

7 Easy Recipes for Everyday Wellness

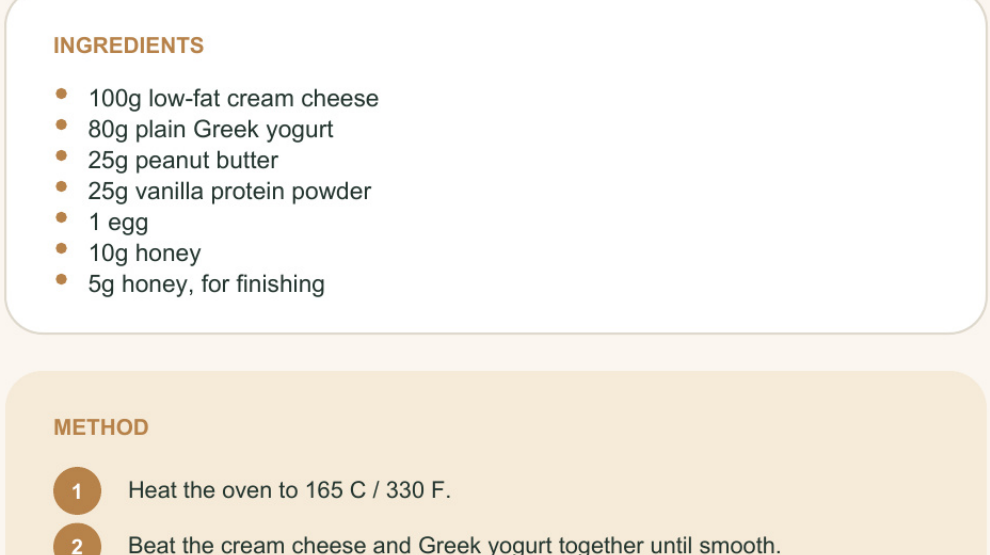
Simple, protein-forward ideas for small meals, easy breakfasts, and sweet cravings.

- 01 SWEET POTATO
- 02 PEANUT BUTTER
- 03 COFFEE CHIA
- 04 BLUEBERRY
- 05 BANANA OAT
- 06 PISTACHIO
- 07 STRAWBERRY

SAVE IT TO YOUR PHONE | COOK AT YOUR OWN PACE

Sweet Potato Chocolate Protein Muffins

MAKES 6 175 C / 350 F 14-16 MIN



INGREDIENTS

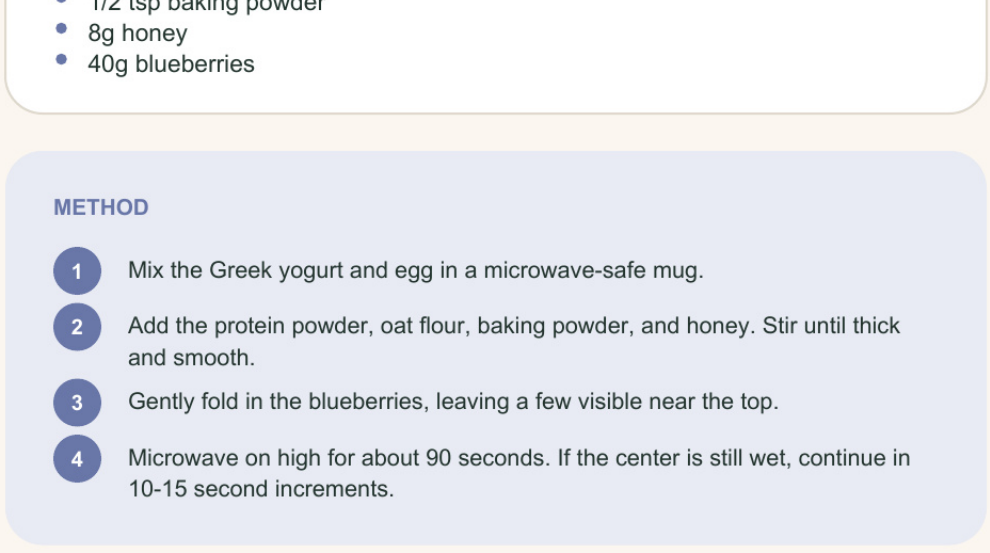
- 120g cooked mashed sweet potato
- 1 egg
- 60g plain Greek yogurt
- 30g chocolate protein powder
- 15g unsweetened cocoa powder
- 35g oat flour
- 1/2 tsp baking powder
- 20g dark chocolate pieces

METHOD

- 1 Heat the oven to 175 C / 350 F. Set a six-cavity silicone mold on a baking tray.
- 2 Mix the sweet potato, egg, and Greek yogurt until mostly smooth.
- 3 Add the protein powder, cocoa, oat flour, and baking powder. Stir into a thick chocolate batter.
- 4 Fold in the dark chocolate, then divide the batter evenly among the six cavities.
- 5 Bake for 14-16 minutes, until set but still soft and fudgy inside.

Protein Peanut Butter Cheesecake with Honey

SMALL BATCH 165 C / 330 F 18-22 MIN



INGREDIENTS

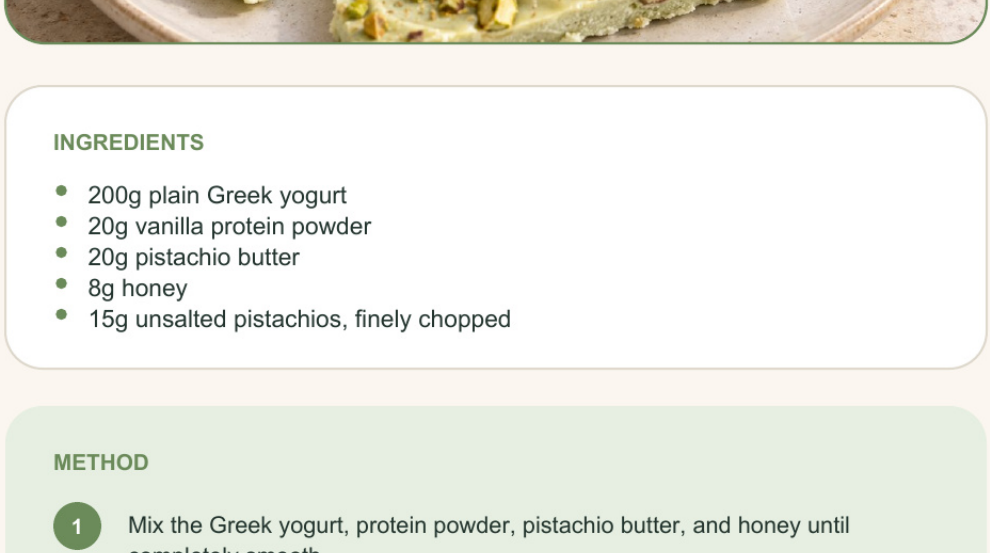
- 100g low-fat cream cheese
- 80g plain Greek yogurt
- 25g peanut butter
- 25g vanilla protein powder
- 1 egg
- 10g honey
- 5g honey, for finishing

METHOD

- 1 Heat the oven to 165 C / 330 F.
- 2 Beat the cream cheese and Greek yogurt together until smooth.
- 3 Mix in the peanut butter, protein powder, egg, and 10g honey until fully combined.
- 4 Transfer to a small oven-safe dish and bake for 18-22 minutes, until the edges are set and the center remains soft.
- 5 Let it cool slightly, then finish with the remaining 5g honey.

Coffee Chia Tiramisu

NO BAKE CHILL 2+ HOURS 1 SMALL GLASS



INGREDIENTS

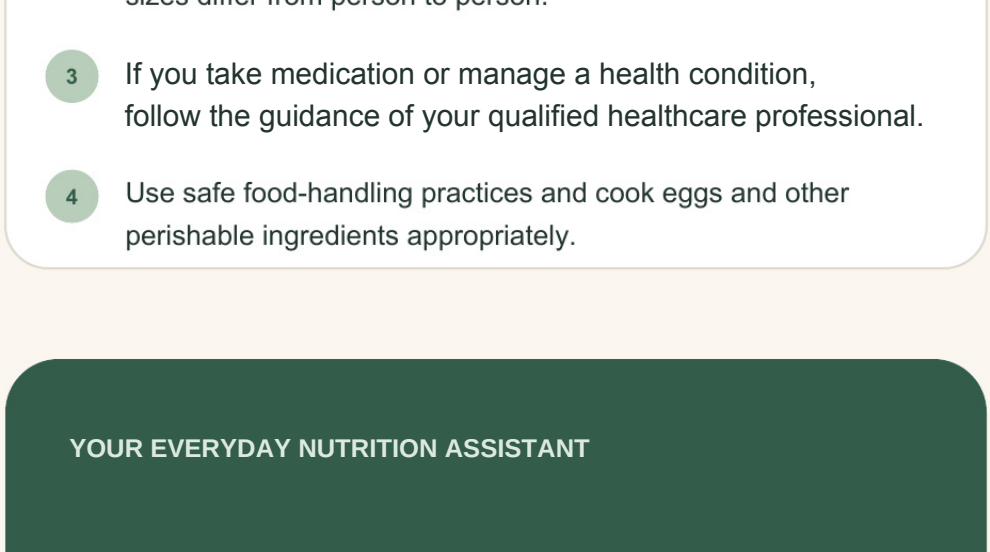
- 25g chia seeds
- 120ml milk
- 100g plain Greek yogurt
- 20g vanilla protein powder
- 30ml espresso
- 8g honey
- 3g unsweetened cocoa powder

METHOD

- 1 Combine the chia seeds and milk. Stir well, then refrigerate for at least 2 hours, preferably overnight.
- 2 Mix the Greek yogurt, vanilla protein powder, and honey until smooth.
- 3 Layer the chilled chia pudding, espresso, and yogurt protein cream in a small glass.
- 4 Finish with the cocoa powder just before serving.

Yogurt and Blueberry Mug Cake

1 MUG MICROWAVE HIGH ABOUT 90 SEC



INGREDIENTS

- 80g plain Greek yogurt
- 1 egg
- 25g vanilla protein powder
- 25g oat flour
- 1/2 tsp baking powder
- 8g honey
- 40g blueberries

METHOD

- 1 Mix the Greek yogurt and egg in a microwave-safe mug.
- 2 Add the protein powder, oat flour, baking powder, and honey. Stir until thick and smooth.
- 3 Gently fold in the blueberries, leaving a few visible near the top.
- 4 Microwave on high for about 90 seconds. If the center is still wet, continue in 10-15 second increments.

Banana Yogurt Oat Bites

MAKES 6 175 C / 350 F 14-16 MIN

INGREDIENTS

- 1 ripe banana
- 80g plain Greek yogurt
- 60g oat flour
- 1/2 tsp baking powder
- 20g dark chocolate chips

METHOD

- 1 Heat the oven to 175 C / 350 F. Set a six-cavity silicone bite mold on a baking tray.
- 2 Mash the banana, then mix in the Greek yogurt.
- 3 Add the oat flour and baking powder. Stir into a thick, spoonable batter.
- 4 Fold in the dark chocolate chips and divide the batter evenly among the six cavities.
- 5 Bake for 14-16 minutes, until lightly golden and softly set.

Pistachio Protein Frozen Yogurt Bark

MAKES 6 PIECES NO BAKE FREEZE 3+ HOURS

INGREDIENTS

- 200g plain Greek yogurt
- 20g vanilla protein powder
- 20g pistachio butter
- 8g honey
- 15g unsalted pistachios, finely chopped

METHOD

- 1 Mix the Greek yogurt, protein powder, pistachio butter, and honey until completely smooth.
- 2 Spread the mixture on a parchment-lined tray in an even layer about 8mm thick.
- 3 Sprinkle the chopped pistachios evenly over the top.
- 4 Freeze for at least 3 hours, then break into six pieces. Keep frozen until serving.

Strawberry Cheesecake Protein Overnight Oats

1 SERVING NO BAKE CHILL 4+ HOURS

INGREDIENTS

- 40g rolled oats
- 100g plain Greek yogurt
- 100ml milk
- 30g low-fat cream cheese
- 20g vanilla protein powder
- 10g chia seeds
- 80g strawberries, diced
- 8g honey

METHOD

- 1 Whisk the Greek yogurt, milk, cream cheese, protein powder, and honey until smooth.
- 2 Stir in the oats, chia seeds, and 60g of the diced strawberries.
- 3 Transfer to a jar and top with the remaining 20g strawberries.
- 4 Refrigerate for at least 4 hours, preferably overnight.

Before you start

- 1 These recipes are for general information and meal inspiration. They are not medical or nutrition advice.
- 2 Nutrition needs, allergies, medication tolerances, and serving sizes differ from person to person.
- 3 If you take medication or manage a health condition, follow the guidance of your qualified healthcare professional.
- 4 Use safe food-handling practices and cook eggs and other perishable ingredients appropriately.

YOUR EVERYDAY NUTRITION ASSISTANT

Recipes are a starting point. Your day is personal.

Vita AI helps you explore how meals can fit your own routine, preferences, and nutrition plan.

VITA AI