

DESSERT RECIPE STAPLES

DRY INGREDIENTS

- all purpose flour
- almond flour
- coconut flour
- graham cracker crumbs
- quick or rolled oats
- vanilla protein powder (most of my recipes use PEScience Select Whey + Casein)
- unsweetened dark cocoa powder
- sugar substitutes (granulated, confectioners, brown sugar)
- baking powder
- powdered peanut butter
- spices like cinnamon, nutmeg, cloves, allspice, and ginger
- Kodiak Cakes or other protein pancakes mix
- sugar free pudding mix
- chocolate chips

WET INGREDIENTS

- vanilla fat free Greek yogurt
- vanilla extract
- light butter
- unsweetened apple sauce
- canned pumpkin
- Walden Farms pancake syrup or sugar free pancake syrup
- honey
- eggs
- peanut butter or nut butters
- fat free or reduced fat cream cheese
- banana
- milk (almond milk, skim milk, or your choice of milk)