



# The Beltsander's Desserts only Cookbook.



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# Welcome to The Beltsander's Desserts only cookbook.

**Hello and welcome to the Beltsander's Desserts only cookbook.**

Let's be honest, we all love a dessert but desserts are traditionally so calorie dense that they end up being something we only enjoy very occasionally. This book aims to lift that restriction by giving you loads of macro friendly dessert ideas that can be enjoyed regardless of your nutritional goals.

Like with the previous books the recipes in this one will be easy to make, created with easy to source ingredients and above all taste amazing. That's the number one goal.

Every time I release a new ebook I try to build on the last one. So this time around I'll be introducing proper nutritional labels. For a lot of people nutrition is about more than just fats, carbs and protein it's also good to know how much fibre, sugar and salt is in a recipe. This can be really important for people's non-specific diets or with health conditions in particular. Every recipe will come with a nutritional label similar to what you find on any product in your supermarket / Grocery store.

I'll also be reintroducing the scannable barcodes for my fitness pal for stress-free macro tracking due to their popularity in the last book.

As always I'd like to personally thank you for purchasing my eBook and supporting me. It genuinely means the world to me and without your support I certainly wouldn't have written any books. It literally starts and ends with you and I thank you for choosing to be a part of it.

**Disclaimer:** I am not a nutritional expert nor do I claim to be. My opinions, those expressed in this book are based on my own personal research, trial and error and what has worked for me.



This work is dedicated to the Instagram community who's support never fails to amaze and motivate me, the very beautiful, incredibly, patient and always supportive Mrs\_Thebeltsander and my little girl that always manages to out eat every kid in creche.

The Beltsander.

Eat, lift and be merry...

# Ore-bros.



These are a lot like regular Oreos but as the name suggests, they pack 16g protein per serving making them far more macro friendly and still manage to be damn tasty.

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>



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## Ingredients:

- 60g Chocolate flavour whey protein,
- 50g Light, low fat butter spread,
- 30g Apple sauce,
- 15g Cocoa powder,
- 5g Stevia.

## Filling:

- 100g Extra light cream cheese,
- 20g Casein Vanilla protein,
- 5g Stevia sweetener.



## Method:

- Add the apple sauce, low fat butter spread, stevia, cocoa and whey to the bowl and mix really well. It might look like the mixture is too dry but just keep mixing it until it eventually forms a dough.
- Add 10 spoonfuls of the mixture to baking sheet and flatten it so that each cookie is a thin disc. (this step helps them to crisp up in the oven).
- Bake at 150C (300°F) for 6-8 minutes, you really don't want to overcook these as they'll become too dry very quickly.
- To make the filling, add all the ingredients to a bowl and mix well to combine. Once the cookies are cooled, add a small dollop of the cream cheese filling onto one cookie, place another cookie on top and press together.

# Chocolate chip cookie dough balls.



Not only do these taste amazing but they're super quick to throw together. Mix, leave in the fridge and they're ready when you are.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0.7g	<b>4%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>



 myfitnesspal

## Ingredients:

- 60g Vanilla whey protein,
- 20g Coconut flour,
- 20g Agave syrup (can be subbed for honey),
- 1-2 Pumps of spray oil,
- 10mls Unsweetened almond milk, (you may need to add a little more than this to form a dough),
- 20g Chocolate chips.

## Method:

- Add all the ingredients apart from the chocolate chips to a bowl and mix really well. It might look too dry initially but just keep mixing it until it forms a dough.
- If it looks too dry add more almond milk but only a little at a time, a little goes a long way.
- Split the dough into 8 equal pieces and roll into balls.
- Push the chocolate chips into the dough balls covering them evenly.
- Leave in the fridge to set for at least 10 minutes.



# Macro friendly nutella.



It's that magical blend of chocolate and hazelnut that will absolutely obliterate your macros if you let it. This on the other hand is much easier to fit into your macros and makes a fine substitute.

## Nutrition Facts

5 servings per container

Serving size (30g)

Amount Per Serving

**Calories 70**

% Daily Value\*

Total Fat 3g 4%

Saturated Fat 0.2g 1%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber < 1g 3%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 4g 8%



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## Ingredients:

- 20g Chocolate flavour whey,
- 30g Agave syrup (can be subbed for honey),
- 20g Smooth peanut butter,
- 10g Cocoa powder,
- 50mls Boiling hot water.

## Method:

- Add the peanut butter and the agave syrup to a small bowl and mix to combine.
- Add the cocoa powder and whey and mix to form a thick sludge.
- Slowly add the hot water and keep mixing, the hot water will melt the peanut butter to form a paste.
- If necessary keep adding small amounts of water until it reaches your desired consistency.

# Nutella protein crepes.



Don't you think its about time somebody came up with a high protein solution to eating nutella covered crepes...

I think so too.

## Nutrition Facts

1 servings per container

Serving size 1

Amount Per Serving

**Calories 250**

% Daily Value\*

**Total Fat 6g 8%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 75mg 25%**

**Sodium 170mg 7%**

**Total Carbohydrate 7g 3%**

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein 40g 80%**



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## Ingredients:

### Crêpes:

- 30g Vanilla whey protein,
- 100g egg whites,
- 5g Stevia,
- 20mls almond milk,
- 30g Macro friendly nutella.

## Method:

- Make the crêpes by mixing the whey, almond milk, stevia and egg whites in a shaker (you can use a bowl but a shaker makes it really easy). Pour the mixture into a hot frying pan and tilt the pan with a circular motion so that the batter coats the surface evenly.
- Cook the crêpes for about 2 minutes until the bottom is light brown.
- Loosen with a spatula and fold the crepe into quarters, repeat until you've used all the batter.
- Drizzle over the macro friendly nutella.

# Tiramisu protein waffle stack.



Coffee flavored protein waffles sandwiched between layers of sweet creamy filling, dusted with cocoa. It's like a tiramisu with a lot less work involved.

## Nutrition Facts

1 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 550

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 130mg 44%

**Sodium** 300mg 13%

**Total Carbohydrate** 30g 11%

Dietary Fiber 4g 14%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein** 95g 190%



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## Ingredients:

- 20g Plain flour,
- 60g Vanilla whey protein,
- 2 Egg whites (60g),
- 5g Baking powder,
- 5g Stevia,
- 300g Greek yogurt,
- 5g Vanilla casein,
- 100mls Cold coffee,
- 5g Cocoa powder.

## Method:

- Mix the plain flour, whey, baking powder and stevia in a bowl.
- Add the egg whites and the coffee and whisk well to combine.
- Pour the batter into a hot waffle iron and remove when cooked through.
- Mix the Greek yogurt with the casein in a bowl.
- When the waffles have completely cooled, layer the yoghurt mixture between the waffles and top with any remaining mixture.
- Use a sieve to dust the stack with cocoa powder.

# Chocolate and banana sponge puddings.



These beauties can be thrown together in a matter of minutes and includes an awesome chocolate ganache style sauce.

## Nutrition Facts

4 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 140

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 110mg 5%

**Total Carbohydrate** 17g 7%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 17g 34%



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## Ingredients:

### Puddings:

- 1 Small banana (80g),
- 2 Egg whites (60g),
- 60g Chocolate whey protein,
- 20g Plain flour,
- 80g 0% Fat Greek yogurt,
- 1 Teaspoon baking powder,

### Sauce:

- 20g Cocoa powder,
- 2 Tablespoons agave syrup (can be subbed for honey). (30g)

## Method:

- Mash the banana in a bowl with a fork, add the egg whites, Greek yogurt and mix well to combine.
- Add the baking powder, plain flour, whey and mix well to combine.
- Pour the mixture into cups or silicone baking cases and microwave for 2-3 minutes. When their fully risen, they're done.
- Mix the cocoa powder and agave syrup or honey in a cup. You'll need to mix them for a few seconds to form a paste.
- Top the puddings with the chocolate sauce. (Do not microwave the sauce, it does not fare well in the microwave).



# Chia seed raspberry jam (jelly).



Raspberry jam normally comes loaded with massive amounts of sugar to make it set. This one manages to do the same thing but with no added sugar what so ever.

## Nutrition Facts

2 servings per container

Serving size 1

Amount Per Serving

**Calories 140**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 0mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 8g 29%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 3g 6%



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## Ingredients:

- 100g raspberries (fresh or frozen),
- 2 teaspoons of chia seeds (30g),
- 5g Stevia,
- 1 teaspoon of lemon juice 5g,
- 2 teaspoons agave syrup (30g) can be subbed for honey.

## Method:

- Chop up the raspberries and add them to a bowl, mash them well with a fork.
- Add the stevia, agave and lemon juice.
- Microwave on full power for 2 minutes.
- Add the chia seeds, mix well and leave to set for at least 15 minutes.

# Macro friendly jammie dodgers.



These Giant jammie dodgers are a great blend of sticky jam, sweet biscuit and creamy filling. They're an enormous, macro friendly version of a childhood favorite.

## Nutrition Facts

4 servings per container

Serving size 1

Amount Per Serving

**Calories** 240

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 75mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 5g 18%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 19g 38%



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## Ingredients:

### Cookies:

- 60g Vanilla whey protein,
- 50g Light, low fat butter spread,
- 20g Apple sauce,
- 5g Stevia.

### Filling:

- 100g 0% Fat Greek yogurt,
- 10g Vanilla casein,
- 4 servings of chia seed raspberry jam,
- 5g Stevia.

## Method:

- Add the apple sauce, low fat butter spread, stevia and whey to the bowl and mix really well. It might look like the mixture is too dry but just keep mixing it until it eventually forms a dough.
- Add 8 spoonfuls of the mixture to baking sheet and flatten it so that each cookie is a thin disc. (this step helps them to crisp up in the oven)
- Bake at 150C (300°F) for 5-6 minutes or until golden, when the time is up remove them from the oven and take them off the hot baking tray to prevent them drying out. Leave them to cool completely.
- With a spoon remove the centre of four of the cookies to make a ring shape.
- Mix the Greek yogurt, stevia and casein together and add a small dollop of the yogurt mixture onto one cookie. Place another cookie on top and press together.
- Use the chia seed raspberry jam to fill in the centre of each cookie.

# Snickerdoodle protein cookies.



A snickerdoodle is a combination of cinnamon, cookie and brown sugar. These take it a step further by adding white chocolate chips into the mix.

## Nutrition Facts

4 servings per container

Serving size 1

Amount Per Serving

**Calories 150**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 65mg 3%**

**Total Carbohydrate 8g 3%**

Dietary Fiber 0g 1%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein 11g 22%**



## Ingredients:

- 60g Vanilla flavour whey protein,
- 50g Light, low fat butter spread,
- 30g Apple sauce,
- 15g White Chocolate chips,
- 5g Stevia.

## Coating:

- 1 Teaspoon of Cinnamon,
- 5g Granulated brown sugar.

## Method:

- Add the apple sauce, low fat butter spread, stevia and whey to the bowl and mix really well. It might look like the mixture is too dry but just keep mixing it until it eventually forms a dough.
- Add 6 spoonfuls of the mixture to baking sheet and flatten it so that each cookie is a thin disc. (this step helps them to crisp up in the oven).
- Add the white chocolate chips evenly to each of the cookies.
- Mix together the ingredients for the coating and lightly scatter over each cookie.
- Bake at 150C (300°F) for 5-6 minutes or until golden, you really don't want to overcook these as they'll become too dry very quickly.

# Strawberry shortcake.



Traditionally, this is old-fashioned, shortcake with two layers of cake, strawberries and is topped with whipped cream. This macro friendlier version manages to hold onto flavour without the massive amount of calories.

## Nutrition Facts

2 servings per container

Serving size 1

Amount Per Serving

**Calories** 280

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 130mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 38g 76%



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## Ingredients:

- 20g Plain flour,
- 50g 0% Fat Greek yogurt,
- 50g Vanilla flavored whey protein,
- 1/2 Teaspoon baking powder,
- 2 Egg whites (70g),
- 10g Coconut oil,
- 5g Vanilla essence,
- 5g Stevia.

## • Filling:

- 10g Vanilla flavored casein,
- 100g 0% Fat Greek yogurt,
- 5mls Vanilla essence,
- 100g Strawberries.

## Method:

- Add the dry ingredients for the cake to a bowl and then add the egg whites, Vanilla essence, Greek yogurt and stir to form a thick batter.
- Melt the coconut oil in a microwave and add that to the batter. Mix again,
- Pour into a lined 9” square cake tin and bake at 150°C (300°F) for 10-15 minutes.
- Remove it from the oven and allow it to cool briefly before cutting the cake in half.

## Filling:

- Mix the yogurt, casein and vanilla in a bowl and add it to the top of one half of the cake.
- Chop the strawberries and add them to the filling, top with the other half of the cake.



# Chocolate chip banana bread.



Adding chocolate to banana bread takes it to a whole new level.

Note: Using overripe, brown bananas results in a more intense flavour.

## Nutrition Facts

8 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 80

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 35mg 1%

**Total Carbohydrate** 7g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 9g 18%



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## Ingredients:

- 60g Chocolate flavored whey protein,
- 30g Plain flour,
- 1/2 Teaspoon baking powder,
- 2 Egg whites (70g),
- 100g 0% Fat Greek yogurt,
- 15g Cocoa powder,
- 1 Small banana (80g),
- 10g Dark chocolate chips,
- 50mls Almond milk.

## Method:

- Preheat the oven to 150°C (300°F).
- Peel the banana, add it to a bowl and mash it thoroughly with a fork.
- Add the whey, cocoa, baking powder and plain flour and mix well to combine.
- Add the egg whites, Greek yogurt and almond milk and mix again to combine.
- Pour the mixture into a lined loaf tin and top with the chocolate chips.
- Bake for 20 minutes in the hot oven. Remove and allow it to cool completely before slicing.

# Lemon pound cake.



One for the lemon lovers. Lemon zest and lemon juice are added to the batter, which give this a nice citrus punch along with a sweet glaze.

## Nutrition Facts

8 servings per container

Serving size **1**

Amount Per Serving

**Calories 90**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 1.7g **9%**

*Trans Fat* 0g

**Cholesterol** 20mg **7%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 0g **1%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**



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## Ingredients:

### Cake:

- 15g Coconut oil,
- 150g 0% Fat Greek yogurt,
- 60g Vanilla flavored whey protein,
- 1/2 Teaspoon baking powder,
- 2 Egg whites (70g),
- 30g Plain Flour (can be subbed for ground oats),
- 10g Stevia,
- The zest and juice of two lemons.

### Glaze:

- 20g Vanilla flavored whey protein,
- 1 Teaspoon of agave syrup. (Can be subbed for honey).

## Method:

- Preheat the oven to 210°C (410°F) (high starting temperature helps it to rise).
- Add the coconut oil to a bowl and microwave for 10 seconds to melt it, then add the flour, baking powder, stevia and mix to combine.
- Add the egg whites, Greek yogurt, lemon juice and finely grate in the lemon zest.
- Mix again to combine, at this point you can add more Greek yogurt if the mixture seems too thick.
- Add spoonfuls of the mixture to a lined loaf tin, insuring it fills all of the tin.
- Put it into the oven and turn the temperature down to 160°C (320°F) and bake for 20 minutes or until risen and golden.
- Allow it to cool before combining all the ingredients for the glaze and mixing.
- Top the pound cake with the glaze, and some additional grated lemon zest.

# Blueberry oat bars.



Blueberry oat squares are a starbucks coffee house favorite. They are however calorie dense and offer practically nothing back in terms of protein. But these are different.

## Nutrition Facts

9 servings per container

Serving size 1

Amount Per Serving

**Calories 80**

% Daily Value\*

Total Fat 1g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 15mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 5%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 6g 12%



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## Ingredients:

- 85g Oats.
- 150g Fresh or frozen blueberries,
- 40g Vanilla whey protein,
- 3x Egg whites (90g),
- 20g Agave syrup (can be subbed for honey),
- 30g Apple sauce,
- 5g Stevia.

## Method:

- Preheat the oven to 150°C (300°F).
- Apart from the blueberries, add all the ingredients to a blender and blitz for a few seconds. Try not to over blend the mixture because it should be fairly course.
- Add half the mixture to a lined 9" baking pan.
- Add the blueberries in an even layer and then top with the other half of the oat mixture.
- Bake in the oven for 10-12 minutes.
- Allow it cool completely before slicing into 9 squares.

# Blondies.



I've been trying to make a good blondie recipe for a long time and this is it:

It's also a good way to use up any leftover sweet potatoes.

## Nutrition Facts

9 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 80

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 11g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 6g 12%



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## Ingredients:

- 30g Oats,
- 80g Cooked, mashed sweet potatoes (can be subbed for banana),
- 30g Vanilla casein protein,
- 2x Egg whites (70g),
- 20g Agave syrup (can be subbed for honey),
- 1 Can of canellini beans (240g),
- 8g Stevia,
- 5mls Vanilla essence,
- 20g Chocolate chips.

## Method:

- Preheat the oven to 160°C (320°F).
- Drain and wash the canellini beans.
- Apart from the chocolate chips, add all the ingredients to a blender and blitz for a couple of minutes.
- Pour the mixture to a lined 9" baking pan.
- Evenly scatter the chocolate chips across the top.
- Bake in the oven for 15-20 minutes or until golden,
- Allow it cool completely before slicing into 9 squares.



# Black Forrest gatoats.

This one is ridiculously simple because there's no actual cooking involved. The oats will break down over time and will be every bit as good as cooked. This recipe makes two fairly large servings.

## Nutrition Facts

2 servings per container

Serving size 1

Amount Per Serving

**Calories 410**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 49g 18%

Dietary Fiber 8g 29%

Total Sugars 19g

Includes 0g Added Sugars 0%

**Protein** 28g 56%



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## Ingredients:

- 80g Oats,
- 20g Cocoa powder,
- 40g Chocolate whey protein,
- 10g Stevia,
- 1 Can of pitted black cherries,
- 30g Light spray cream (15g per serving),
- 100mls Almond milk,
- 80g Greek yogurt.

## Method:

- Open and drain the cherries.
- Add the all the ingredients to a large bowl apart from the cream,
- Mix well to combine and leave in the fridge to soak for at least 6 hours,
- When ready to serve add to two bowls and top with the spray cream,

# Jamaica Ginger cake.



This is a copycat of another childhood favorite:

The McVities Jamaica ginger cake.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>



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## Ingredients:

- 1 Small banana (80g),
- 2 Egg whites (70g),
- 40g Plain flour,
- 60g Vanilla flavour whey,
- 30g Molasses (can be subbed for honey),
- 2 Teaspoons ground ginger,
- 1 Teaspoon cinnamon,
- 1/2 Teaspoon baking powder.

## Method:

- Peel the banana, add it to a bowl and mash it with a fork.
- Add the dry ingredients for the cake to the bowl, then add the egg whites, molasses and stir to make a thick batter.
- Pour into a lined loaf tin and bake at 160°C (320°F) for 15-20minutes.
- Remove it from the oven and allow it to cool completely before cutting

# Banana cheesecake bars.



Looks fancy, complicated and calorie dense, is in fact straightforward and macro friendly. A good meal prep recipe, you can batch make in advance.

## Nutrition Facts

8 servings per container

**Serving size** 1

Amount Per Serving

**Calories** 120

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 90mg 4%

**Total Carbohydrate** 11g 4%

Dietary Fiber < 1g 3%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 13g 26%



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## Ingredients:

- 2 Small bananas (190g),
- 60g Vanilla flavored whey protein,
- 45g Self raising flour,
- 2 Egg whites (70g),
- 5g Stevia,
- 1/2 Teaspoon vanilla essence.

## Topping:

- 180g Extra light cream cheese,
- 180g 0% Fat Greek yogurt,
- 6g Gelatin (powdered or leaf is fine),
- 5g Stevia,
- 100mls Boiling water,
- Optional: yellow food colouring.



## Method:

- Preheat the oven to 160°C/320°F
- Add the bananas to a bowl and mash with a fork, Add the egg whites, flour, vanilla essence, whey and the stevia and mix well to combine.
- Pour the mixture into a baking tin and bake for 10-15 minutes.
- Add the Greek yogurt, cream cheese and stevia to a bowl and mix to combine.
- Dissolve the gelatin in the boiling water and then add that to the yogurt mixture, mix well to combine everything,
- Pour about 90% of the mixture on top of the baked cake layer.
- Add a few drops of yellow food colouring to the remaining yogurt and mix to change the colour.
- Spoon parallel lines of yellow over the white cheesecake, then drag a cocktail stick through the lines (at a 90 degree angle to the lines) to create a feathered effect. Leave in the fridge for at least 1 hour to set.

# P.B filled molten chocolate puddings.



Imagine all the awesomeness of a molten chocolate cake but with added peanut butter and fewer calories.

## Nutrition Facts

3 servings per container

Serving size 1

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 100mg 33%

**Sodium** 50mg 2%

**Total Carbohydrate** 14g 5%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 22g 44%



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## Ingredients:

- 1 Medium banana 80g,
- 60g Chocolate flavoured whey,
- 20g Cocoa powder,
- 1 Egg whites (40g),
- 1 Whole egg,
- 30g Peanut butter,
- 20g Agave syrup.

## Method:

- Preheat the oven to 150°C/300°F.
- Mash the banana in a bowl with a fork.
- Add all the remaining ingredients to the bowl apart from the peanut butter and the agave syrup.
- Add the peanut butter to a separate bowl and microwave for 10-15 seconds to melt it, add the agave syrup and mix until smooth.
- Spoon two-thirds of the batter into the baking moulds, then spoon the peanut butter mixture on top. Cover with the remaining chocolate batter.
- Bake in the center of the oven for 12 minutes, until the tops are hardened but the centers are still slightly jiggly.
- Serve immediately.



# Carrot cake protein pancakes.



Looking to add more veggies to your diet? These are a really simple, tasty way to do it.

Take everything you love about carrot cake and pancakes and combine them in a macro friendly way, this is what you get.

## Nutrition Facts

1 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 660

% Daily Value\*

**Total Fat** 21g 27%

Saturated Fat 1g 5%

*Trans Fat* 0g

**Cholesterol** 165mg 55%

**Sodium** 520mg 23%

**Total Carbohydrate** 32g 12%

Dietary Fiber 3g 11%

Total Sugars 11g

Includes 0g Added Sugars 0%

**Protein** 87g 174%



## Ingredients:

### • Pancake/waffle batter:

- 1 Small Carrot (50g)
- 20g Vanilla casein protein powder,
- 40g Vanilla whey protein powder,
- 10g Plain flour,
- 2 Egg whites (70g),
- 1/2 Teaspoon of cinnamon,
- 1/2 Teaspoon ground ginger,
- 1/2 Teaspoon baking powder,
- Spray oil,

### • Filling:

- 80g Low fat cream cheese,
- 10g Casein protein powder,
- 5g Stevia,
- 10g Walnuts.

## Method:

- Preheat the pan.
- Peel and finely grate the carrot into a bowl.
- Add the dry ingredients and stir well to combine.
- Slowly add the milk a little at a time until you have a thick batter. (if you rather thinner pancakes, add more milk).
- Spray hot pan with oil and add spoonfuls of the batter.
- When you see bubbles start to form on the top, carefully flip each pancake over and allow to cook for about another minute.
- To make the filling add all the ingredients to a bowl apart from the walnuts and stir well to combine.
- Top the pancakes with cream cheese before mixture breaking up the walnuts and scattering over the top.

# Protein creme brulee.



Not as complicated as they sound and you don't necessarily need to own a blow torch to finish them off.

## Nutrition Facts

2 servings per container

**Serving size** 1

**Amount Per Serving**

**Calories** 260

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 195mg 64%

**Sodium** 45mg 2%

**Total Carbohydrate** 21g 8%

Dietary Fiber 0g 0%

Total Sugars 20g

Includes 0g Added Sugars 0%

**Protein** 34g 68%



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## Ingredients:

- 250g Greek yogurt,
- 80g Vanilla whey,
- 3 Egg yolks,
- 1/2 Teaspoon brown sugar.

## Method:

- Preheat the oven to 150°C/300°F
- Add all the ingredients apart from the sugar to a blender and blitz for 2 minutes.
- Pour the contents of the blender into 4 ovenproof dishes or ramekins.
- Place in a deep roasting tray and fill the tray with warm water to reach halfway up the sides of the dishes.
- Bake for 20 to 25 minutes, or until the creme brûlées have set.
- Remove from the oven, leave to cool, then chill until needed.
- When ready to serve, sprinkle each dish with the sugar and place them under a hot grill, keeping an eye on them to ensure the sugar doesn't burn.
- Alternatively you can use a blowtorch to caramelize them if you have one.

# Chocolate and vanilla marble cake.



Chocolate and vanilla combined in one dense and satisfying cake with an awesome chocolate icing.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<i>% Daily Value*</i>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>5%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>22%</b>



## Ingredients:

### Cake:

- 200g Greek yogurt,
- 60g Vanilla whey,
- 40g Plain flour,
- 2 Egg whites (70g),
- 20g Cocoa powder,
- 1/2 Teaspoon Vanilla essence,
- 5g Stevia.

### Chocolate ganache:

- 10g Cocoa powder,
- 20g Agave syrup.

## Method:

- Preheat the oven to 150°C/300°F.
- Add the whey, flour and stevia to a bowl and mix to combine.
- Add the egg whites, vanilla essence and Greek yogurt and mix well to form a batter
- Transfer roughly 1/2 of the batter to a separate bowl. Mix the cocoa powder with 2 tablespoons of hot tap water until smooth. Add this chocolate mixture to one bowl of batter and beat to combine.
- Add alternating spoonfuls of the two mixtures to a lined loaf tin.
- Using the handle of a spoon, swirl the batter to create a marbled effect.
- Bake in the oven for 20-25 minutes or until lightly brown.
- Mix the remaining 10g of cocoa with the agave syrup and use it to top the cake.

# Coconut and raspberry panna cotta.



You'll be amazed how quick and simple these are to throw together.

Plus you can knock out a batch and keep them in the fridge ahead of time.

## Nutrition Facts

6 servings per container

Serving size **1**

Amount Per Serving

**Calories** **80**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 20mg **6%**

**Sodium** 25mg **1%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber < 1g **2%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 9g **18%**



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## Ingredients:

- 400mls Can of light, reduced fat coconut milk,
- 12g Sachet of gelatin,
- 50g Vanilla flavored whey,
- 30g Fresh raspberries.

## Method:

- Add the coconut milk, vanilla and Greek yogurt to small pan and place it on a low heat.
- Add the gelatin and the whey.
- Allow it to heat gently for five minutes stirring occasionally with a whisk to prevent any lumps from forming.
- Pour in cups, baking moulds, ramekins or whatever you have and leave in the fridge until set. They should only take an hour or so.
- Remove from the moulds when set. Add the raspberries to a bowl and microwave them on high for 30 seconds.
- Top the panna cottas with the raspberries and serve.



# Peanut butter fudge bars.



Not only do these dense fudgy bars taste amazing but they require no baking, mix, chill, cut and enjoy. Simple.

## Nutrition Facts

6 servings per container

Serving size **1**

Amount Per Serving  
**Calories 180**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>



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## Ingredients:

- 60g Smooth peanut butter,
- 60g Agave syrup (can be subbed for honey),
- 60g Vanilla flavored whey protein,
- 60g Coconut flour,
- 5g Stevia,
- 10g Chocolate chips,
- 10mls Unsweetened almond milk, (you may need to add a little more than this to form a stiff dough).

## Method:

- Add the peanut butter to a cup and microwave for 30 seconds to melt it.
- Mix all the ingredients in a bowl thoroughly.
- It will look too dry initially but keep mixing it until it comes together to form a wet dough. It might take a little while. If at this stage it looks too dry and crumbly add a little almond milk and mix again until it forms a stiff dough.
- Form the dough into a rough square, top with the chocolate chips, wrap it in cling film and leave it in the fridge for at least 4 hours before slicing into 6 equal bars.

# Protein bread pudding.



Ever find yourself throwing out bread before you get a chance to finish it? Turn it into an awesome dessert instead.

## Nutrition Facts

2 servings per container

Serving size 1

Amount Per Serving

**Calories 270**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 25mg 9%

Sodium 115mg 5%

Total Carbohydrate 36g 13%

Dietary Fiber 4g 14%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 24g 48%



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## Ingredients:

- 4 Slices of low calorie bread (the one I use is 60 kcal per slice),
- 4 Egg whites (140g),
- 40 Raisins,
- 25g Vanilla flavour whey protein,
- 5g Stevia,
- Spray oil.

## Method:

- Preheat the oven to 150°C/300°F.
- Tear the bread slices into cubes and arrange them in an oven proof baking dish. Scatter over the raisins.
- In a separate bowl beat the egg whites, stevia and whey protein until smooth.
- Pour the egg mixture over the bread ensuring all the pieces get coated.
- Spray lightly with oil before baking in the oven.
- Bake for 25-30 minutes or until the top is golden brown.

# Macro friendly doughnuts.



This is the macro friendly doughnut. It's obviously not going to be deep fried but it'll be close in terms of taste and texture. You also won't need to buy a doughnut pan because the dough holds shape on its own.

## Nutrition Facts

2 servings per container

Serving size **1**

Amount Per Serving

**Calories** **270**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 25mg **9%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

**Protein** 24g **48%**



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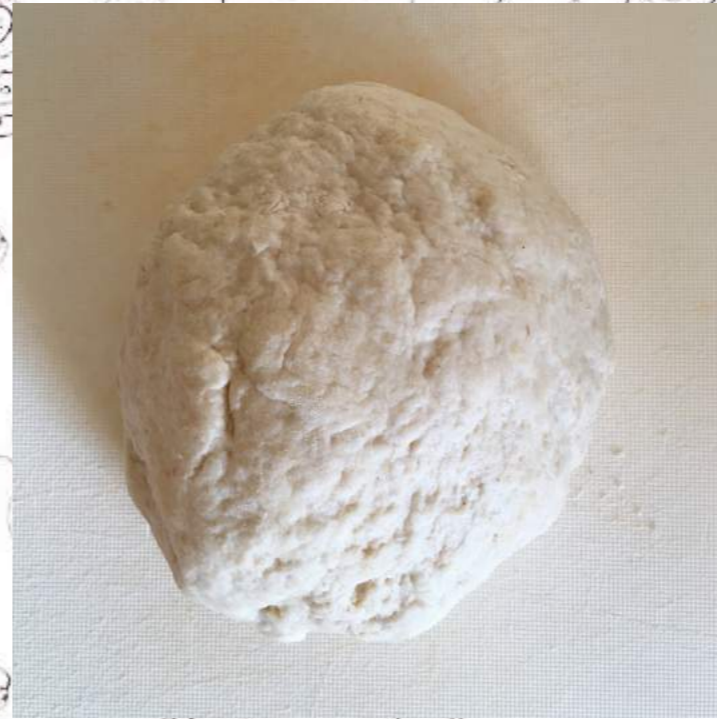
## Ingredients:

### • Dough:

- 200g Plain flour,
- 4g Fast acting yeast,
- 1/2 Teaspoon baking powder,
- 10g Stevia,
- 2-3 Drops vanilla extract,
- 120mls Water.
- Spray oil

### • Icing:

- 100g 0% Fat Greek yogurt,
- 10g Vanilla flavored casein,
- 2-3 Drops red food colouring.



## Method:

- To make the dough add all the ingredients to a bowl and mix well to combine.
- The dough should be soft and sticky but firm enough to handle. If you feel its necessary, add a little more flour. Adjust the macros as necessary.
- Cover with plastic wrap and leave to rise for at least one hour.
- After an hour divide the dough into four even amounts and shape each piece roughly into doughnut shape.
- Take something solid and place it in the middle of each doughnut. This is to help the dough hold its shape while it rises again.
- Leave to rise a second time for 20-25 minuets.
- When ready to bake preheat the oven to 150°C/300°F, spray each doughnut with the oil and bake for 12-15 minutes.
- To make the icing add all the ingredients to a bowl and mix well.
- Allow the doughnuts to cool completely before icing.

# Hulk protein pancakes.



These awesome little pancakes aren't only macro friendly but they also pack 1 of your 5 day. Don't worry, you'll never taste the veggies.

## Nutrition Facts

1 servings per container

Serving size 1

Amount Per Serving

**Calories 380**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 130mg 43%

Sodium 260mg 11%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 62g 124%



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## Ingredients:

- 20g Plain flour,
- 60g Vanilla flavored whey,
- 2 Egg whites (70g),
- 50g Spinach leaves,
- 50mls Almond milk,
- 1/2 Teaspoon baking powder.

## Method:

- Put a large frying pan on a low to medium heat.
- Apart from the almond milk add all the ingredients to a food processor and blitz for about 2-3 minutes.
- Slowly add the milk a little at a time until you have a thick batter. (if you rather thinner pancakes add more milk).
- Drop spoonfuls of the batter onto the hot pan.
- When you see bubbles start to form on the top, carefully flip each pancake over and allow to cook for about another minute.



# Protein pizookie.



If dessert pizza and cookies had a macro friendly child it would look something like this. All the flavour and crumbly texture of a cookie but on a giant scale and with way more protein.

## Nutrition Facts

2 servings per container

Serving size **1**

Amount Per Serving

**Calories 310**

% Daily Value\*

Total Fat 10g **13%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

**Protein 26g 52%**



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## Ingredients:

- 40g Plain flour,
- 60g Vanilla flavored whey,
- 8g Chocolate chips,
- 30g Light, low fat butter spread,
- 60g Apple sauce,
- 1/2 Teaspoon vanilla essence,
- 5g Stevia.

## Method:

- Preheat the oven to 150°C/300°F.
- Add the butter spread, vanilla essence and the apple sauce, microwave for 30 seconds or until melted and stir well to combine.
- Add the flour, whey, stevia and mix well to combine. It might take a minute or two to come together and form a sticky dough.
- Spoon the mixture into a 9" skillet or baking tray.
- Add the chocolate chips to the top and bake for 8-12 minutes until browned on top. Do not over bake these or they will turn out too dry.

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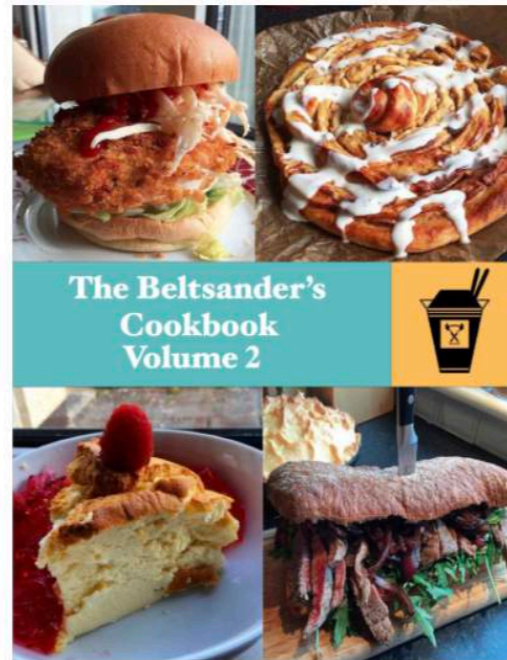
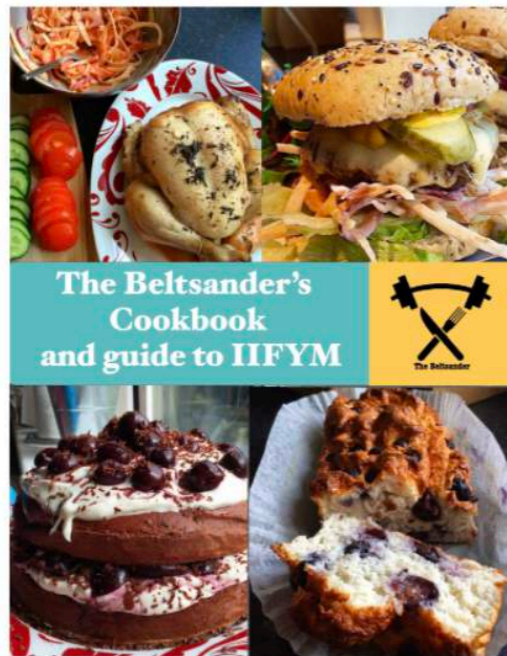
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