

Birthday Cake Donut

Donut Ingredients:

- 60g Oat Flour
- 35g Protein Powder
- 25g Baking Stevia
- 120ml Almond Milk
- 5g Baking Powder
- Splash of vanilla (measure with your heart)
- Himalayan Pink Salt

Frosting:

- 60g 0% Fat Plain Greek Yogurt
- 5g Protein Powder

Directions:

- Preheat oven to 350 F
- Bake for 20-25 minutes or until a toothpick runs clean through them
- Let completely cool
- Add "frosting"



Chocolate Chip Crumbl Cookie Dupe

Ingredients:

- 40g Oat Flour
- 10g Coconut Flour
- 10g Protein Powder
- 10g Baking Stevia
- 5g Coconut Sugar
- 5g MCT Oil or Coconut Oil
- 1 egg
- 125g 0% Plain Greek Yogurt
- 5g Baking Powder
- Splash of vanilla (measure with your heart)
- Himalayan Pink Salt
- 50g Semi-Sweet Chocolate Chips (35g for batter, 15g for topping)

Directions:

- Preheat oven to 350 F
- Mix ingredients in a bowl- when mixture is mostly put together- add chocolate chips and finish mixing
- Scoop into 3 equal cookies on a baking pan with parchment paper
- Bake for 10-15 minutes until golden brown
- Let completely cool



Cottage Cheese Brownies

Ingredients:

- 1 container of lactose free cottage cheese (446g)
- 86g cocoa powder
- 140g oat flour
- 20g stevia
- 10g baking powder
- 1/4 tsp Himalayn Pink Salt
- cinnamon
- vanilla (measure with your heart)
- 1 cup almond milk
- 120g semi-sweet chocolate chips

Directions:

- Preheat oven to 350 F
- Mix dry and wet ingredients in two separate bowls
- add chocolate chips and fold in
- Bake in a square pan or ice cream scoop into 12 separate muffins (make sure if you aren't using silicone, that you grease your pans)
- Bake for 35-40 minutes until a toothpick runs mostly clean

Let them cool completely before taking out of the tin or mold
Best to reheat for 20 seconds in the microwave for ooey gooey goodness!

Macros: 10g Carbs 5g Fat 8g Protein per serving

