

SIMPLY SYNC'D

LOW CALORIE DESSERT RECIPES

20 Sweet Treats Under 200 Calories

20

Healthy Sweet
Recipes



WELCOME

Welcome to the **200-Cal Dessert Collection** — a curated set of light, satisfying treats that deliver all the flavor with none of the guilt.

Every recipe in this guide is carefully crafted to help you savor sweet moments without added sugar, using simple, wholesome ingredients and smart portions that fit effortlessly into your daily routine.

This dessert-focused collection features 20 recipes with 200 calories or less, including fruity bites, creamy mousses, chocolate treats, and baked favorites. From indulgent classics reimaged to refreshing no-bake options, each dessert is thoughtfully designed to be delicious, feel-good, and portion-conscious.



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6 servings | Prep Time: 10 mins | Cook Time: 25 mins

1. SWEET POTATO CHOCOLATE RASPBERRY BROWNIES

These brownies are the perfect fusion of indulgence and nutrition – rich, fudgy, and naturally sweetened with baked sweet potato and raspberries.

NUTRITION FACTS

PER SERVING

Calories	143 kcal
Fats	6.6g
Protein	5.8g
Carbohydrates	16g
Fiber	4g

INGREDIENTS

- 1 1/2 cup (300g) mashed baked sweet potato (skin removed)
- 1/3 cup (27g) unsweetened cocoa powder
- 3 large eggs
- 3 tbsp (45g) natural almond or peanut butter, no sugar added)
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup (75g) fresh raspberries
- Optional: 1–2 tsp stevia or monk fruit

INSTRUCTIONS

01. Preheat oven to 175°C (350°F) and line a small baking dish with parchment paper.
02. In a bowl, mix mashed sweet potato, eggs, nut butter, and vanilla until smooth.
03. Add cocoa powder, baking soda, and salt. Mix well to form a thick batter.
04. Fold in half of the raspberries.
05. Spread the batter into the dish and top with remaining raspberries.
06. Bake for 25 minutes or until the center is set and a toothpick comes out mostly clean.
07. Cool completely before slicing into 6 pieces.



10 cookies | Prep Time: 10 mins | Cook Time: 15 mins

2. BANANA OAT COOKIES

Soft, chewy, and naturally sweetened, these banana oat cookies are a perfect clean snack or light dessert. Made with ripe bananas, creamy peanut butter, and a spoonful of low-fat yogurt, they bake into golden bites of comfort – no added sugar, no flour.

NUTRITION FACTS

PER SERVING

Calories	165 kcal
Fats	5.7g
Protein	5.1g
Carbohydrates	25g
Fiber	3.7g

INGREDIENTS

- 4 medium ripe bananas (about 450g peeled)
- 2 cups (160g) rolled oats
- 1/3 cup (90g) natural peanut butter (no added sugar)
- 1/4 cup (60g) low-fat plain yogurt
- 2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- Pinch of salt

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line a baking tray with parchment paper.
02. In a mixing bowl, mash bananas until smooth.
03. Stir in peanut butter, yogurt, vanilla, cinnamon, and salt.
04. Fold in oats until a sticky dough forms.
05. Scoop 10 even portions and shape into flat cookies.
06. Bake for 12–15 minutes or until lightly golden and set.
07. Cool completely on a rack before storing.



8 balls | Prep Time: 15 mins | Chill Time: 30 mins

3. MATCHA PROTEIN ENERGY BALLS

These vibrant green bites are clean, energizing, and deliciously satisfying. Packed with protein, fiber, and healthy fats, they're lightly sweetened with a single date and held together with nut butter and almond milk – no added sugar needed.

NUTRITION FACTS

PER SERVING

Calories	143 kcal
Fats	6.6g
Protein	5.8g
Carbohydrates	16g
Fiber	4g

INGREDIENTS

- 1 cup (90g) rolled oats
- 2 scoops (60g) vanilla or unflavored protein powder
- 1 tbsp (5g) matcha powder, plus more for dusting
- 2 large Medjool dates, pitted (about 50g)
- 3 tbsp (30g) hemp seeds
- 3 tbsp (45g) natural almond or peanut butter
- 3 tbsp (45ml) unsweetened almond milk (or other unsweetened plant milk)
- 1/2 tsp vanilla extract (optional)
- Pinch of salt

INSTRUCTIONS

01. In a food processor, blend oats, protein powder, matcha, hemp seeds, and salt.
02. Add the dates, nut butter, almond milk, and vanilla extract.
03. Process until a sticky dough forms. If too dry, add a tiny splash more milk.
04. Roll into 8 equal balls.
05. Optionally, dust with a little extra matcha powder.
06. Chill in the fridge for 20–30 minutes before serving for best texture.



8 balls | Prep Time: 15 mins | Chill Time: 30 mins

4. COCONUT ENERGY BALLS

These Coconut Energy Balls are soft, chewy, and rich in coconut flavor with just the right natural sweetness from a single date. Made without added sugar, they're a clean, satisfying treat that's perfect for a quick energy boost or mindful dessert.

NUTRITION FACTS

PER SERVING

Calories	200 kcal
Fats	17g
Protein	3.6g
Carbohydrates	10g
Fiber	4.4g

INGREDIENTS

- 1 1/4 cup (105g) unsweetened shredded coconut
- 1/2 cup (50g) almond flour
- 2 tbsp (20g) ground flaxseed
- 2 tbsp (30g) natural almond butter
- 2 large Medjool dates, pitted and finely chopped
- 1.5 tbsp (21g) coconut oil, melted
- 1/2 tsp vanilla extract
- Pinch of salt
- 1–2 tsp water, only if needed to bind

INSTRUCTIONS

01. In a bowl, mix all dry ingredients: 1 cup shredded coconut, almond flour, flaxseed, and salt.
02. Stir in peanut butter, melted coconut oil, chopped date, and vanilla. Mix until a dough forms. If the mixture feels dry, add 1 tsp water at a time until it holds together when pressed.
03. Divide into 8 equal portions and roll into balls.
04. Roll each ball in 1/4 cup shredded coconut.
05. Chill in the fridge for 15–30 minutes to firm up.



6 balls | Prep Time: 15 mins | Chill Time: 20 mins

5. CHOCOLATE ORANGE HAZELNUT BALLS

These Dark Chocolate Hazelnut Balls are crunchy, smooth, and laced with hints of orange and toasted buckwheat. Naturally sweetened and made with clean ingredients, they're a deliciously sophisticated no-bake treat.

NUTRITION FACTS

PER SERVING

Calories	192 kcal
Fats	12g
Protein	6.5g
Carbohydrates	15g
Fiber	6.1g

INGREDIENTS

- 1/4 cup (60g) natural hazelnut butter
- 1/5 cup (45g) sugar-free dark chocolate, melted
- 1/3 cup (55g) buckwheat groats
- 1/4 cup (26g) ground flaxseed
- 2 tbsp (20g) coconut flour
- 1 tsp orange zest
- 1 tsp orange extract
- 1/2 tsp vanilla extract
- Pinch of salt
- 2–3 tbsp unsweetened almond milk
- 2 tbsp (10g) shredded coconut

INSTRUCTIONS

- 01.** In a bowl, mix hazelnut butter and melted dark chocolate until smooth.
- 02.** Stir in buckwheat, flaxseed, coconut flour, orange zest, orange extract, vanilla, and salt. If the mixture is too dry, add almond milk 1 tsp at a time until it holds together.
- 03.** Roll into 6 balls, then coat with shredded coconut.
- 04.** Chill for at least 20 minutes before serving.



6 servings | Prep Time: 15 mins | Chill Time: 30 mins

6. FROZEN CHOCOLATE BANANA BITES WITH PEANUT BUTTER

A creamy peanut butter filling is sandwiched between banana slices, dipped in rich dark chocolate, and frozen for the perfect no-added-sugar, 3-ingredient sweet bite – indulgent yet under 200 calories.

NUTRITION FACTS

PER SERVING

Calories	173 kcal
Fats	9.3g
Protein	3.7g
Carbohydrates	21g
Fiber	3g

INGREDIENTS

- 2 medium bananas (about 240g total), sliced into 12 equal pieces
- 3 tbsp (48g) natural peanut butter (no added sugar)
- 4 oz (110g) dark chocolate (70–85% cocoa), melted
- Optional: pinch of sea salt

INSTRUCTIONS

01. In a food processor, blend oats, protein powder, matcha, hemp seeds, and salt.
02. Add the dates, nut butter, almond milk, and vanilla extract.
03. Process until a sticky dough forms. If too dry, add a tiny splash more milk.
04. Roll into 8 equal balls.
05. Optionally, dust with a little extra matcha powder.
06. Chill in the fridge for 20–30 minutes before serving for best texture.



8 servings | Prep Time: 10 mins | Cook Time: 15 mins

7. ALMOND FLOUR CHOCOLATE COOKIES

These rich and chewy cookies are the perfect keto-friendly indulgence. With healthy fats, no added sugar, and only 2g net carbs per cookie, they satisfy chocolate cravings without the guilt.

NUTRITION FACTS

PER SERVING

Calories	180 kcal
Fats	15g
Protein	3.9g
Carbohydrates	8.4g
Fiber	2.1g

INGREDIENTS

- 1 cup (100g) blanched almond flour
- 2 tbsp (12g) unsweetened cocoa powder
- 1/4 cup (56g) unsalted butter, melted (or coconut oil for dairy-free)
- 3 tbsp (30g) granulated erythritol
- 1 large egg
- 1/2 tsp vanilla extract
- 1/4 tsp baking soda
- Pinch of salt
- 2 tbsp (20g) sugar-free dark chocolate chips or chopped 85%+ dark chocolate

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line a baking sheet with parchment paper.
02. In a bowl, combine almond flour, cocoa powder, sweetener, baking soda, and salt.
03. Add melted butter, egg, and vanilla. Stir until a thick dough forms.
04. Fold in chocolate chips or chopped dark chocolate.
05. Divide into 8 equal portions. Roll and slightly flatten into cookie shapes.
06. Bake for 12–15 minutes, or until just set.
07. Let cool completely to firm up before serving.



8 servings | Prep Time: 15 mins | Cook Time: 25 mins

8. LIGHT CARROT CAKE BARS WITH YOGURT FROSTING

These soft and moist carrot cake bars are a clean, nourishing version of the classic – lightly spiced, naturally sweetened, and topped with a creamy yogurt frosting.

NUTRITION FACTS

PER SERVING

Calories	173 kcal
Fats	9.3g
Protein	3.7g
Carbohydrates	21g
Fiber	3g

INGREDIENTS

For the Cake:

- 1 cup (100g) finely grated carrots
- 2 large eggs
- 3 tbsp (45g) unsweetened applesauce
- 1/4 cup (60g) plain low-fat yogurt
- 1 tsp vanilla extract
- 3/4 cup (75g) almond flour
- 1/4 cup (25g) oat flour
- 2 tbsp chopped walnuts
- 1.5 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt
- Optional: 1–2 tsp monk fruit or stevia

For the Frosting:

- 1/2 cup (120g) plain low-fat Greek yogurt
- 1.5 tbsp (30g) light cream cheese
- 1 tsp vanilla extract
- Optional: 1–2 tsp powdered erythritol

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line a small square baking dish with parchment paper.
02. In a bowl, whisk eggs, applesauce, yogurt, vanilla, and optional sweetener.
03. Add carrots, almond flour, oat flour, walnuts, spices, baking powder, baking soda, and salt. Mix well.
04. Pour the mixture into the baking dish and smooth it out evenly.
05. Bake for 22–25 minutes, or until a toothpick comes out clean.
06. While the cake bakes, mix all the frosting ingredients in a bowl and chill.
07. Cool cake completely, then spread frosting on top. Slice into 8 bars.



9 servings | Prep Time: 15 mins | Cook Time: 20 mins

9. RASPBERRY CHOCOLATE CHIP MUFFINS

These Raspberry Chocolate Chip Muffins are soft, chocolatey, and naturally sweetened with banana – a perfect feel-good treat made with wholesome ingredients and rich bursts of dark chocolate in every bite.

NUTRITION FACTS

PER SERVING

Calories	156 kcal
Fats	5.5g
Protein	4.5g
Carbohydrates	20g
Fiber	3.6g

INGREDIENTS

- 2 medium ripe bananas
- 2 large eggs
- 1/4 cup (60g) plain low-fat yogurt
- 1 tsp vanilla extract
- 3/4 cup (75g) oat flour
- 1/4 cup (25g) almond flour
- 2 tbsp (10g) unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- Pinch of salt
- 1 cup (195g) fresh raspberries
- 1/3 cup (55g) sugar-free dark chocolate chips

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line or lightly grease a muffin tin.
02. In a bowl, mash bananas. Whisk in eggs, yogurt, and vanilla.
03. Stir in oat flour, almond flour, cocoa powder, baking powder, baking soda, and salt until smooth.
04. Fold in chocolate chips and most of the raspberries (reserve a few for the tops).
05. Divide the batter evenly into 9 muffin cups. Top with extra raspberries.
06. Bake 18–20 minutes or until a toothpick comes out mostly clean.
07. Cool before serving.



4 servings | Prep Time: 15 mins | Cook Time: 15 mins

10. MINI BAKED OAT TARTS

These crisp and wholesome Mini Oat Tarts feature a golden oat crust, lightly sweetened and baked to perfection, then filled with creamy yogurt and fresh fruit. A balanced, beautiful dessert that's naturally sweet and perfect for sharing.

NUTRITION FACTS

PER SERVING

Calories	185 kcal
Fats	5.7g
Protein	5.6g
Carbohydrates	29g
Fiber	3.8g

INGREDIENTS

For the Crust:

- 1 cup (90g) rolled oats
- 1 tbsp (14g) light butter
- 1 tbsp (15g) natural peanut butter
- 1 tbsp (20g) honey or monk fruit syrup
- 1/2 tsp vanilla extract
- Pinch of salt
- 1–2 tsp water if mixture feels too dry

For the Filling:

- 1/2 cup (120g) low-fat plain Greek yogurt
- 1/2 small banana, sliced
- 4 medium strawberries, sliced
- 2 tbsp blueberries

INSTRUCTIONS

01. Preheat oven to 175°C (350°F).
02. In a bowl, mix oats, melted butter, peanut butter, syrup, vanilla, and salt. Stir until sticky.
03. Divide the mixture evenly into 4 silicone molds. Press firmly into the base and up the sides to form tart shells.
04. Bake for 12–15 minutes, until golden and crisp. Cool completely before removing from molds.
05. Spoon yogurt into each tart and top with fruit.
06. Serve immediately or chill briefly before enjoying.



4 servings | Prep Time: 15 mins | Chill Time: 2 hours

11. RASPBERRY TIRAMISU CUPS

This refreshing twist on tiramisu swaps heavy cream for a light and tangy blend of mascarpone and Greek yogurt, layered with coffee-soaked ladyfingers and bursts of tart fresh raspberries – a no-bake treat that's satisfying, and naturally sweet.

NUTRITION FACTS

PER SERVING

Calories	200 kcal
Fats	9.7g
Protein	9g
Carbohydrates	19g
Fiber	1.8g

INGREDIENTS

- 8 unsweetened ladyfinger biscuits
- 2 tbsp (55g) mascarpone cheese
- 1 cup (240g) low-fat plain Greek yogurt
- 1/4 cup (60ml) strong brewed coffee or espresso, cooled
- 3/4 cup (90g) fresh raspberries
- 1 tsp vanilla extract
- 1–2 tsp monk fruit sweetener or stevia (optional, to taste)
- 1 tsp unsweetened cocoa powder, for dusting

INSTRUCTIONS

01. In a bowl, whisk mascarpone, Greek yogurt, vanilla, and optional sweetener until smooth.
02. Lightly dip each ladyfinger into the cooled coffee (do not soak). Break in half if needed to fit your serving glasses.
03. In 4 small glasses or jars, layer soaked ladyfingers, mascarpone-yogurt cream, and raspberries.
04. Repeat layers until filled.
05. Chill in the fridge for at least 2 hours (or up to overnight) to allow the flavors to meld.
06. Before serving, dust with cocoa powder and top with a few extra raspberries.



6 servings | Prep Time: 15 mins | Cook Time: 35 minutes

12. CITRUS CHEESECAKE BARS

These light and creamy Orange Ricotta Cheesecake Bars are bursting with citrus flavor and naturally sweetened for a refreshing dessert or snack. With creamy ricotta, tangy yogurt, and orange zest, they offer a sunny twist on classic cheesecake.

NUTRITION FACTS

PER SERVING

Calories	180 kcal
Fats	7.5g
Protein	15g
Carbohydrates	19g
Fiber	1.9g

INGREDIENTS

- 1 cup (240g) low-fat ricotta cheese
- 1 cup (240g) low-fat Greek yogurt
- 4 large eggs
- Zest of 1 medium orange
- 1/3 cup (80ml) fresh orange juice
- 2 tsp vanilla extract
- 1–2 tsp monk fruit sweetener or stevia, to taste
- 2 tbsp (20g) coconut flour
- 1/3 cup (45g) chopped dried apricot or orange (no added sugar)

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line an 8×8" pan (or similar) with parchment.
02. In a large bowl, whisk together ricotta and Greek yogurt until smooth.
03. Add eggs, orange zest, juice, vanilla, and optional sweetener. Mix well.
04. Stir in coconut flour and chopped apricots, if using.
05. Pour into the prepared pan and smooth the top.
06. Bake for 30–35 minutes, until just set in the center.
07. Cool completely, then refrigerate for 2–3 hours before slicing into 12 bars.



6 servings | Prep Time: 15 mins | Cook Time: 28 minutes

13. PEANUT BUTTER PUMPKIN SWIRL BARS

These Pumpkin Swirl Cheesecake Bars are rich, creamy, and perfectly spiced. Naturally sweetened and made without added sugar, they deliver all the cozy fall flavors in a soft, satisfying treat.

NUTRITION FACTS

PER SERVING

Calories	195 kcal
Fats	14g
Protein	9.2g
Carbohydrates	10g
Fiber	3g

INGREDIENTS

Base + Pumpkin Layer:

- 1/2 cup (120g) pumpkin purée
- 2 large eggs
- 1/4 cup (60g) natural peanut butter, melted
- 1/4 cup (30g) almond flour
- 1.5 tbsp (12g) coconut flour
- 1 tsp pumpkin pie spice

- 1 tsp vanilla extract
- 1–2 tsp monk fruit or stevia, optional

Cream Cheese Swirl:

- 2/3 cup (160g) light cream cheese, softened
- 1/4 cup (60g) plain low-fat Greek yogurt
- 1/2 tsp vanilla extract
- Optional: 1/2 tsp monk fruit or erythritol

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line a small baking pan (8×4") with parchment.
02. In a bowl, mix pumpkin, eggs, melted peanut butter, vanilla, sweetener, and spices until smooth.
03. Stir in almond flour and coconut flour until fully combined. Set aside 2–3 tablespoons of the pumpkin batter in a small bowl (you'll use this for the swirl).
04. In another bowl, whisk the cream cheese, yogurt, vanilla, and sweetener until smooth and creamy.
05. Spread the cream cheese layer evenly over the pumpkin base using a spatula.
06. Dot the reserved pumpkin mixture over the cream cheese layer in small spoonfuls. Use a toothpick or skewer to gently swirl the orange pumpkin mixture through the cream layer for a marbled look.
07. Bake for 25–28 minutes, or until the center is set and edges are lightly golden.
08. Cool completely, then refrigerate for at least 2 hours before slicing into 6 bars.



8 servings | Prep Time: 15 mins | Cook Time: 30 minutes

14. ZUCCHINI ALMOND CAKE

A soft and moist almond flour cake made with freshly grated zucchini, gently spiced with cinnamon, and naturally sweetened—perfectly balanced for a wholesome, satisfying treat under 200 calories per square.

NUTRITION FACTS

PER SERVING

Calories	197 kcal
Fats	13g
Protein	6.7g
Carbohydrates	15g
Fiber	3.5g

INGREDIENTS

- 1 ½ cups (180g) grated zucchini, excess water squeezed out
- 2 large eggs
- ¼ cup (60ml) unsweetened applesauce
- ¼ cup (60ml) maple syrup
- 1 tsp vanilla extract
- 1 ½ cups (150g) almond flour
- 1 tsp cinnamon
- ½ tsp baking soda
- ¼ tsp salt
- ⅕ cup (28g) raw almonds, chopped
- 2 tbsp dark chocolate chips (no added sugar)

INSTRUCTIONS

01. Preheat oven to 175°C (350°F). Line an 8x8-inch (20x20 cm) baking pan with parchment paper.
02. In a bowl, whisk eggs, applesauce, maple syrup, and vanilla.
03. Fold in the grated zucchini.
04. In another bowl, mix almond flour, cinnamon, baking soda, and salt.
05. Combine wet and dry ingredients. Mix until fully incorporated. Fold in chocolate chips and almonds.
06. Pour the mixture into the prepared pan and smooth the top.
07. Bake for 25–30 minutes or until a toothpick inserted comes out clean.
08. Cool completely before slicing into 8 equal squares.



8 servings | Prep Time: 20 mins | Cook Time: 5 minutes

15. BLUEBERRY CHIA JAM BARS

Quick, antioxidant-packed bars with fresh blueberries and chia seeds—gluten- and dairy-free option included. Low calories, high protein + fiber!

NUTRITION FACTS

PER SERVING

Calories	190 kcal
Fats	11g
Protein	6g
Carbohydrates	19g
Fiber	6g

INGREDIENTS

- 1 cup fresh or frozen blueberries
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup or honey
- 1 1/2 cups rolled oats (gluten-free if needed)
- 1/2 cup almond butter or sunflower seed butter
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

INSTRUCTIONS

- 01.** In a small saucepan, combine blueberries, chia seeds, and maple syrup; cook over medium heat for 5 minutes, stirring occasionally until it thickens into a jam-like consistency. Remove from heat and let cool slightly.
- 02.** In a mixing bowl, combine rolled oats, almond butter, vanilla extract, and salt; stir until well combined.
- 03.** Pour the warm blueberry chia jam into the oat mixture; fold gently to combine evenly.
- 04.** Press the mixture firmly into an 8x8 inch parchment-lined pan.
- 05.** Refrigerate for at least 15 minutes to set.
- 06.** Cut into 8 bars and enjoy immediately or store in the fridge.



6 servings | Prep Time: 15 mins | Chill Time: 2 hours

16. DOUBLE LAYER CHOCO CHIA DELIGHT

Creamy chocolate chia pudding layered with banana slices, low-fat Greek yogurt, and crunchy no-added-sugar granola—this fiber-rich, no-sugar-added treat is the perfect way to start or end your day guilt-free.

NUTRITION FACTS

PER SERVING

Calories	199 kcal
Fats	8.9g
Protein	12g
Carbohydrates	19g
Fiber	7.2g

INGREDIENTS

- 3 tbsp chia seeds
- 3/4 cup (180ml) unsweetened almond milk
- 1 tsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 1/2 small banana, sliced
- 2/3 cup (160g) low-fat Greek yogurt
- 2 tsp no-added-sugar granola

INSTRUCTIONS

01. In a jar or bowl, mix chia seeds, almond milk, cocoa powder, and vanilla. Stir well.
02. Cover and refrigerate for at least 2 hours (or overnight) until thickened.
03. Once set, divide the chocolate chia pudding evenly between two small jars.
04. Press banana slices against the sides of each jar (as shown in the image).
05. Spoon Greek yogurt on top of the chia layer.
06. Finish with 1 tsp of granola on each jar. Serve immediately or store chilled.



6 servings | Prep Time: 10 mins | Chill Time: 2 hours

17. CHOCOLATE COTTAGE CHEESE MOUSSE

This creamy, high-protein chocolate mousse blends low-fat cottage cheese with cocoa and erythritol for a silky, indulgent dessert—topped with juicy strawberries and coconut chips for the perfect finishing touch.

NUTRITION FACTS

PER SERVING

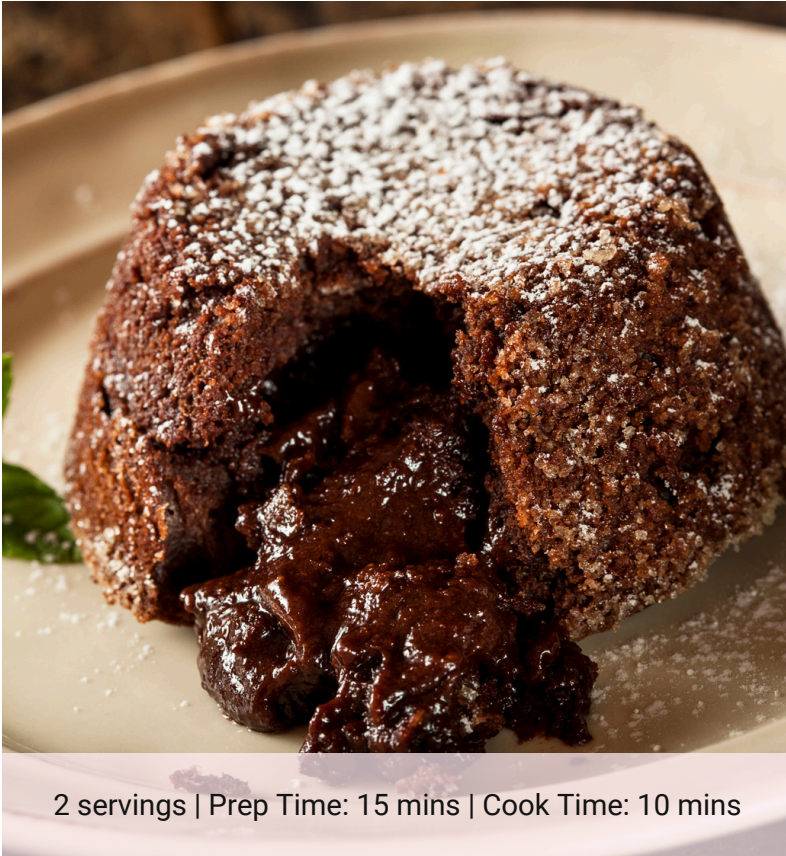
Calories	195 kcal
Fats	4.5g
Protein	22g
Carbohydrates	15g
Fiber	3.1g

INGREDIENTS

- 2/3 cup (150 g) low-fat cottage cheese
- 2 tbsp unsweetened cocoa powder
- 1 tbsp powdered erythritol
- 2-3 tbsp unsweetened almond milk
- 1/4 tsp vanilla extract
- 1/4 tsp vanilla extract
- Pinch of salt
- 2 fresh strawberries, halved
- 1 tsp unsweetened coconut chips

INSTRUCTIONS

- 01.** In a blender or mini food processor, combine cottage cheese, cocoa powder, erythritol, almond milk, vanilla, and salt.
- 02.** Blend until completely smooth and mousse-like (about 1–2 minutes), scraping down the sides as needed.
- 03.** Transfer to a serving glass or ramekin and chill for at least 30 minutes.
- 04.** Top with strawberries and coconut chips.



2 servings | Prep Time: 15 mins | Cook Time: 10 mins

18. MINI CHOCOLATE LAVA CAKE

These chocolate lava cakes are rich, indulgent, and perfectly portioned for guilt-free satisfaction. Made with just a few simple ingredients, each cake features a tender outer layer with a warm, molten center that flows out with every bite.

NUTRITION FACTS

PER SERVING

Calories	190 kcal
Fats	8.9g
Protein	7.3g
Carbohydrates	20g
Fiber	2.3g

INGREDIENTS

- 2 small eggs
- 2 tsp stevia or granulated erythritol
- 2 tsp all-purpose flour
- 2 tbsp unsweetened cocoa powder
- 1 tsp baking powder
- 2 tbsp dark chocolate (20g)

INSTRUCTIONS

- 01.** Preheat oven to 180°C (356°F). Lightly grease or spray two 9 cm ramekins.
- 02.** In a medium bowl, beat the egg with stevia using an electric whisk for about 5 minutes, until thick and pale yellow.
- 03.** Sift in flour, cocoa powder, and baking powder. Gently fold the dry ingredients into the egg mixture until fully combined. Avoid overmixing to preserve airiness.
- 04.** Divide the batter evenly between the two ramekins. Place 1 tbsp (10g) of dark chocolate in the center of each, pressing slightly into the batter and covering it with the surrounding mixture.
- 05.** Bake for 8–10 minutes, until edges are set but centers remain soft.
- 06.** Let cool for 1–2 minutes, then carefully invert onto a plate or serve directly in the ramekin.



19. LIGHT CHOCOLATE SOUFFLÉ

Airy, rich, and naturally sweetened, these elegant chocolate soufflés rise to a delicate puff with a gently crisp top and a soft center. Perfect for a dinner party or an indulgent weeknight treat, they're best served warm straight from the oven.

NUTRITION FACTS

PER SERVING

Calories	175 kcal
Fats	7.3g
Protein	13g
Carbohydrates	12g
Fiber	2.6g

2 servings | Prep Time: 10 mins | Cook Time: 15 mins

INGREDIENTS

- 4 large egg whites
- 2 large egg yolks
- 1/4 cup (4 tbsp) unsweetened cocoa powder
- 2 tbsp powdered erythritol
- 2 tbsp sugar-free syrup or more erythritol
- 1/2 tsp vanilla extract
- Pinch of salt

INSTRUCTIONS

- 01.** Preheat oven to 190°C (375°F). Lightly grease two ramekins (6–7 cm wide) and dust with cocoa powder.
- 02.** In a bowl, whisk together the egg yolks, cocoa powder, erythritol, syrup, vanilla, and salt until smooth.
- 03.** In a separate bowl, beat egg whites until stiff peaks form.
- 04.** Gently fold the egg whites into the chocolate base in batches to maintain .
- 05.** Spoon the mixture evenly into the prepared ramekins. Smooth the tops and run your thumb around the inner rim.
- 06.** Bake for 12–14 minutes until puffed and set on the edges with slightly soft centers.



8 servings | Prep Time: 10 mins | Cook Time: 18 mins

20. PUMPKIN SPICE PROTEIN MUFFINS

Quick-bake, cycle-friendly pumpkin spice muffins packed with protein and warm flavors, perfect for luteal phase comfort and adaptable for gluten- and dairy-free diets. Spicy, cozy, and the perfect snack, dessert, or even breakfast!

NUTRITION FACTS

PER SERVING

Calories	185 kcal
Fats	14g
Protein	11g
Carbohydrates	13g
Fiber	2.7g

INGREDIENTS

- 1 cup pumpkin purée
- 2 large eggs + ¼ cup egg whites
- ¼ cup maple syrup
- ¾ cup almond flour
- ½ cup vanilla protein powder
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- 2 tbsp coconut oil, melted
- Pinch salt

INSTRUCTIONS

01. Preheat oven to 350°F and line a muffin tin with 8 liners.
02. In a mixing bowl, whisk together pumpkin puree, eggs, maple syrup, and melted coconut oil until smooth.
03. In another bowl, combine almond flour, protein powder, pumpkin pie spice, and baking powder.
04. Fold dry ingredients into wet ingredients until just combined.
05. Divide batter evenly into muffin liners.
06. Bake for 15-18 minutes, or until a toothpick inserted in the center comes out clean.
07. Allow muffins to cool before serving.

THANK YOU



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