

6 HIGH - PROTEIN DESSERTS

that aren't smoothies



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TIRAMISU ICE CREAM

My very first blog recipe, made for Mother's Day because some celebrations deserve something truly special. Creamy, dreamy tiramisu in a scoop, completely vegan, gluten free, and no ice cream machine needed.

Ingredients:

Ice Cream Base

- 2 cans chilled coconut cream (Real Thai is my favourite)
- 1/3 cup monkfruit sweetener or any granulated sweetener of your choice
- 1 tbsp pure vanilla extract
- A little water or coconut milk to help with blending

Espresso Cookie Dough Bites

- 3 tbsp strong black coffee or espresso
- 1/3 cup almond flour
- 2 tbsp monkfruit sweetener or sweetener of your choice

To Finish

- Melted chocolate, for swirling
- Cocoa powder, for dusting

Instructions:

1. Blend chilled coconut cream, sweetener, vanilla, and a splash of coconut milk until smooth and creamy.
2. Transfer the base into a freezer-safe container.
3. Mix together coffee, almond flour, and sweetener to form a soft cookie dough.
4. Dollop small pieces of cookie dough into the ice cream base.
5. Swirl melted chocolate through the base.
6. Dust the top with cocoa powder and cover with a lid.
7. Freeze for 2–3 hours.
8. Scoop, serve, and enjoy every creamy coffee-chocolate bite.

Notes:

- Chill coconut cream cans overnight for best results
- Keeps in the freezer for up to a week, cover tightly

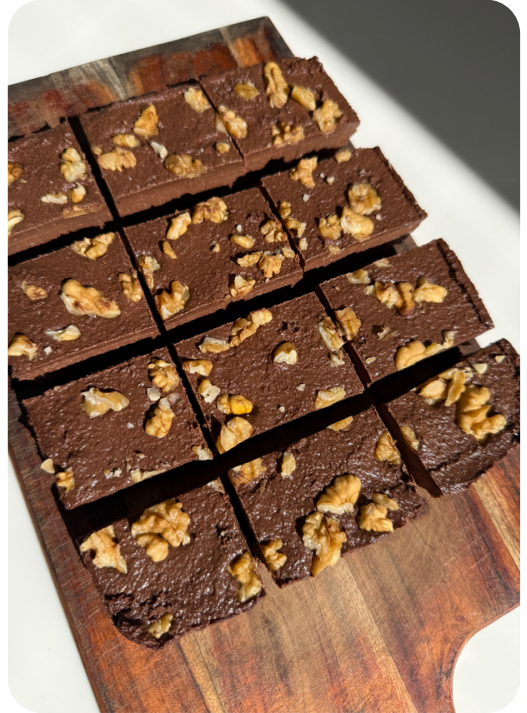


WALNUT BANANA FUDGE

You know those bananas sitting on your counter, way too ripe to eat but too good to throw away? This is exactly the recipe for them! The whole thing sets in the freezer, slices cleanly, and keeps well. It's the kind of recipe that ends up on repeat.

Ingredients:

- 12 small or 6–8 large ripe bananas
- 2 cups toasted walnuts
- ½ cup melted sugar-free chocolate (or regular chocolate)
- ¼ cup granulated sweetener of your choice (optional)



Instructions:

1. Blend together bananas, toasted walnuts, melted chocolate, and sweetener until completely smooth.
2. Pour the mixture into a silicone freezer-safe mould.
3. Top with more toasted walnuts for texture.
4. Freeze for at least 1 hour (longer for a firmer set).
5. Demould, slice, and enjoy!

Notes:

1. The fudge softens quickly at room temperature — keep it in the freezer
2. Swap walnuts for any nut of your choice

MANGO COCONUT TIRAMISU

The very first recipe I'm sharing as I launch this blog — and I couldn't think of a better one to start with. A coconut cream base, espresso cookie dough pieces, melted chocolate swirled through, and cocoa on top. All the flavour of a classic tiramisu, completely vegan, gluten free, and zero equipment needed.

Ingredients:

Base

- 2 cups vanilla plant protein powder
- 1 cup frozen or fresh mango
- 1 cup frozen banana pieces
- 1/4 cup water (plus more if needed)
- 1 tsp vanilla extract
- 1/3 cup monkfruit or stevia
- 1/4 tsp salt
- 2 flax eggs (2 tbsp flaxseed powder + 6 tbsp water, mixed and rested)

Topping

- Coconut yogurt or any plant-based yogurt of your choice
- Fresh mango puree
- 1 cup desiccated coconut, toasted

Instructions:

1. Preheat oven to 180°C.
2. Blend together protein powder, mango, banana, water, vanilla, sweetener, salt, and flax eggs until completely smooth. Add more water if the batter is too thick.
3. Pour into a greased 9x13 inch baking tray and bake for 40 minutes to 1 hour until set.
4. Let cool completely and spread yogurt evenly over the cooled base.
5. Layer fresh mango puree on top of the yogurt.
6. Finish with toasted coconut.
7. Slice and serve.

Notes:

1. Swap protein powder for oats, chickpeas, or kala channa for extra fibre
2. Refrigerate for upto a week or freeze upto a month



MANGO BARLEY CAKE

I made this one for World Health Day and it's stayed in my rotation ever since.

Small, mindful swaps go a long way without giving up on the foods you love. Barley flour for a lovely nutty flavour. Mango puree for natural sweetness. A zero-calorie sweetener that works just like sugar.

Ingredients:

Wet Ingredients

- 1 cup mango puree
- 2 tbsp ground flax seeds
- 1/3 + 1/4 cups non-dairy milk
- 1/3 cup oil

Dry Ingredients

- 3/4 cup monkfruit sugar
- 1/2 cup rolled oats (plus extra for topping)
- 1 1/4 tsp baking soda
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cups barley flour
- 1/2 cup cashews (or any nuts of your choice)

Instructions:

1. Preheat oven to 190°C.
2. Grease and line your loaf or cake pan.
3. Mix all wet ingredients together until combined.
4. Slowly add the sifted dry ingredients and fold in. Add cashews once the batter is mixed.
5. Pour into the prepared pan and sprinkle oats on top.
6. Bake for 45–55 minutes, or until a toothpick comes out clean.
7. Cool completely, then drizzle with mango nut butter before serving.

Notes:

- Swap cashews for any nut of your choice
- Stores well for 2–3 days at room temperature, or refrigerate for longer
- The mango nut butter drizzle is optional but very much recommended



PEANUT BUTTER TIRAMISU

Built entirely around a craving, something indulgent that hit my protein without making me choose between dessert and health. A brownie baked oats base with plant protein and flax eggs, topped with non-dairy chocolate yogurt and an unapologetic layer of peanut butter.

Ingredients:

Brownie Baked Oats Base

- 1½ cups oat flour
- 1½ cups chocolate or coffee plant protein powder
- ⅓ cup monkfruit or stevia sweetener
- ½ cup regular cocoa powder
- 1 cup non-dairy milk or water
- ½ cup mashed banana, non-dairy yogurt, or apple puree
- 1 tsp vanilla extract
- 2 flax eggs (2 tbsp flaxseed powder + 6 tbsp water, mixed and rested)
- 1 tsp espresso or coffee powder (optional)
- Crunchy or creamy peanut butter, for drizzling

Topping.

- Non-dairy chocolate yogurt
- Peanut butter (for finishing layer)

Instructions:

1. Preheat oven to 175°C.
2. Blend all baked oats base ingredients until smooth and transfer to a greased 9×13 inch baking tray.
3. Generously drizzle peanut butter on top and bake for 30 minutes.
4. Let cool completely and then spread non-dairy chocolate yogurt over the cooled base.
5. Finish with a final layer of peanut butter. Slice and enjoy.

Notes:

1. Use unsweetened peanut butter to balance the sweetness of the other layers
2. Any nut butter works, hazelnut would be delicious as well
3. Refrigerate for upto a week or freeze for a month



TIRAMISU TOAST

Made this for my parents' anniversary, tiramisu on toast, ready in ten minutes, and somehow it tasted like all the time and love in the world. Crispy sourdough, hazelnut coffee spread, coconut yogurt, cocoa, and fresh berries.

Ingredients:

- 3–4 slices sourdough bread
- Hazelnut coffee spread (or any nut butter of your choice)
- Coconut yogurt (or any yogurt of your choice)
- Cocoa powder, for dusting
- Fresh berries to garnish (blueberries, strawberries)



Instructions:

1. Toast sourdough slices until crispy and golden brown.
2. Spread hazelnut coffee spread generously over the toast.
3. Top with coconut yogurt, pipe it for presentation, or simply spread.
4. Dust generously with cocoa powder.
5. Garnish with fresh berries and enjoy immediately.

Notes:

1. Any nut butter works beautifully here
2. Best eaten fresh the toast softens if it sits too long