

# TFGG

*the fit girl gang*

Sweet Snacks

& Desserts





## GRANULATED SWEETENERS & LIQUID SWEETENERS

You'll notice that in many of the following recipes (especially those that involve baking) there is typically some form of sweetener required in order to achieve the deliciousness that we want in our dessert. Many programs advocate the use of white sugar substitutes such as honey, maple syrup, agave, and cane sugar, arguing that they are better because they are "natural". The truth is, while small amounts here and there aren't a bad thing, the weight gain and metabolic damage caused by high glucose (all varieties of sugar) and high fructose (corn syrup, agave) sweeteners is not something that we want to advocate throughout the recipes in TFGG. The following sweeteners (mostly natural and a few artificial) are the list the we would highly recommend choosing from when it comes to the following recipes.

## Granulated Sweeteners

### STEVIA

A zero calorie natural sweetener from the Stevia rebaudiana plant.

**PROS:** Extremely sweet but has no calories. Has been shown to potentially lower LDL (bad) cholesterol and lower blood sugar in diabetics. Is very easy to find and relatively inexpensive.

**CONS:** Has an aftertaste that some people really don't like.

### MONKFRUIT

A zero calorie sweetener from the Southeast Asian Monkfruit.

**PROS:** Extremely sweet (most people really enjoy the taste) but has no calories. Very safe and has no impact on blood sugar levels.

**CONS:** More expensive due to the need to import it, and harder to find than other sweeteners.

### ERITHRYTOL

A sugar alcohol found naturally in certain fruits. It has only 6% of the calories in sugar and 70% of the sweetness.

**PROS:** Doesn't spike blood sugar or insulin levels like sugar.

**CONS:** While safe to eat, it can cause issues digesting at high doses.

## Liquid Sweeteners

- Sugar-Free Syrup sweetened with Monkfruit (Brand: Lakanto)
- Sugar-Free Syrup sweetened with Sucralose (Brand: Walden Farms Pancake Syrup)
- Sugar-Free Syrup sweetened with IMO (Brand: VitaFiber)

Note that if you are a TFGG Member in Canada or the United States and are unable to find them in your local grocery store, the above 6 items can all be found on Amazon.com and shipped directly to your home.



## Pumpkin Pie Mug Cake



### INGREDIENTS

- 1/3 cup canned pumpkin puree
- 1 serving vanilla whey protein
- 1 egg
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1-2 tsp pumpkin pie spice (depending on your preference)
- 1/4 package Fat-Free Vanilla Pudding Mix
- Pinch of salt
- Granulated sweetener (as much as desired)

### DIRECTIONS

- Mix together dry ingredients in a large mug, and then add egg and pumpkin.
- Place in the microwave for 45\* seconds, then remove from heat and stir.
- Place back in the microwave for 30\* seconds if you want a gooier cake, or 45\*seconds if you want a fluffier cake.

\* Exact microwave time will depend on the strength of your microwave. Sometimes it takes playing around with it a bit to find exactly what works for the consistency you like!

### MACRONUTRIENT BREAKDOWN

Protein

32g

Carbs

14g

Fibre

2g

Fat

6g

Cals

255





## Chocolate Peanut Butter Mug Cake



### INGREDIENTS

- 1 serving chocolate whey protein
- 1 egg
- 1 tbsp cocoa powder
- 1 tsp baking powder
- 1 tbsp natural peanut butter
- 1 tbsp coconut flour
- 2 tbsp unsweetened nut milk (approx.)
- Granulated sweetener (as much as desired)
- Optional: Top with calorie-free chocolate syrup (Walden Farms or similar brand)

### DIRECTIONS

- Mix together dry ingredients in a large mug, and then add egg and peanut butter.
- Slowly add in the nut milk mixing until you have reached a smooth, thick, cake-like consistency.
- Place in the microwave for 45\* seconds, then remove from heat and stir.
- Place back in the microwave for 30\* seconds if you want a gooier cake, or 45\* seconds if you want a fluffier cake.

\* Exact microwave time will depend on the strength of your microwave. Sometimes it takes playing around with it a bit to find exactly what works for the consistency you like.

### MACRONUTRIENT BREAKDOWN

Protein

36g

Carbs

13g

Fibre

5g

Fat

16g

Cals

344



## Strawberry Mango Sorbet

———— \*Makes 4 servings



### INGREDIENTS

- 1.5 cups frozen strawberries (sliced ones are easier on your food processor)
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 frozen avocado

### DIRECTIONS

- Place all ingredients in your food processor or high powered blender and blend until smooth and creamy.
- Consider selling this stuff on the sidewalk in the summer because it's borderline life changing how refreshing it is.

### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

0g

Carbs

19g

Fibre

4g

Fat

3g

Cals

100





## No-Bake Chocolate Chip Blondies

\*Makes 16 servings

### INGREDIENTS

- 1 cup coconut flour
- 1/2 cup mashed banana
- 3/4 cup unsweetened apple sauce
- 1 cup cashew butter
- 4 scoops vanilla whey protein powder
- 1 cup sugar-free syrup
- 1/2 bag of no-sugar added chocolate chips (Krisda or similar product)
- 2 tsp vanilla extract



### DIRECTIONS

- Mix together coconut flour and protein powder in a large bowl.
- In a separate microwave safe bowl, add cashew butter and syrup and heat in microwave until it cashew butter reaches a runny consistency. Using a fork, swirl the ingredients together until smooth.
- Add the liquid mixture to your dry ingredients mixing as you go, until they have formed a dough.
- Mix in the vanilla, apple sauce, and bananas. Tip: it works best to just use your hands and mush it all together!
- Once your base has been completely mixed, add in the chocolate chips. Line a 9x9 inch baking tin with parchment paper and fill with dough. Freeze for 2 hours before enjoying!

### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

10g

Carbs

18g

Fibre

7g

Fat

12g

Cals

202





## PB & J Protein Balls

———— \*Makes 40 Protein Balls (20 servings)



### INGREDIENTS

- 2 cups vanilla whey protein powder
- 1.5 cups natural peanut butter
- 1.5 cups unsweetened coconut (shredded)
- 1.5 cups cashews
- 2/3 cup oats
- 4 cups fresh raspberries
- 2 tbsp vanilla extract
- 2 tbsp cinnamon
- 3/4 cup granulated sweetener

### DIRECTIONS

- Place cashew and oats in food processor and blend until you reach a fine consistency.
- Mix all dry ingredients in a large bowl.
- Mix raspberries, PB, and vanilla in a separate bowl, and slowly add dry to wet ingredients, mixing as you go.
- Roll each ball in coconut and then place on a baking sheet and freeze for a minimum of 1 hour before eating.

### MACRONUTRIENT BREAKDOWN

\* For one serving  
(2 medium Protein Balls)

Protein

17g

Carbs

14g

Fibre

5g

Fat

16g

Cals

265



# Double Chocolate Chip Protein Balls

———— \*Makes 16 Protein Balls (16 servings)

## INGREDIENTS

- 1/2 cup coconut flour
- 4 scoops of chocolate whey protein powder
- 1 cup cashew butter
- 1/3 cup cocoa powder
- 1/2 bag of no-sugar added chocolate chips (Krisda or similar product)
- 3/4 cup sugar-free syrup
- 2 tbsp unsweetened nut milk (approx.)

## DIRECTIONS

- In a large bowl, mix together coconut flour, cocoa powder, and protein powder.
  - In a microwave-safe bowl, microwave cashew butter and syrup until they reach a runny consistency.
  - Add in liquid to the dry ingredients, mixing as you go.
- \* Once you have an even mixture, add in the nut milk only if it is too dry to form into balls!
- Finally, mix in the chocolate chips and form the mixture into balls. Place on a baking sheet and freeze for a minimum of 1 hour before eating.

MACRONUTRIENT  
BREAKDOWN

\* For one serving  
(1 large protein ball)

Protein

10g

Carbs

14g

Fibre

5g

Fat

12g

Cals

183





## Strawberry Cheesecakes



### INGREDIENTS

- 1 large carton of strawberries
- 1 package fat-free cream cheese
- 1/3 cup granulated sweetener
- 1 tsp vanilla extract
- 3 tbsp graham cracker crumbs

These are amazing to whip up any time you entertain or want to bring dessert to an event! Everyone loves them, and they think you're WAY more Martha-esque than IRL.

### DIRECTIONS

- Cut the bottom tip off of each strawberry (so they will stand up on their own) and carve out the stems (making room for the filling).
- Mix together vanilla, cream cheese, and sweetener, and place in a large ziplock bag.
- Cut the tip off of the bag and squeeze the filling into each strawberry.
- Arrange on a plate and dust your mini cheesecakes with graham cracker crumbs to finish them off.

### MACRONUTRIENT BREAKDOWN

\* For one serving  
(4 mini cheesecakes)

Protein

7g

Carbs

14g

Fibre

2g

Fat

0g

Cals

88



## Chocolate Peanut Butter Cups

———— \*Makes 12 servings

### INGREDIENTS

- 1/2 cup coconut butter
- 1/2 cup peanut butter
- 1/2 cup cocoa powder
- 1/3 cup sugar-free syrup
- Mini muffin cups

This high-fat, sugar-free version of your favourite treat is an incredible treat to eliminate cravings and keep you feeling satisfied, even after just one.

### DIRECTIONS

- In a microwave-safe bowl, add peanut butter, coconut butter, and syrup. Microwave until they reach a runny consistency. Using a fork, swirl them together until smooth.
- Add in cocoa powder and mix well.
- Pour mixture into mini muffin cups and freeze for at least one hour (the cups should be hard and candy-like).

### MACRONUTRIENT BREAKDOWN

\* For one serving  
(1 Chocolate PB Cup)

Protein

12g

Carbs

9g

Fibre

5g

Fat

17.5g

Cals

199





## Upgraded Parfait

### INGREDIENTS

- 3/4 cup plain fat-free greek yogurt
- 1 serving vanilla protein powder
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1/3 cup raspberries and blueberries

### DIRECTIONS

- Stir it all up and enjoy!
- Pro-tip: A mason jar makes it 10x better for the 'gram.

### MACRONUTRIENT BREAKDOWN

Protein

44g

Carbs

18g

Fibre

6g

Fat

4g

Cals

293

## Chia Pudding

\*Makes 2 servings

### INGREDIENTS

- 2 cups unsweetened nut milk
- 1/2 cup chia seeds
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 cup sugar-free syrup

### DIRECTIONS

- Mix all your ingredients together and pour into 2 small jars or mugs.
- Seal them and place them in the fridge overnight while the pudding forms.
- If you have time, stir them after an hour to get rid of any clumps.
- Stir it again right before eating the next day and enjoy!
- Pro Tip: Top it with whatever you like! Try berries, coconut flakes, slivered almonds, cacao nibs etc.

### MACRONUTRIENT BREAKDOWN

\* For one serving

Protein

11g

Carbs

17g

Fibre

13g

Fat

16g

Cals

265



## Black Bean Brownies

———— \*Makes 10 servings



### INGREDIENTS

- 1 can black beans (rinsed and drained)
- 2 eggs
- 1/4 cup coconut flour
- 3 tbsp coconut oil
- 1/3 cup cocoa powder
- 1 tsp vanilla extract
- 1/2 bag of no-sugar added chocolate chips (Krisda or similar product)
- Pinch of salt
- 1 tsp baking powder
- 1/2 ripe avocado
- 1 cup granulated sweetener

### DIRECTIONS

- Preheat oven to 350°F
- In a food processor or high-powered blender, combine all ingredients except for chocolate chips. Blend until you reach a smooth, even consistency.
- Stir in chocolate chips and pour mixture into a pre-greased 8x8 pan.
- Bake for 20 minutes if you want gooier brownies, and up to 25 if you want them a little more well-done.
- Allow them to cool for a minimum of 15 minutes before cutting them up.
- Pro Tip: Although these don't need to be frozen, they are HEAVENLY that way. Place them in the freezer for 2 hours for maximum deliciousness.

### MACRONUTRIENT BREAKDOWN

\* For one serving  
(1 brownie)

Protein

6g

Carbs

16g

Fibre

5g

Fat

11g

Cals

170





## Upgraded PB & J



### INGREDIENTS

- 2 thin rice cakes
- 4 tbsp powdered peanut butter (PB2 or similar product)
- 2-3 tbsp unsweetened nut milk
- 3/4 cup fresh raspberries
- 1 tsp chia or flax seeds
- 1 tbsp unsweetened coconut (shredded)

### DIRECTIONS

- Mix your powdered peanut butter with as much nut milk as you like until it reaches your desired consistency. Spread it over two rice cakes.
- Smush raspberries into a think layer on top of the peanut butter, and finish by sprinkling seeds and coconut flakes on top.

### MACRONUTRIENT BREAKDOWN

Protein

13g

Carbs

34g

Fibre

14g

Fat

8g

Cals

235



## Fro-Yo Berries

———— \*Makes 2 servings

### INGREDIENTS

- 1 cup raspberries
- 1 cup blueberries
- 1 cup plain fat-free greek yogurt
- A toothpick

### DIRECTIONS

- Lay out a piece of parchment paper on a baking sheet.
- Take your toothpick and stab a berry, then dunk it in to your greek yogurt.
- Place it on the parchment paper and continue to repeat until all of the berries have been covered.
- Place the baking sheet into the freezer for at least 1 hour before eating.
- These are the BEST to snack on! Munch on these during the day or before bed, they are amazing for getting rid of cravings.

### MACRONUTRIENT BREAKDOWN

Protein

13g

Carbs

22g

Fibre

6g

Fat

0.5g

Cals

140





## Avocado Ice Cream

———— \*Makes 3 servings total



### INGREDIENTS

- 2 ripe avocados
- 1 large zucchini (peeled)
- 1 can full fat coconut milk (with 0g sugar)
- 1 cup granulated sweetener
- 1 tsp vanilla extract
- 1 tsp xanthan gum

### DIRECTIONS

- Blend all ingredients together until creamy in a high powered blender or food processor.
- Place in a freezer safe container and freeze for 1 hour. Stir the ice cream every 15 minutes or so in order to maintain the smoothest and most ice creamy texture.
- Eat! (And freak out a little about the fact that you just made delicious ice cream with NO SUGAR that is chalk full of nutrients and healthy fat.

### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

4g

Carbs

11g

Fibre

7g

Fat

23g

Cals

252





## Not your Break-up Cookie Dough

\*Makes 3 servings total

### VEGAN SWAP



Swap out these chocolate chips for dairy-free ones.



### INGREDIENTS

- 1/4 cup cashew butter
- 1/4 cup whipped vegan butter (Earth Balance or similar brand)
- 3/4 cup coconut flour
- 1/2 cup granulated stevia or monk fruit
- Pinch of salt
- 1 tsp vanilla extract
- 1/4 cup liquid sugar-free sweetener
- 1/2 cup stevia chocolate chips (Krisda or similar brand)
- Optional: sprinkles

**PRO-TIP:** Let your cookie dough chill in the fridge for at least 20 minutes before eating.

### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

10g

Carbs

47g

Fibre

24g

Fat

39g

Cals

497





## TFGG Milkshakes

### CREAMY VANILLA

#### INGREDIENTS

- 1 cup ice
- 1 cup Vanilla or Birthday Cake low sugar ice cream (Halo Top or similar brand)
- 2/3 cup unsweetened vanilla cashew or almond milk
- 1 scoop vanilla whey protein powder
- 1/2 tsp xanthan gum
- Optional: top with sprinkles



### TRIPLE CHOCOLATE

#### INGREDIENTS

- 1 cup ice
- 1 cup Chocolate low sugar ice cream (Halo Top or similar brand)
- 2/3 cup unsweetened chocolate almond milk
- 1 scoop chocolate whey protein powder
- 1/2 tsp xanthan gum
- Optional: If you are as into chocolate as I am, add a hefty tsp of unsweetened cocoa powder to really get serious.

### SALTED CARAMEL

#### INGREDIENTS

- 1 cup ice
- 1 cup salted caramel low sugar ice cream (Halo Top or similar brand)
- 2/3 cup unsweetened vanilla cashew or almond milk
- 1 scoop caramel or vanilla whey protein powder
- sprinkle of sea salt
- 1/2 tsp xanthan gum

#### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

37g

Carbs

37g

Fibre

12g

Fat

10g

Cals

325



## Protein Pudding

———— \*Makes 3 servings

### VANILLA

#### INGREDIENTS

- 1 box vanilla sugar-free pudding mix
- 2 scoops vanilla whey protein
- Sprinkles (as much as you like)
- 1 cup unsweetened vanilla almond or cashew milk

#### DIRECTIONS

- Mix all ingredients together and place in 3 separate bowls or Tupperware containers.
- Place them in the fridge and allow them to sit for at least one hour before eating.

#### MACRONUTRIENT BREAKDOWN

\*For one serving

Protein

17g

Carbs

9g

Fibre

0g

Fat

2g

Cals

119

## Frozen PB & Yogurt Bites

———— These are a fave for adults and kids!

#### INGREDIENTS

- ANY FRUIT YOU LIKE
- 1/2 cup plain fat-free greek yogurt
- 1/2 cup sugar-free dark chocolate
- Toothpicks

#### DIRECTIONS

- Cut up fruit into small bite-sized pieces (unless you're using berries)
- Line a large Tupperware with wax paper.
- In a microwave safe bowl, microwave dark chocolate until soft. Stir every 30 seconds until it becomes a smooth liquid.
- In a separate bowl, mix stevia and greek yogurt.
- Place a toothpick in each piece of fruit. Dip half the pieces of fruit in the greek yogurt and the other half in the dark chocolate.
- Place each of the covered fruit pieces in the lined Tupperware and place it in the freezer for at least 30 minutes. Enjoy!