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JAMIE'S PROTEIN PLAYBOOK

DELICIOUS RECIPES FOR WEIGHT LOSS & MUSCLE GAIN

WHY HIGH PROTEIN?

A high-protein diet is useful for weight loss because it helps increase feelings of fullness and satiety, leading to reduced overall calorie intake.

Along with appetite management, protein requires more energy to digest and metabolize than carbohydrates or fats, which can boost calorie expenditure. This concept is known as the thermic effect of digestion.

This combination of reduced calorie intake and increased calorie burning can support weight loss by promoting a negative energy balance.

Last but not least, a high-protein diet helps preserve lean muscle mass during weight loss, ensuring that the weight lost primarily comes from fat stores rather than muscle tissue.

DISCLAIMER

The information in this guide is for general informational purposes only. While Fitness Animated strives for accuracy, we make no warranties regarding its completeness or suitability.

While these recipes are made to cater to a healthy lifestyle, with a focus on protein and minimizing processed ingredients as well as unhealthy carbs and fats, it is still a bunch of calories you are consuming.

be mindful of your intake of this and any other food, especially if you are trying to maintain a healthy caloric deficit.

Let's put it this way, avocado is considered the mascot of healthy eating by many today, but avos are also one of the most calorically dense foods available to us.

Too much of a good thing can easily become a bad thing.

Individual dietary needs vary. Consult a healthcare professional before making dietary changes.

Fitness Animated is not responsible for adverse effects or injuries resulting from the use of this information. Use this guide at your own risk.

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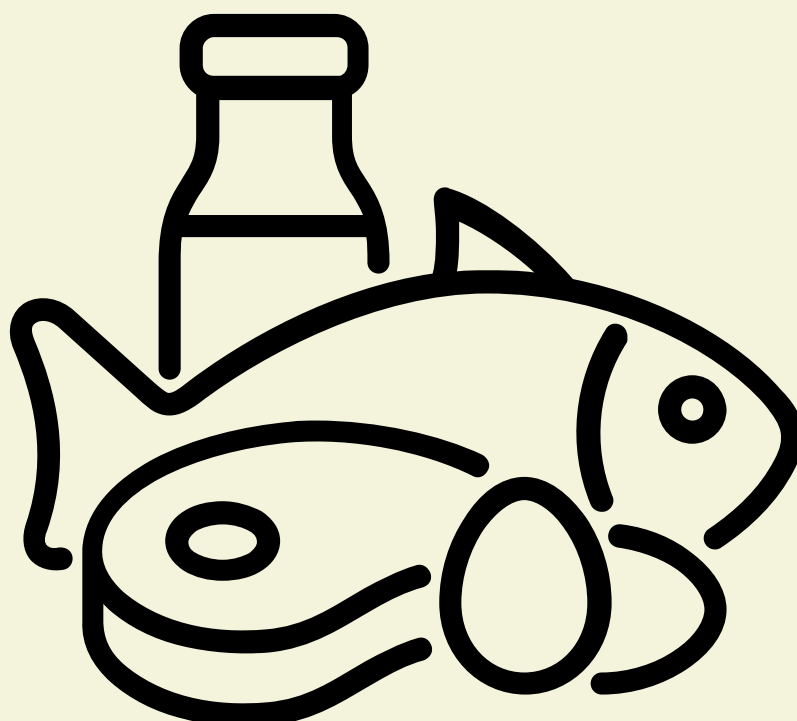
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HIGH PROTEIN

Breakfast

KALE FRITTATA



CUISINE

Italian

SERVES	four (4)
PREP TIME	10 minutes
COOKING TIME	20 minute
CALORIES/serving	355 Kcals
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PROTEIN	19g
CARBS	12g
FAT	26g

INGREDIENTS

- 8 large eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 onion, diced
- 1/2 cup rosa tomatoes
- 2 cloves garlic, minced
- 4 cups chopped kale
- 1/2 cup shredded cheddar cheese

DIRECTIONS

- Preheat the oven to 190°C.
- In a large bowl, whisk together the eggs, milk, salt, and black pepper.
- In a large oven-safe pan/skillet, heat the olive oil over medium heat. Add the diced onion and sauté for 5-7 minutes, until the onion is tender.
- Add the minced garlic and chopped kale to the pan/skillet. Cook for 2-3 minutes, until the kale is wilted.
- Pour the egg mixture into the pan/skillet with the kale, tomatoes, and onion. Stir to combine.
- Sprinkle the shredded cheddar cheese over the top of the frittata.
- Transfer the pan/skillet to the preheated oven and bake for 15-20 minutes, until the frittata is set and the top is golden brown.
- Let the frittata cool for a few minutes before slicing and serving.

PROTEIN PANCAKES



CUISINE

Modern Western

SERVES	two (2)
PREP TIME	5 minutes
COOKING TIME	10 minutes
CALORIES/serving	368 Kcals

PROTEIN	28 g
CARBS	16 g
FAT	11 g

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup cottage cheese
- 2 large eggs
- 1 scoop whey protein powder (about 30g)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon honey
- 1/2 cup fresh berries
- 2 tablespoons maple syrup

DIRECTIONS

- In a blender or food processor, pulse the rolled oats until they are finely ground.
- Add the cottage cheese, eggs, whey protein powder, vanilla extract, baking powder, salt, and honey to the blender. Blend until the mixture is smooth and well combined.
- Heat a nonstick pan/skillet or griddle over medium heat. Scoop 1/4 cup portions of the pancake batter onto the pan/skillet, making 4-6 pancakes.
- Cook the pancakes for 2-3 minutes on each side, until they are golden brown and cooked through.
- Serve the protein pancakes immediately, topped with fresh berries and maple syrup.

VEGAN PROTEIN PANCAKES



CUISINE

Modern Western

SERVES	4 (four)
PREP TIME	10 minutes
COOKING TIME	10 minutes
CALORIES/serving	416 Kcals

PROTEIN	25 g
CARBS	51 g
FAT	12 g

INGREDIENTS

- 1 cup oat flour
- 1/2 cup vegan protein powder (such as pea protein)
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup unsweetened almond milk
- 1/4 cup unsweetened applesauce
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- 1 tbsp coconut oil, melted

DIRECTIONS

- In a mixing bowl, combine the oat flour, protein powder, baking powder, and salt.
- In a separate mixing bowl, whisk together the almond milk, applesauce, vanilla extract, maple syrup, and melted coconut oil.
- Add the wet ingredients to the dry ingredients and stir until well combined.
- Heat a non-stick skillet or griddle over medium-high heat.
- Using a 1/4 cup measuring cup, scoop the batter onto the skillet or griddle.
- Cook until bubbles form on the surface of the pancake, then flip and cook for an additional 1-2 minutes.
- Repeat with the remaining batter.
- Serve with your desired toppings.
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- Protein power in pancake form. Easy to make and even easier to enjoy, these pancakes are a great, cruelty free way to start the day.

SHAKSHUKA



CUISINE

Italian

SERVES

four(4)

PREP TIME

10 minutes 25

COOKING TIME

minutes

CALORIES/serving

374 Kcals

PROTEIN

16g

CARBS

44g

FAT

15g

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño pepper, seeded and diced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can diced tomatoes
- 4-6 eggs
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese
- Pita bread, for serving

DIRECTIONS

- In a large pan/skillet, heat the olive oil over medium heat. Add the diced onion and sauté for 5-7 minutes, until the onion is tender.
- Add the minced garlic, diced red bell pepper, and diced jalapeño pepper to the pan/skillet. Sauté for another 5-7 minutes until the peppers are tender.
- Add the ground cumin, smoked paprika, salt, and black pepper to the pan/skillet. Stir to combine.
- Add the diced tomatoes to the pan/skillet. Stir to combine and bring the mixture to a simmer.
- Let the mixture simmer for 10-15 minutes until the sauce has thickened and the flavors have melded together.
- Use a spoon to make 4-6 indentations in the sauce. Crack an egg into each indentation.
- Cover the pan/skillet and let the eggs cook for 5-7 minutes until the whites are set but the yolks are still runny.
- Sprinkle the chopped parsley and crumbled feta cheese over the top of the shakshuka.
- Serve the shakshuka immediately, with pita bread for dipping.

SPINACH & FETA OMELETTE



CUISINE

Modern Western

SERVES	two(2)
PREP TIME	10 minutes
COOKING TIME	10 minutes
CALORIES/serving	335 Kcals
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PROTEIN	17 g
CARBS	4g
FAT	28g

INGREDIENTS

- 4 large eggs
- 1/4 cup milk
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons olive oil
- 2 cups fresh baby spinach
- 1/4 cup crumbled feta cheese

DIRECTIONS

- In a medium bowl, whisk together the eggs, milk, salt, and black pepper until well combined.
- Heat the olive oil in a large nonstick pan/skillet over medium heat. Add the baby spinach and sauté for 1-2 minutes, until the spinach has wilted.
- Pour the egg mixture into the pan/skillet with the spinach. Use a spatula to gently stir the eggs as they cook, until the bottom of the omelet is set but the top is still slightly runny.
- Sprinkle the crumbled feta cheese over one-half of the omelet. Use the spatula to fold the other half of the omelet over the cheese.
- Cook the omelet for another 1-2 minutes, until the cheese is melted and the eggs are fully cooked.
- Use the spatula to slide the omelet onto a plate. Cut it in half and serve immediately.



HIGH PROTEIN

Lunch

QUINOA CHILLI BOWL



CUISINE

Modern Fusion

SERVES	four(4)
PREP TIME	10 minutes
COOKING TIME	25 minutes
CALORIES/serving	473Kcals

PROTEIN	22g
CARBS	62g
FAT	16g

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 can red kidney beans, drained and rinsed
- 1/4 cup sweet corn
- 1 red bell pepper, diced
- 1 yellow onion, diced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh coriander
- 1 avocado, diced

DIRECTIONS

- Rinse the quinoa in a fine-mesh strainer and place it in a medium saucepan with 2 cups of water. Bring to a boil, then reduce the heat to low and cover. Cook for 15-20 minutes, until the quinoa is tender and the water has been absorbed.
- While the quinoa is cooking, heat the olive oil in a large pan/skillet over medium heat. Add the diced onion and bell pepper and sauté for 5-7 minutes, until the vegetables are tender.
- Add the black beans, chili powder, cumin, salt, and black pepper to the pan/skillet. Stir to combine and cook for another 2-3 minutes, until the beans are heated through.
- When the quinoa is done, fluff it with a fork and add it to the pan/skillet with the vegetables and beans. Stir to combine and cook for another 2-3 minutes, until everything is heated through.
- Remove the pan/skillet from the heat and stir in the chopped coriander. Divide the quinoa mixture among four plates or bowls and top each serving with diced avocado.

CHICKEN CURRY



CUISINE

Indian

SERVES	six (6)
PREP TIME	15 minutes
COOKING TIME	25 minutes
CALORIES/serving	488Kcals

PROTEIN	35g
CARBS	53g
FAT	16g

INGREDIENTS

- 500g boneless, skinless chicken breast, cut into bite-sized pieces
- 4 cups mixed vegetables (such as bell peppers, zucchini, and onion), chopped
- 7oz chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes, undrained
- 7 oz coconut milk
- 2 tablespoons olive oil
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups cooked brown rice
- 2 tablespoons chopped fresh coriander/cilantro

DIRECTIONS

- In a large pan/skillet or wok, heat the olive oil over medium-high heat. Add the chicken pieces and cook for 3-4 minutes, until browned on all sides.
- Add the chopped mixed vegetables to the pan/skillet and continue to cook for 2-3 minutes, until the vegetables are tender-crisp.
- Add the drained and rinsed chickpeas, undrained diced tomatoes, and coconut milk to the pan/skillet.
- Stir in the curry powder, ground cumin, salt, and black pepper.
- Bring the mixture to a simmer and cook for 10-15 minutes, until the sauce has thickened and the chicken is cooked through.
- While the curry is cooking, prepare the brown rice according to the package instructions.
- To serve, divide the cooked brown rice among 4 plates.
- Spoon the chicken and vegetable curry over the top of the brown rice.
- Sprinkle the chopped fresh coriander over the top of each plate.
- Serve the chicken and vegetable curry with brown rice immediately.

GRILLED SALMON WITH QUINOA AND ROASTED VEGETABLES



CUISINE

Mediterranean Fusion

SERVES	four (4)
PREP TIME	15 minutes
COOKING TIME	30 minutes
CALORIES/serving	516 Kcals
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PROTEIN	45g
CARBS	38g
FAT	22g

INGREDIENTS

- 4 salmon fillets (180g each)
- 1 cup quinoa, rinsed
- 2 cups low-sodium chicken or vegetable broth
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 zucchini, chopped
- 1 red onion, chopped
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh thyme
- 1 lemon, cut into wedges

DIRECTIONS

- Preheat the oven to 200°C.
- In a large bowl, toss together the chopped red and yellow bell peppers, zucchini, and red onion with the olive oil, salt, and black pepper. Spread the vegetables out on a baking sheet and roast in the preheated oven for 20-25 minutes, until tender and slightly caramelized.
- While the vegetables are roasting, bring the chicken or vegetable broth to a boil in a medium saucepan. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for 15-20 minutes, until the quinoa is tender and the liquid has been absorbed.
- Preheat a grill or grill pan to medium-high heat. Season the salmon fillets with salt and pepper, then grill for 3-4 minutes per side, until cooked through.
- To serve, divide the cooked quinoa and roasted vegetables among 4 plates. Top each plate with a grilled salmon fillet.
- Sprinkle the chopped fresh parsley, basil, and thyme over the top of the salmon fillets.
- Serve the grilled salmon with quinoa and roasted vegetables immediately, with lemon wedges on the side.



HIGH PROTEIN

Dinner

GRILLED CHICKEN BREAST WITH ROASTED VEGETABLES



CUISINE

Modern Western

SERVES	four (4)
PREP TIME	10 minutes
COOKING TIME	30 minutes
CALORIES/serving	320 Kcals
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PROTEIN	40g
CARBS	10g
FAT	14g

INGREDIENTS

- 4 boneless, skinless chicken breasts (6 oz each)
- 4 cups mixed vegetables (such as asparagus, carrots, bell peppers, and zucchini), chopped
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika

DIRECTIONS

- Preheat the grill to medium-high heat.
- In a large bowl, toss together the chopped mixed vegetables with the olive oil, salt, black pepper, garlic powder, and paprika.
- Place the chicken breasts on the grill and cook for 5-6 minutes per side, until cooked through.
- While the chicken is cooking, spread the seasoned mixed vegetables on a baking sheet and roast in the oven at 200°C for 20-25 minutes, until tender and lightly browned.
- Once the chicken is cooked, remove it from the grill and let it rest for a few minutes before slicing.
- Divide the sliced chicken breast and roasted mixed vegetables among 4 plates.
- Serve the grilled chicken breast with roasted vegetables immediately.

BEEF STIR-FRY



CUISINE

Eastern Fusion

SERVES

four (4)

PREP TIME

15 minutes

COOKING TIME

15 minutes

CALORIES/serving

375 Kcals

PROTEIN

27g

CARBS

23g

FAT

21g

INGREDIENTS

- 500g beef sirloin, sliced into thin strips
- 4 cups mixed vegetables (such as bell peppers, broccoli, and snow peas), chopped
- 2 tablespoons olive oil
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon cornstarch
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh coriander

DIRECTIONS

- Heat a large pan/skillet or wok over high heat. Add the sliced beef and stir-fry for 2-3 minutes, until browned on all sides. Remove the beef from the pan/skillet and set aside.
- In the same pan/skillet or wok, add the chopped mixed vegetables and stir-fry for 3-4 minutes, until tender-crisp.
- In a small bowl, whisk together the low-sodium soy sauce, honey, cornstarch, garlic powder, ground ginger, and black pepper.
- Add the cooked beef back to the pan/skillet with the mixed vegetables. Pour the soy sauce mixture over the top of the beef and vegetables.
- Cook for 1-2 minutes, until the sauce has thickened and the beef is heated through.
- To serve, divide the beef stir-fry with mixed vegetables among 4 plates.
- Sprinkle the chopped fresh coriander over the top of each plate.
- Serve the beef stir-fry with mixed vegetables immediately.

LENTIL SOUP



CUISINE

Modern Western

SERVES	four (4)
PREP TIME	10 minutes
COOKING TIME	40minutes
CALORIES/serving	435 Kcals

PROTEIN	43g
CARBS	30g
FAT	15g

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper (optional)
- 1 cup dried brown lentils, rinsed and drained
- 4 cups low-sodium vegetable broth
- 2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice

DIRECTIONS

- In a large pot, heat the olive oil over medium heat. Add the diced onion and sauté for 5-7 minutes, until the onion is tender.
- Add the minced garlic, chopped carrots, and chopped celery to the pot. Sauté for another 5-7 minutes until the vegetables are tender.
- Add the ground cumin, ground coriander, ground turmeric, ground cinnamon, and cayenne pepper (if using) to the pot. Stir to combine.
- Add the rinsed and drained lentils, low-sodium vegetable broth, water, salt, and black pepper to the pot. Stir to combine.
- Bring the soup to a boil, then reduce the heat to low and simmer for 25-30 minutes, until the lentils are tender.
- Stir in the chopped fresh parsley and lemon juice.
- Serve the lentil soup hot, garnished with additional fresh parsley if desired.

GRILLED PEPPER STEAK



CUISINE

Modern Western

SERVES

four (4)

PREP TIME

10 minutes

COOKING TIME

40minutes

CALORIES/serving

454 Kcals

PROTEIN

63g

CARBS

4g

FAT

20g

INGREDIENTS

- 4 (6 oz) beef sirloin steaks
- 2 tbsp black pepper
- 1 tbsp onion salt
- 1 tbsp garlic salt
- 1 tsp paprika (optional)
- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

- In a large pot, heat the olive oil over medium heat. Add the diced onion and sauté for 5-7 minutes, until the onion is tender.
- Add the minced garlic, chopped carrots, and chopped celery to the pot. Sauté for another 5-7 minutes until the vegetables are tender.
- Add the ground cumin, ground coriander, ground turmeric, ground cinnamon, and cayenne pepper (if using) to the pot. Stir to combine.
- Add the rinsed and drained lentils, low-sodium vegetable broth, water, salt, and black pepper to the pot. Stir to combine.
- Bring the soup to a boil, then reduce the heat to low and simmer for 25-30 minutes, until the lentils are tender.
- Stir in the chopped fresh parsley and lemon juice.
- Serve the lentil soup hot, garnished with additional fresh parsley if desired.

MUSHROOM RISOTTO



CUISINE

Italian

SERVES	four(4)
PREP TIME	10 minutes
COOKING TIME	30 minutes
CALORIES/serving	485

PROTEIN	26g
CARBS	60g
FAT	13g

INGREDIENTS

- 4 (6 oz) beef sirloin steaks
- 2 tbsp black pepper
- 1 tbsp onion salt
- 1 tbsp garlic salt
- 1 tsp paprika (optional)
- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

- In a large saucepan, heat the vegetable broth over medium heat.
- In a separate large saucepan, heat the olive oil over medium heat. Add the diced onion and sauté for 5-7 minutes, until the onion is tender.
- Add the sliced mushrooms and minced garlic to the saucepan with the onion. Sauté for another 5-7 minutes until the mushrooms are tender.
- Add the arborio rice to the saucepan with the mushrooms and stir to combine. Cook for 1-2 minutes, stirring constantly, until the rice is lightly toasted.
- Add 1 cup of the heated vegetable broth to the saucepan with the rice and mushrooms. Stir to combine and cook until the broth has been absorbed.
- Continue adding the vegetable broth to the rice mixture, one cup at a time, stirring constantly and allowing each cup of broth to be absorbed before adding the next.
- When the rice is tender and the broth has been absorbed, remove the saucepan from the heat. Stir in the grated parmesan cheese, chopped parsley, thyme, chives, salt, and black pepper.
- Serve the mushroom risotto immediately, garnished with additional grated parmesan cheese and fresh herbs if desired.



HIGH PROTEIN

Desserts

CHOCOLATE CHIA PUDDING

Modern Western



CUISINE

SERVES	2 (two)
PREP TIME	5 minutes
COOKING TIME	0 minutes
CALORIES/serving	468Kcals
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PROTEIN	27 g
CARBS	27 g
FAT	23 g

INGREDIENTS

- 1/4 cup chia seeds
- 1/4 cup unsweetened almond milk
- 1/4 cup water
- 1/4 cup vegan chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/4 tsp sea salt

DIRECTIONS

- In a mixing bowl, combine the chia seeds and unsweetened almond milk and water. Stir well to combine.
- Add the vegan chocolate protein powder, unsweetened cocoa powder, vanilla extract, and sea salt to the bowl. Stir well to combine.
- Divide the mixture evenly between two serving dishes or jars.
- Cover the dishes or jars and refrigerate for at least 2 hours, or until the pudding has thickened and set.
- Serve the pudding cold, topped with your favorite toppings such as fresh fruit, nuts, or shredded coconut.

This pudding is a delicious, nutritious dessert that is packed with protein and fiber. Each serving contains at least 15g of protein, making it a great dessert for a body builder's sweet tooth. It is also triple free (vegan, gluten-free, and sugar-free), making it a great option for anyone with dietary restrictions or just seeking to optimize their nutrition. Enjoy!

CHOCOLATE PROTEIN MUG CAKE



CUISINE

Modern Western

SERVES	1 (one)
PREP TIME	5 minutes
COOKING TIME	1 minutes
CALORIES/serving	252Kcals
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PROTEIN	22 g
CARBS	5 g
FAT	15 g (7 g)

INGREDIENTS

- 1 scoop vegan chocolate protein powder (such as pea protein)
- 2 tbsp almond flour
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp baking powder
- Pinch of salt
- 1/4 cup unsweetened almond milk
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract

DIRECTIONS

- In a microwave-safe mug, whisk together the protein powder, almond flour, cocoa powder, baking powder, and salt.
- Add the almond milk, maple syrup, and vanilla extract to the mug and whisk until well combined.
- Microwave for 1 minute or until the cake is cooked through.
- Let cool for a few minutes before enjoying.

A hug in a mug, chocolate style. A plant based dessert that's easy to make combines convenience and ethical eating with a healthy high protein approach to satisfying your sweet tooth.

SUGAR-FREE VANILLA ICE CREAM



CUISINE

Modern Western

SERVES	8 (eight)
PREP TIME	10 minutes
COOKING TIME	30 minutes
CALORIES/serving	178Kcals
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PROTEIN	23 g
CARBS	18 g
FAT	8 g

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 cup heavy cream
- 1/2 cup erythritol
- 1/2 cup vanilla whey protein powder
- 1 tsp vanilla extract
- Pinch of salt

DIRECTIONS

- In a saucepan, combine the almond milk, heavy cream, and erythritol. Heat over medium heat, stirring occasionally, until the erythritol is fully dissolved.
- Remove from heat and stir in the vanilla whey protein powder, vanilla extract, and salt until well combined.
- Let the mixture cool to room temperature, then transfer to an ice cream maker and churn according to the manufacturer's instructions.
- Once the ice cream is churned, transfer it to a freezer-safe container and freeze for at least 2 hours or until firm.
- Serve and enjoy!

It's ice cream? what more can I say? This vanilla thriller is a great way to satisfy those creamy cravings the healthy way.

CHOCOLATE PROTEIN DOUGHNUTS



CUISINE

Modern Western

SERVES	6 (six)
PREP TIME	10 minutes
COOKING TIME	15 minutes
CALORIES/serving	219 Kcals
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PROTEIN	13 g
CARBS	11 g
FAT	15 g (0 g)

INGREDIENTS

- 1 cup almond flour
- 1/2 cup whey protein powder
- 1/4 cup cocoa powder
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- 2 eggs
- 1 tsp vanilla extract
- 1/4 cup sugar-free chocolate chips
- Cooking spray

For the chocolate coating:

- 1/4 cup sugar-free chocolate chips
- 1 tbsp coconut oil

DIRECTIONS

- Preheat the oven to 350°F (175°C) and grease a doughnut pan with cooking spray.
- In a large mixing bowl, whisk together the almond flour, protein powder, cocoa powder, baking powder, and salt.
- In a separate bowl, whisk together the applesauce, almond milk, eggs, and vanilla extract.
- Pour the wet ingredients into the dry ingredients and stir until well combined.
- Fold in the sugar-free chocolate chips.
- Spoon the batter into the doughnut pan, filling each mould about 3/4 of the way full.
- Bake for 12-15 minutes or until a toothpick inserted into the center comes out clean.
- Let cool in the pan for 5 minutes before transferring to a wire rack to cool completely.
- To make the chocolate coating, melt the chocolate chips and coconut oil in a double boiler or microwave.
- Once the doughnuts are cool, dip each one into the chocolate coating and place on a wire rack to set.
- Serve and enjoy!