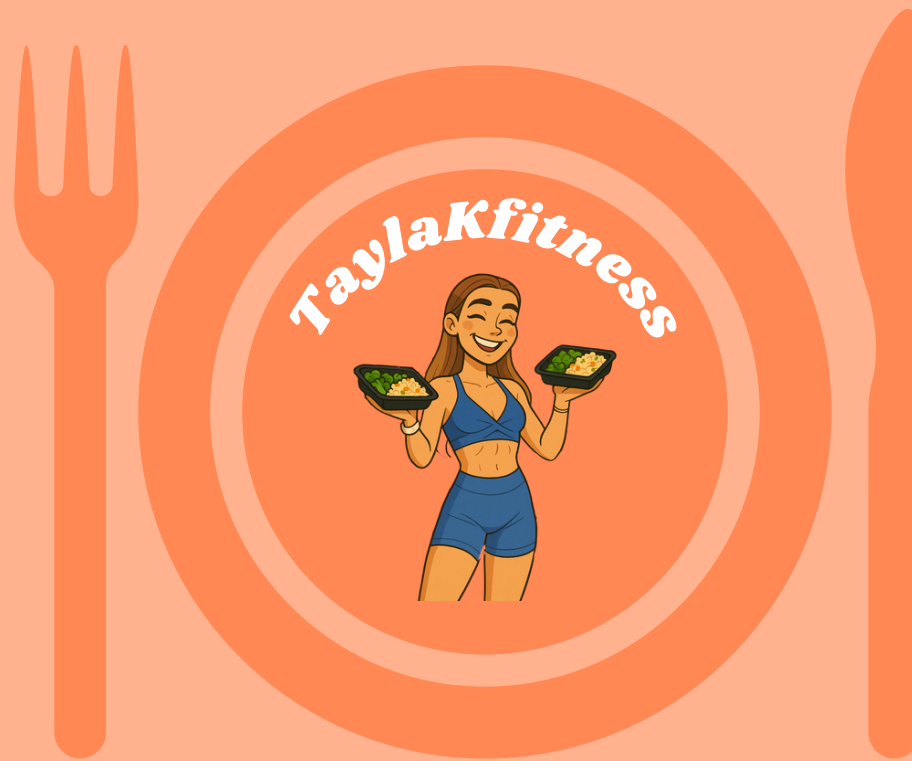


# TAYLAKFITNESS RECIPE BOOK



## ***PUDDINGS***

The recipes in this book are designed to nourish your body and support your fitness goals. As a personal trainer at TaylaKfitness, I believe in fueling your body with wholesome, nutrient-dense foods, rather than focusing on calorie counting. Please note that I am not a nutritionist, and only a qualified nutritionist can provide professional dietary advice. The recipes and protein values provided are purely for guidance and are not intended to prescribe specific eating habits. The protein amounts listed are approximate and may not be 100% accurate, depending on the ingredients you use. The goal is to help you make better food choices that prioritize nutrition, balance, and overall well-being. I want to encourage you to view food as a privilege and necessity, not something to fear. Remember, food is meant to fuel and empower you, not be a source of stress.



# High Protein Banana Chocolate Protein Cake



**PROTEIN:**  
27g aprox



**TOTAL TIME:**  
20-25mins



**SERVINGS:**  
1

## INGREDIENTS:

- 60g mashed ripe banana (about ½ banana)
- 1 medium egg (or 30g applesauce + ½ tsp baking powder for vegan)
- 15g chocolate protein powder
- 10g cocoa powder
- 15g oats or oat flour
- 5g maple syrup or honey (optional, banana is sweet already!)
- 2g baking powder (≈½ tsp)
- Pinch of salt
- Optional: 5g dark choc chips or chopped nuts

### 🍪 Cookie Dough Frosting (in grams):

- 50g Greek yogurt (or dairy-free alternative like Alpro high protein)
- 10g vanilla or cookie dough protein powder
- 5g peanut butter or almond butter
- 5g maple syrup
- Pinch of salt
- Optional: a few mini dark choc chips or cacao nibs

- Preheat oven to 175°C (350°F)
- In a bowl, mash banana and mix in egg (or applesauce), syrup, and dry ingredients
- Stir until well combined
- Pour into a small greased ramekin or mini loaf tin
- Top with choc chips or nuts if using
- Bake for 15–20 minutes until firm and set
- Let cool slightly and enjoy warm!

### Frosting:

- Mix all ingredients in a small bowl until creamy and thick
- Add a splash of plant milk if too thick
- Fold in choc chips for the cookie dough vibe
- Spread over cooled cake, or serve on the side



# High Protein Biscoff Cheesecake



**PROTEIN:**  
20-22g



**TOTAL TIME:**  
10 mins then leave over night



**SERVINGS:**  
1

## INGREDIENTS:

### 🍪 Base Ingredients:

- 15g Biscoff biscuits (about 1½ biscuits)
- 5g melted light butter or coconut oil

### 🍰 Cheesecake Filling:

- 100g thick Greek yogurt (or dairy-free protein yogurt)
- 30g light cream cheese
- 15g vanilla protein powder
- 10g Biscoff spread
- Optional: a few drops of vanilla extract

### 🍌 Topping (optional but delicious):

- 5g melted Biscoff spread
- Sprinkle of crushed Biscoff biscuit

- Crush the Biscoff biscuits and mix with melted butter
- Press into a small ramekin or dessert pot to form the base
- Mix yogurt, cream cheese, protein powder, Biscoff spread, and vanilla until smooth
- Spoon over the base and smooth the top
- Chill in the fridge for at least 1 hour to set
- Before serving, drizzle with melted Biscoff and a sprinkle of crushed biscuit if using



# ***Snickers Cookie Dough with Peanut Caramel Swirl***



**PROTEIN:**  
18g



**TOTAL TIME:**  
5-10 mins



**SERVINGS:**  
1

## **INGREDIENTS:**

### ✦ Cookie Dough Ingredients:

- 50g chickpeas (rinsed and drained)
- 10g vanilla or caramel protein powder
- 10g peanut butter
- 5g maple syrup
- 5g dark chocolate chips
- Pinch of salt
- Splash of milk (just enough to blend)

### 🥄 Peanut Caramel Swirl:

- 5g maple syrup
- 5g peanut butter
- Tiny pinch of salt
- Optional: a drop of vanilla extract
- Mix until smooth and sticky – it should drizzle slowly off a spoon!

- Blend or mash the chickpeas, protein powder, peanut butter, syrup, salt, and a splash of milk until smooth and doughy
- Stir in chocolate chips
- In a bowl or jar, swirl in the peanut caramel mixture
- Top with extra choc chips, a drizzle of peanut butter, or crushed peanuts if desired



# High protein chocolate mousse



**PROTEIN:**

21g



**TOTAL TIME:**

5 mins (plus optional 30 mins  
chill time)



**SERVINGS:**

1

## INGREDIENTS:

- 100g Greek yogurt (or silken tofu for vegan option)
- 10g cocoa powder
- 15g chocolate protein powder (whey or vegan)
- 5g maple syrup or honey
- 15ml milk (any kind – just enough to blend)
- Pinch of salt
- Optional: 5g peanut butter or 5g melted dark chocolate for richness
- Optional toppings: berries, coconut flakes, cacao nibs

- Add all ingredients to a blender or food processor
- Blend until smooth, thick, and creamy
- Add a splash more milk if needed to reach mousse-like consistency
- Chill in the fridge for 30+ mins for best texture, or enjoy straight away



# cookie dough yoghurt cookies (no bake)



**PROTEIN:**  
18g



**TOTAL TIME:**  
10 mins(20 mins to chill)



**SERVINGS:**  
1

## INGREDIENTS:

- 50g thick Greek yogurt (or dairy-free high-protein yogurt)
- 15g vanilla or chocolate protein powder
- 10g oat flour or almond flour
- 5g peanut butter
- 5g maple syrup
- 10g dark chocolate chips
- Pinch of salt
- 10g dark chocolate (or 85% cocoa)
- ½ tsp coconut oil (to help it melt and set smoothly)

- Mix all cookie dough ingredients in a bowl until smooth and thick
- Shape into 2–3 small cookie discs and place on a lined plate or tray
- Chill in the freezer for 10 minutes while you make the chocolate shell
- Melt the chocolate and coconut oil together until smooth
- Spoon or spread a thin layer of chocolate over each chilled cookie
- Return to the freezer for another 10–15 minutes until the top is firm
- Enjoy chilled with a satisfying chocolate crack on top 🍪



# ***Pistachio and date chocolate bites***



**PROTEIN:**  
12-14g



**TOTAL TIME:**  
(10 mins (15-20 mins to chill))



**SERVINGS:**  
1

## **INGREDIENTS:**

- 30g soft Medjool dates (≈2 small, pitted)
- 10g shelled pistachios
- 10g vanilla or chocolate protein powder (vegan or whey)
- 10g almond flour or oat flour
- 5g cocoa powder
- 1 tsp maple syrup (optional, for extra sweetness)
- Pinch of sea salt
- Optional: a splash of water or plant milk if dough is too dry
- Optional topping: 5g dark chocolate (melted) + crushed pistachios

- If needed, soften dates by soaking in warm water for 5 minutes
- Blend or mash dates with pistachios until roughly combined
- Add protein powder, almond flour, cocoa, salt, and mix into a thick dough
- If it's too dry, add a few drops of water or plant milk
- Roll into 3-4 bite-sized balls or press into mini discs
- Optional: drizzle or dip in melted dark chocolate, then sprinkle with chopped pistachios
- Chill in the fridge or freezer for 15-20 mins to firm up
- Store in fridge up to 5 days (if they last that long 😊)



# ***Cookies and crème protein pops***



**PROTEIN:**  
18-20g



**TOTAL TIME:**  
5 mins | Freeze: 3-4 hours (or  
overnight)



**SERVINGS:**  
1

## **INGREDIENTS:**

- Ingredients 🍪:
- 100g thick Greek yogurt (or dairy-free protein yogurt)
- 15g vanilla or cookies & cream protein powder
- 10g crushed Oreo-style cookies (≈1-2 biscuits)
- 1-2 tsp maple syrup (optional, to taste)
- Splash of plant milk if needed for blending
- Optional: tiny pinch of salt or a drop of vanilla extract

- Mix yogurt, protein powder, syrup (if using), and a splash of milk until smooth
- Fold in crushed cookies
- Spoon into 2 small ice cream moulds or silicone cases
- Tap gently to remove air bubbles and freeze for 3-4 hours, or until solid
- Run moulds under warm water for a few seconds to release and enjoy! 🍪🍷



# Tiramisu Protein Crêpes



**PROTEIN:**  
22-24g



**TOTAL TIME:**  
15 mins



**SERVINGS:**  
1

## INGREDIENTS:

### 🥞 Crêpe Ingredients:

- 1 whole egg
- 50g milk (or dairy-free alternative)
- 10g vanilla protein powder
- 10g plain flour (or oat flour)
- Pinch of salt
- Optional: dash of vanilla extract or instant coffee powder

### 🍦 Filling Ingredients:

- 80g thick Greek yogurt (or plant-based protein yogurt)
- 10g vanilla protein powder
- 1-2 tsp maple syrup
- ½ tsp instant coffee, mixed with 1 tsp warm water

### 🍫 Topping:

- Dust of unsweetened cocoa powder
- Optional: drizzle of melted dark chocolate or extra yogurt on top

- Whisk together crêpe ingredients until smooth (add a splash more milk if too thick)
- Heat a non-stick pan over medium heat and pour in half the batter
- Swirl to coat and cook for ~1-2 mins each side
- Repeat with the rest of the batter (makes 2 thin crepes)
- Mix all filling ingredients together in a bowl
- Spread the filling on one crepe, place the other on top, and fold or roll like a tiramisu layer
- Dust with cocoa powder and drizzle chocolate if using
- Serve chilled or warm — both are divine ❤️