, eggs, honey, banana, and milk together until smooth & well combined.
3. Add wet ingredients to the flour mixture and mix together. If the batter is too thick (almost paste-like), add in a teaspoon or two of milk until smooth (but still thick!).



# Instructions

---

4. Lightly coat a nonstick pan or skillet with butter or coconut oil and place over medium-low heat (coconut flour is sensitive to burning so medium-low heat is best).

5. Drop about 3 tablespoons of the batter onto the pan; use a spoon to spread out the batter a little so it forms a small circle. It's best to not place more than 3 tablespoons of batter at a time as the pancakes can be hard to flip if too large.

# Instructions

---

6. As soon as bubbles appear on top and edges are well cooked, flip the pancakes and cook until golden brown on the underside, about 2 minutes. If the pancakes are browning too quickly then lower the heat. Wipe pan clean and repeat with a swipe of more melted butter/coconut oil.
7. Stack your pancakes, add your toppings and enjoy!





# Protein Reese's Bars

## Ingredients

- ½ cup of Creamy Peanut Butter
- 1 Scoop of Spacemilk
- ⅔ cup of Almond flour
- ¼ cup of Maple syrup
- Dark Chocolate Chips





# Instructions

---

1. Line an 8×8 baking dish with parchment paper and set aside.
2. In a large bowl, mix together the peanut butter, Spacemilk, almond flour and maple syrup until fully combined.
3. Add to baking dish and press down firmly using clean hands or a spatula to form it to the dish.
4. Melt the chocolate chips then mix in peanut butter until smooth.





# Instructions

---

5. Pour the chocolate mixture on top and spread it across the peanut butter base.
6. Add to fridge to set for 1-2 hours then slice into bars and enjoy!





# Rice Crispy Treats

---

## Ingredients

- 75g of Spacemilk
- 6g Zero Cal Sweetener
- 5 Plain Rice Cakes
- 36g Fruity Pebbles Cereal





# Instructions

1. Add your protein powder and sweetener to a bowl and mix to avoid clumping. Then slowly add cold water and mix till you get a runny icing-like consistency.
2. Now crush up 5 rice cakes and add to the bowl with the icing. Then do the same with 36g crushed fruity pebbles. Mix till all combined.
3. Add mixture to an 8x8 pan or any pan size. Smaller means thicker bars.

# Instructions

4. Add to freezer till they are completely frozen. This will be a few hours. This is super important because if not fully frozen, they will be chewy. But when frozen, they will be like a bark. Keep that in mind.

5. Once frozen, slice up into bars and enjoy! You can easily use these as a quick sweet meal prep snack for the week. Just keep it in the freezer in between!





# Peanut Butter Protein Bites

---



## Ingredients

- 2 cups Gluten Free Brown Rice Cereal
- ¼ cup Peanuts (chopped)
- ½ cup Peanut Butter
- ½ cup Maple Syrup
- 1 Scoop of Spacemilk
- ½ tsp Sea Salt
- ½ cup Vegan Chocolate Chips
- 2 tsp Coconut Oil





# Instructions

1. Warm peanut butter and maple syrup over low heat until runny.
2. Then mix the rice cereal and peanuts!
3. Set a side until it has cooled, then use a small scoop or your hands, create bite-size balls.
4. Melt vegan chocolate chips and coconut oil, then drizzle over balls - Sprinkle with sea salt and refrigerate for at least 30 minutes.
5. Then once ready, enjoy!





# Vegan Snickers

## Ingredients

Ice cream:

- 1 Can Coconut Milk
- 6 tbsp Cashew Butter (can sub peanut, almond, etc)
- ¼ cup Maple Syrup (more if needed)
- ¼ cup of Spacemilk
- 1 tsp Vanilla + Pinch of Sea Salt

Caramel layer (optional):

- ½ cup Peanut Butter
- ¼ cup Maple Syrup
- 2 tbsp Melted Coconut Oil
- ½ tsp Vanilla
- Handful of Chopped Peanuts

Coating:

- 1½ cups Chocolate Chips

# Instructions

---

1. In a blender, blend the ice cream ingredients until smooth. Taste & adjust the sweetness as you'd like.
2. We used a candy mold but you can use an ice cube tray or any other mold you have. You can also pour the mixture into a lined loaf pan & cut into bars later, but i find they don't turn out as perfect!
3. Pour the mixture into the molds & freeze an hour or two, until they're firm to touch.



# Instructions

---

4. Mix together the caramel ingredients.
5. Spread a thin layer on top of each one & return to the freezer for another 30min-1 hr. You can pour the chocolate over top or dunk the ice cream bars entirely (we found this to be best because it's less melty/messy to eat).
6. Place the dipped bars on a lined cookie sheet & freeze until ready to eat!



# Large Chocolate Chip Cookies



## Ingredients

- 140g Banana
- 100g Egg Whites
- 80g Oats
- 40g of Spacemilk
- 20g Peanut Butter Powder
- 20g Powdered PB
- 6g Zero Cal Sweetener
- 4g Baking Soda
- Pinch of Salt
- 45g Mini Chocolate Chips





# Instructions

---

1. Add to a bowl your banana and mash. Then add the rest of your ingredients except your mini chocolate chips. Mix till you get a cookie dough consistency. Then mix in your mini chocolate chips.
2. Now take a small parchment paper sheet and add 1/3rd of your cookie dough to it. Form into a cookie.
3. Add your cookie to your air fryer and air fry on 250 degrees F for 5-6 minutes. Once done, enjoy nice and warm! You can also let these cool! They are amazing that way too.





# Peanut Butter Banana Green Smoothie

## Ingredients

- 1 cup Non-Dairy Milk
- ½ cup Chopped Cucumber
- 2 cups Spinach
- 3 tbsp Hemp Hearts
- 2 tbsp Peanut Butter
- 1 Frozen Banana
- 1 Scoop of Spacemilk
- A Few Ice Cubes

## Instructions

1. Blend and Enjoy!







# Berry Bliss Smoothie

---

## Ingredients

- 1 Scoop of Spacemilk
- ½ cup of Frozen Berries
- 1 cup Almond Milk
- 1 Frozen Banana
- A Few Ice Cubes

## Instructions

1. Blend.
2. Top with Chia Seeds.
3. Enjoy!







# Blueberry Coconut Smoothie

---



## Ingredients

- ½ cup Plain Vegan Coconut Yogurt
- 2½ cups Blueberries (frozen)
- 1 Banana (sliced)
- ¾ cup Coconut Water
- 1 cup Baby Spinach (packed)
- 1 Scoop of Spacemilk

## Instructions

1. Blend (add more Coconut Water or Yogurt if Needed).
2. Garnish with Unsweetened Coconut Flakes.
3. Enjoy!





# Protein Coffee Smoothie

---



## Ingredients

- ½ Ripe Banana
- 1 Scoop of Spacemilk
- ½ cup Unsweetened Vanilla Almond Milk
- ½ cup of Cold or Room Temperature Brewed Coffee
- 1½ cups Cubed Ice

## Instructions

1. Blend.
2. Top with a Sprinkle of Cacao Nibs if Desired.
3. Enjoy!







# Gingery Mango Berry Smoothie

---



## Ingredients

- 2 cups Frozen Chopped Mango (if fresh, add one cup ice)
- 1½ cups Frozen Raspberries and/or Strawberries
- 1 cup Light Coconut Milk or Unsweetened Almond Milk
- 1 Lime (juiced)
- 2 tbsp Fresh Ginger
- 1 tbsp Unsweetened Shredded Coconut
- 1-2 tbsp of Spacemilk

## Instructions

1. Blend and Enjoy!





# Green Smoothie

---

## Ingredients

- 2 cups Fresh Spinach
- 1 Large Cucumber (cubed)
- 2 Celery Stalks (chopped)
- 2 cups Frozen Pineapple
- ½ cup Papaya
- 1 tbsp Fresh Ginger (grated)
- 1 Scoop of Spacemilk
- 1 tbsp Fresh Squeezed Lime Juice

## Instructions

1. Blend and Enjoy!







# Mango Smoothie Bowl

---

## Ingredients

- 2 Large Mangos  
(peeled, chopped, & frozen)
- 1 cup Coconut Milk
- 1 cup Almond Milk
- 2 tsp Honey
- 1 Frozen Banana
- 1 Scoop of Spacemilk

## Instructions

1. Blend.
2. Top with Chia Seeds, Mango, Berries, and Almond Flakes.
3. Enjoy!





# Mango Banana Smoothie



## Ingredients

- 100g Mango
- ½ Banana
- 8 oz Almond Milk
- 1 Scoop of Spacemilk

## Instructions

1. Blend.
2. Top with Mango, Blueberries, Chia Seeds, and Coconut Chips.
3. Enjoy!







# Pink Smoothie

---

## Ingredients

- 1½ cup Frozen Strawberries
- 1 cup Frozen Raspberries
- 1 Orange (peeled)
- 1½ cups Light Coconut Milk
- 1 Scoop of Spacemilk
- 2 Medium Carrots (chopped)
- 1 Small Beet (peeled and quartered)

## Instructions

1. Blend and Enjoy!







# Pomegranate Beet Smoothie

---



## Ingredients

- ½ cup Water
- 1 Medium Beet (cut into quarters)
- 1 cup Pomegranate Arils
- 1 cup Organic Raspberries
- 1 Scoop of Spacemilk
- 6 Ice Cubes

## Instructions

1. Blend and Enjoy!







# Pumpkin Spice Smoothie

---

## Ingredients

- 1 Frozen Banana
- ½ cup Vanilla Greek Yogurt
- 1 Scoop of Spacemilk
- ½ cup Milk of Choice
- $\frac{2}{3}$  cup of Pumpkin Puree
- 1 cup of Ice

## Instructions

1. Blend and Enjoy!







# Superfood Smoothie



## Ingredients

- 200 ml Soy or Coconut Yogurt
- 1 Handful Frozen Blueberries
- 1 Handful Frozen Blackberries
- 1 Handful Frozen Mango
- 1 Scoop of Spacemilk
- 1 tbs Beepollen
- 1 tbs Goji Berries

## Instructions

1. Blend and Enjoy!

