

Dessert Recipes

Zucchini Dessert Bake

Serves 3

Here's a great way to be able to bring a dessert to an event that will not throw you off of your diet! And...you get to count it as your vegetable!

3 green zucchini, peeled, with seeds removed and sliced into thin wedges.
1 package of Ideal Protein oatmeal (cooked as directed)
Splenda
Cinnamon

Microwave zucchini with Splenda and Cinnamon (nutmeg might be good too). Put in a baking dish. Pour oatmeal over the top and bake at 350 degrees until golden brown.

Chocolate Cookies

2 oz water
1 packet of Splenda
1/2 tsp vanilla extract
2 packages of Ideal Protein Chocolate Pancake Mix
1 egg white

1. Preheat oven to 350 degrees
2. In a medium bowl, mix the water, egg, Splenda and vanilla. Add the Chocolate Pancake Mix and stir until well rounded.
3. Drop by rounded spoonful onto a cookie sheet.
4. Makes 6 cookies (3 cookies per serving).
5. Bake about 10 minutes.
6. Cool on a rack and enjoy.

Mini Chocolate Cupcakes

1 packet of Ideal Protein Chocolate pancake mix
1 1/2-3 ounces of water
Small pinch of sea salt

1. Preheat oven to 350 degrees
2. Mix ingredients very well and spray olive oil in 3 individual mini muffin cups.
3. Bake for 10-12 minutes or until toothpick inserted into center of the muffin comes out clean.
4. Cool slightly.
5. Remove from pan and split horizontally. This will yield 6 cupcakes, then follow the vanilla frosting recipe and enjoy!

Vanilla Frosting

1 packet of Ideal Protein vanilla pudding
1/2 tsp. almond extract
Small pinch of sea salt
3 1/2-4 ounces of water

1. Mix all ingredients together very well, forming a smooth frosting.
2. Frost cooked cupcakes and top with Stewed rhubarb or with Walden Farms strawberry jam.

Tapioca Pudding

1 package of Miracle Rice
2 packages of Ideal Protein Vanilla Pudding
1/2 tsp of vanilla extract
1 packet of stevia (or Splenda)
Pinch of sea salt

Rinse the Miracle Rice and blanch for 1 minute.
Mix 2 IP vanilla pudding packets with 10 ounces of water
Add 1/2 tsp of vanilla extract, 1 packet of stevia (or Splenda) and a pinch of sea salt.
Chill for a couple of hours and serve.

*Note: Read the label on the vanilla extract. They can contain alcohol. Use with moderation.

Mug Cake

1 Chocolate Drink mix
1 Egg white
1/2 tsp baking powder
1/2 tsp sweetener

Mix all the dry ingredients, add egg white and a little water and microwave for 3 mins.
You can add a little Walden Farms Chocolate syrup to the top

Malted Ice Cream

1 serving

1 Ideal Protein Chocolate Drink Mix
1oz Skim Milk
1 Packet of Splenda (or Stevia)
2 tbsp Walden Farms Chocolate Syrup
3cups Ice Cubes

First add 1 ounce of skim milk into the blender then pour in the 2 tbsp of Walden Farms Chocolate Syrup. Start blending this on low speed and then add 1 packet of Ideal Protein Chocolate Drink Mix. Put the blender on High speed and start gradually adding the Ice cubes until the mixture gets really, really thick.

Chocolate Pudding Rolls

Use as 2 IP servings

Add enough water to the Ideal Protein Chocolate Pancake for a consistency. You will want it to be a bit runny to create a thin pancake (crepe). Cook on both sides. Let cool. Meanwhile, mix pudding flavor of your choice. Once pancake is cool, spread a layer of pudding over top. Take short end of pancake and roll it up, like a "jelly roll." You can enjoy it right away or, wrap with saran wrap. This will hold the shape until you are ready to eat it.

For entertaining, once the roll has take shape, you can cut it into small pieces (finger food) and place on a lovely platter. Your guests will love them and you can tell them they won't gain an ounce!

Special Topping (for entertaining only): Add just enough water to the Ideal Protein Chocolate Drink Mix to make a thick "sauce" to drizzle over top.