THE SCULPTED *vegan*



HIGH PROTEIN SWEET SNACK RECIPES

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OUR GIFT TO YOU



High Protein Sweet Snack Recipes

These recipes are perfect for a high-protein breakfast, post-workout snack, or evening treat.

Protein Powder - The recommended protein powder is the **Protein Works Vegan Wondershake** **Use code TSV60 to get 60% off or TSV65 to get 65% off orders over $100/£80.**

Protein Works Wondershake Macros

Serving size:	25g
Calories:	94
Carbs:	1.9g
Fat:	0.6g
Protein:	20g

If you wish to use another protein powder, please look for one with similar macros as the Wondershake. Some of the shakes have slightly different macros, but again this won't matter. A few grams here or there won't make much difference.

*The vegan Wondershake from the Protein Works is our preferred protein option for the majority of our customers. **However, the Protein Works does not currently deliver to Australia and New Zealand.** We have collated a list of recommended protein powders that fit the same macros as the Wondershake as closely as possible. Please note however, that there will be minimal differences in the calories and macros.

Download recommended options here.

Protein Cauliflower Rice Pudding

INGREDIENTS

- 110g (3.8 oz) cauliflower rice
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 240ml (8 fl oz) water
- ½ tsp cinnamon
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Cook cauliflower rice in water over medium heat for 5-7 minutes until soft.
2. Remove from heat and stir in protein powder, cinnamon, and Stevia (or other sweetener).
3. Let cool slightly and enjoy as a chilled or warm pudding.

Chocolate Protein Cauliflower Mousse

INGREDIENTS

- 110g (3.8 oz) cauliflower rice (steamed and mashed)
- 37.5g (1.3 oz) **chocolate Wondershake Protein Powder**
- 60ml (4 fl oz) water
- 1 tbsp unsweetened cocoa powder
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Blend cooked cauliflower rice with protein powder, water, and cocoa powder until smooth.
2. Add Stevia (or other sweetener) to taste and chill in the fridge for 30 minutes before serving for a creamy mousse.

Protein Cauliflower Pancakes

INGREDIENTS

- 110g (3.8 oz) cauliflower rice
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 30ml (2 fl oz) water
- 1 tsp baking powder
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Mix cauliflower rice, protein powder, baking powder, water, and Stevia (or other sweetener) until batter forms.
2. Heat a non-stick skillet over medium heat and cook small pancakes, flipping after 2-3 minutes per side.
3. Serve with a drizzle of Stevia (or other sweetener)-sweetened syrup or fresh berries.

Vanilla Cauliflower Rice Smoothie Bowl

INGREDIENTS

- 70g (2.5 oz) cooked and chilled cauliflower rice
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 120 ml (4fl oz) water
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Blend cauliflower rice, protein powder, and water until smooth.
2. Pour into a bowl and top with low-calorie toppings like berries, chia seeds, or unsweetened coconut flakes.

Chocolate Protein Cauliflower Energy Bites

INGREDIENTS

- 140g (5 oz) cauliflower rice (cooked and mashed)
- 37.5g (1.3 oz) **chocolate Wondershake Protein Powder**
- 30ml (1 fl oz) water
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Mix all ingredients into a thick dough.
2. Roll into small balls and refrigerate for at least 30 minutes to firm up.
3. Enjoy these low-calorie, protein-packed energy bites.

Cinnamon Cauliflower Rice Porridge

INGREDIENTS

- 140g (5 oz) cauliflower rice
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 240ml (8 fl oz) water
- ½ tsp cinnamon
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Cook cauliflower rice in water over medium heat until soft.
2. Stir in protein powder, cinnamon, and Stevia (or other sweetener).
3. Serve warm as a comforting porridge.

Berry Cauliflower Protein Smoothie

INGREDIENTS

- 70g (2.5 oz) cauliflower rice (cooked and chilled)
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 120ml (4 fl oz) water
- 80g (2.8 oz) frozen berries
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Blend cauliflower rice, protein powder, water, berries, and Stevia (or other sweetener) until smooth.
2. Pour into a glass and enjoy as a refreshing smoothie.

Vanilla Protein Cauliflower Fudge

INGREDIENTS

- 107g (3.8 oz) cauliflower rice (cooked and mashed)
- 37.5g (1.3 oz) **vanilla Wondershake Protein Powder**
- 60ml (2 fl oz) water
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Mix all ingredients into a smooth, thick batter.
2. Press into a small dish and refrigerate for 2-3 hours until set.
3. Cut into squares and enjoy as a low-calorie fudge alternative.

Cauliflower Rice Protein Cookies

INGREDIENTS

- 140g (5 oz) cauliflower rice (cooked and mashed)
- 37.5g (1.3 oz) **chocolate Wondershake Protein Powder**
- 60ml (2 fl oz) water
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Preheat oven to 350°F (180°C).
2. Mix all ingredients into a dough, then drop spoonfuls onto a lined baking sheet.
3. Bake for 10-12 minutes until firm and slightly golden.
4. Let cool before enjoying.

Cocoa Cauliflower Protein Ice Cream

INGREDIENTS

- 110g (3.8 oz) cauliflower rice (cooked and chilled)
- 37.5g (1.3 oz) **chocolate Wondershake Protein Powder**
- 120ml (4 fl oz) water
- 1 tbsp unsweetened cocoa powder
- Stevia (or other sweetener) to taste

INSTRUCTIONS

1. Blend cauliflower rice, protein powder, cocoa powder, and water until smooth.
2. Freeze for 2-3 hours, stirring occasionally for a soft-serve texture.
3. Serve as a creamy, guilt-free ice cream.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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