



INDULGENT PROTEIN-RICH TREATS

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Indulgent protein-rich treats

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Banoffee brownie bites

2 scoops of Chocolate Salted
Caramel Vegan Complete Protein
2 ripe bananas
150g/1 cup of self-raising flour
50g/½ cup oat flour
2 tbsp raw cacao powder
2 tbsp maple syrup
120ml/½ cup dairy free milk
2 tbsp dairy free yoghurt
2 tbsp vegan dark chocolate,
chopped

MAKES 20 BITES

COOKING TIME: 15-20 MINUTES

Preheat the oven to 190°C/Gas Mark 5 and line a small baking tin with baking paper.

Place all of the ingredients, except the chocolate, into a food processor and blend until smooth.

Pour into the prepared tin and sprinkle over the chocolate chunks.

Place in the oven and bake for 15-20 minutes until just cooked. This is better undercooked, as any brownie is!

Cool completely and cut into approximately 20 bites. Store in an airtight container in the fridge for 5-7 days.



Cappuccino smoothie

1 scoop of Vanilla Vegan Complete Protein

50ml/1/3 cup cold, strong coffee

150ml/2/3 cup oat milk

Large handful of ice

Cocoa Powder for serving

Place all of the ingredients into a high-speed blender and process until smooth.

Serve immediately with a sprinkling of cocoa powder.

SERVES 1



Caramel & banana no churn ice cream

3 large bananas, chopped and frozen
1 scoop of Chocolate Salted Caramel
Vegan Complete Protein
1-2 tbsp dairy free milk
Cookie pieces, cacao nibs to serve

Place the bananas, protein powder and milk in a processor and blend until smooth and creamy.

Divide between two bowls, top with the cookie pieces and nibs and serve immediately.

SERVES 2



The ultimate vegan chocolate cake

300ml dairy free milk
1 tbsp lemon juice
150g dairy free butter
1 tsp coffee granules
3 tbsp golden syrup/agave syrup/
brown rice syrup
275g plain flour
1 tsp baking soda
2 tsp baking powder
160g caster sugar
4 tbsps cocoa powder
20g Chocolate Vegan Complete
Protein

Icing:

1 scoop of Chocolate Salted Caramel
Vegan Complete Protein
3 tbsp cocoa powder
75g dairy free butter
200g icing sugar
1 tbsp dairy free milk

To decorate:

Vegan chocolate, grated
Fresh Raspberries

SERVES 8

COOKING TIME:

20-25 MINUTES

Preheat oven to 190°C/Gas Mark 5 and line/grease 2x 8" baking tins. Mix the milk and lemon juice together and set aside. It may curdle a bit, but this is normal.

In a saucepan melt the dairy free butter, coffee and syrup together until the granules are dissolved.

Mix all of the dry ingredients together and then quickly beat in the melted syrup mix and milk, until you have a smooth batter.

Pour into the two tins and bake for 20-25 minutes until risen and springy to the touch. Leave to cool before removing the cakes from the tin.

Meanwhile, beat the icing sugar, protein powder and butter together to make a smooth icing. Fill the cold cake with the icing and pipe or spread the remaining icing over the top. Decorate with fresh raspberries and grated chocolate.



Chocolate chip cookies

2 tsp flaxseeds mixed with 2-3 tsp warm water
2 tbsp coconut oil
1 tsp apple cider vinegar
250ml dairy free milk
50g coconut sugar
200g plain flour
1 tsp baking powder
1 scoop of Vanilla Vegan Complete Protein
2 tbsp cacao nibs
6 tbsp rolled oats

MAKES 10

COOKING TIME: 30-35 MINUTES

Preheat the oven to 190°C/Gas Mark 5 and grease or line a baking tray.

Mix the flaxseed and water together and set aside for 5-10 minutes to thicken.

Mix the dairy free milk and vinegar together and add to the dry ingredients.

Add the flaxseed mix and quickly beat together to make a smooth batter.

Stir in the rolled oats and cacao nibs.

Place 10 spoonfuls of batter onto the prepared tin and bake for 30-35 minutes until golden and crisp.

Leave to cool on a wire rack and store in an airtight container for 5-7 days.



Cookies & cream freak shake

250ml dairy free milk
1 scoop of Chocolate Vegan Complete Protein
1 large handful of ice
1 frozen banana
2 Oreo cookies, or other vegan cookie
2 tbsp whipped coconut cream (taken from the top of a cold tin of coconut milk and whisked until thick)
1 tsp cocoa nibs
½ crushed Oreo, or similar

Place the milk, protein powder, ice, banana and cookies in a high-speed blender.

Process until smooth.

Pour into a glass and top with the whipped coconut cream, nibs and cookie pieces.

SERVES 1



Cookies & cream protein bars

1 scoop of Chocolate Vegan Complete Protein

1 scoop of Chocolate Vegan Complete Protein

2 tbsp almond butter

25g/¼ cup coconut flour

50g/ ½ cup oat flour

3 tbsp dairy free milk

3-4 Oreo cookies, roughly chopped

MAKES 10

Place all of the ingredients, except the cookies, into a food processor and blend until smooth.

You may need to add a little more non-dairy milk if your peanut butter is a little dry, as you should be able to easily squeeze the dough into a small baking tray that has been lined with cling film. Press the cookie pieces into the top.

Place in the fridge for 2-3 hours to harden up.

Cut into approximately 10 fingers and store in an airtight container in the fridge for 5-7 days.



Protein doughnuts

2 tsp flaxseeds mixed with 2-3 tsp warm water
2 tbsp coconut oil
1 tsp apple cider vinegar
250ml dairy free milk
50g coconut sugar
200g plain flour
1 tsp baking powder
1 scoop of Vanilla Vegan Complete Protein

Icing:

1 tsp of Chocolate Salted Caramel
Vegan Complete Protein
80g vegan chocolate
1 tsp coconut oil

MAKES 9

COOKING TIME: 20-25 MINUTES

Preheat the oven to 190°C/Gas Mark 5 and grease a doughnut mould tin.

Mix the flaxseed and water together and set aside for 5-10 minutes to thicken.

Mix the dairy free milk and vinegar together and add to the dry ingredients.

Add the flaxseed mix and quickly beat together to make a smooth batter.

Pour in to the prepared tin and bake for 20-25 minutes until risen and cooked.

Leave to cool in the tin before removing.

Meanwhile, melt the vegan chocolate, protein powder and coconut oil together in a bowl over a pan of simmering water. Stir until you have a smooth sauce.

Drizzle the chocolate over the doughnuts and serve.



Raspberry & coconut shake

1 scoop of Raspberry Vegan Complete Protein
250ml/1 cup coconut milk
2 tbsp frozen raspberries
Large handful of ice
Flaked coconut or desiccated coconut to serve

Place all of the ingredients into a high-speed blender and process until smooth.

Serve immediately with a sprinkling of coconut.

SERVES 1



Raspberry mousse

1 scoop of Raspberry Vegan
Complete Protein
4 tbsp dairy free yoghurt of choice
Freeze dried raspberries or fresh
raspberries to serve

SERVES 1

Place all of the ingredients into a bowl and whisk hard. The mixture will thicken and become smooth and creamy – use an electric whisk if needed.

Serve immediately, spooned or piped into a glass, with a sprinkling of fresh raspberries or fresh raspberries



Raspberry mug cake for 1

3 tbsp dairy free milk
3 tbsp frozen or fresh raspberries,
chopped
1 tbsp coconut oil, melted
½ tbsp coconut sugar
1 scoop of Raspberry Vegan
Complete Protein
3 tbsp plain flour
1 tsp baking powder
Raspberry jam or compote and
coconut yoghurt/cream to serve

SERVES 1

COOKING TIME: 2½ - 3 MINUTES

Grease a large mug that can go into the microwave.

Place all of the ingredients in to a bowl and mix thoroughly to make a smooth batter.

Pour into the mug and place in the microwave.

Cook in 30 second bursts until risen and springy to the touch.

This mug cake will sink down a little. Top it with some jam/compote and coconut cream or yoghurt and serve immediately.



Salted caramel popcorn

100g/2/3 cup popcorn kernels
½ scoop of Chocolate Salted
Caramel Vegan Complete Protein
2 tbsp dairy free butter, melted
2 tbsp dairy free milk
2 tbsp coconut sugar

MAKES 1 HUGE BOWL

Place the popcorn in a popcorn maker or large, greased saucepan with a lid.

Cook the popcorn until all of the kernels have "popped".

Mix the protein powder, butter and milk together until you have a smooth sauce.

Dollop over the popcorn and stir though to coat. Sprinkle over the coconut sugar.

