

## Recipe 1: Protein-Rich Ras Malai

*Traditional Bengali delicacy transformed into a high-protein masterpiece*

### Nutritional Information (Per Serving):

Protein: 18g | Calories: 165 | Carbs: 8g | Fat: 12g | Sugar: 0g

### Ingredients:

#### For Chenna Balls:

- 1 liter full-fat milk

- 2 tbsp fresh lemon juice
- 1 scoop vanilla protein powder (25g)
- 1 tbsp almond flour

**For Rabri:**

- 500ml thick Greek yogurt
- 200ml coconut milk
- 1 tsp stevia powder
- 1/4 tsp cardamom powder
- Few saffron strands
- 2 tbsp chopped pistachios
- 2 tbsp chopped almonds

## Step-by-Step Instructions:

1. **Prepare Chenna:** Heat milk to near boiling. Add lemon juice gradually until milk curdles completely. Strain through muslin cloth.
2. **Knead Chenna:** Wash chenna under cold water to remove sourness. Squeeze excess water and knead for 5-7 minutes until smooth.
3. **Add Protein:** Mix protein powder and almond flour into chenna. Knead until well incorporated.
4. **Shape Balls:** Make 8-10 small, smooth balls. Ensure no cracks on surface.
5. **Cook Chenna Balls:** Boil in lightly sweetened water (with stevia) for 15 minutes. They will double in size.
6. **Prepare Rabri:** Whisk Greek yogurt until smooth. Add coconut milk, stevia, cardamom, and saffron.
7. **Final Assembly:** Gently squeeze excess water from chenna balls and immerse in rabri.
8. **Chill & Serve:** Refrigerate for 4 hours. Garnish with nuts before serving.

## Master Chef Tips:

- The secret to perfect chenna is in the kneading - it should be completely smooth
- Don't over-squeeze the chenna balls when transferring to rabri
- For richer flavor, soak saffron in warm milk for 10 minutes before adding
- Best served chilled after 4-6 hours of setting

**Serving Suggestions:** Serve in traditional clay bowls (kulhads) garnished with rose petals and silver leaf for authentic presentation.

## Recipe 2: Healthy Kheer

*Classic rice pudding elevated with protein and natural sweetness*

### Nutritional Information (Per Serving):

Protein: 16g | Calories: 180 | Carbs: 22g | Fat: 8g | Sugar: 0g

## Ingredients:

- 1/4 cup basmati rice (soaked 30 minutes)
- 500ml almond milk
- 200ml thick Greek yogurt
- 1 scoop vanilla protein powder
- 1 tsp stevia powder

- 1/2 tsp cardamom powder
- 10-12 saffron strands
- 2 tbsp chopped almonds
- 2 tbsp chopped pistachios
- 1 tbsp raisins

## Step-by-Step Instructions:

1. **Prepare Base:** Soak saffron in 2 tbsp warm almond milk. Set aside.
2. **Cook Rice:** Boil rice in almond milk on low heat, stirring frequently to prevent sticking.
3. **Simmer:** Cook for 25-30 minutes until rice is completely soft and creamy.
4. **Add Protein:** Let cool slightly, then whisk in protein powder ensuring no lumps.
5. **Sweeten:** Add stevia, cardamom, and saffron mixture. Mix well.
6. **Incorporate Yogurt:** Fold in Greek yogurt gently to maintain creaminess.
7. **Add Nuts:** Stir in half the nuts and all raisins.
8. **Final Touch:** Garnish with remaining nuts and serve warm or chilled.

## Master Chef Tips:

- Stir continuously while cooking to achieve perfect creamy texture
- Add protein powder only after cooling to prevent curdling
- For extra richness, replace 100ml almond milk with coconut cream

- Toast nuts lightly before adding for enhanced flavor

## Recipe 3: Dates-Nuts Ladoo

*Energy-packed traditional sweets with natural sweetness and protein*

### Nutritional Information (Per Ladoo):

Protein: 8g | Calories: 120 | Carbs: 12g | Fat: 7g | Sugar: 0g added

### Ingredients:

- 250g pitted Medjool dates
- 100g almonds
- 100g cashews
- 50g walnuts
- 2 tbsp protein powder (unflavored)
- 1 tsp cardamom powder
- 2 tbsp desiccated coconut
- 1 tbsp ghee
- Chopped pistachios for coating

### Step-by-Step Instructions:

1. **Prepare Dates:** Soak dates in warm water for 15 minutes to soften.

2. **Roast Nuts:** Dry roast almonds, cashews, and walnuts separately until fragrant.
3. **Process Nuts:** Cool and grind to coarse powder in food processor.
4. **Make Date Paste:** Drain dates and process into smooth paste.
5. **Combine:** Mix date paste with ground nuts, protein powder, and cardamom.
6. **Add Binding:** Add ghee and coconut, mix until mixture holds together.
7. **Shape Ladoos:** Roll into walnut-sized balls with wet hands.
8. **Coat:** Roll in chopped pistachios for beautiful presentation.

### Master Chef Tips:

- Use fresh, soft dates for best texture and natural sweetness
- Don't over-process nuts - some texture enhances the eating experience
- Chill mixture for 30 minutes if too sticky to handle
- Store in airtight container for up to 2 weeks

## Recipe 4: Besan Protein Barfi

*Classic chickpea flour sweet enhanced with additional protein*

### Nutritional Information (Per Piece):

Protein: 12g | Calories: 140 | Carbs: 15g | Fat: 6g | Sugar: 0g

## Ingredients:

- 200g besan (chickpea flour)
- 2 scoops vanilla protein powder
- 150g ghee
- 1 tsp stevia powder
- 1/2 tsp cardamom powder
- 50g chopped almonds
- 2 tbsp milk powder
- Silver leaf for garnish (optional)

## Step-by-Step Instructions:

1. **Roast Besan:** Dry roast besan on low heat for 8-10 minutes until fragrant.
2. **Add Ghee:** Add ghee gradually while roasting for another 10 minutes.
3. **Cool Mixture:** Remove from heat and let cool for 5 minutes.
4. **Add Protein:** Mix in protein powder and milk powder thoroughly.
5. **Sweeten:** Add stevia and cardamom powder, mix well.
6. **Add Nuts:** Fold in chopped almonds reserving some for topping.
7. **Set Barfi:** Press mixture into greased 8-inch square pan.
8. **Garnish & Cut:** Top with remaining almonds, cool completely, then cut into squares.

## Master Chef Tips:

- Proper roasting of besan is crucial - it should smell nutty, not raw
- Add protein powder only after cooling to prevent clumping

- Press firmly in pan for clean-cut pieces
- Best consumed within 5-7 days for optimal freshness

## Recipe 5: Sugar-Free Mishti Doi

*Bengali sweetened yogurt with probiotics and protein*

### Nutritional Information (Per Serving):

Protein: 15g | Calories: 130 | Carbs: 10g | Fat: 6g | Sugar: 0g added

### Ingredients:

- 500ml full-fat milk
- 200ml thick Greek yogurt
- 1 tsp stevia powder
- 1 tbsp protein powder (unflavored)
- 1/4 tsp cardamom powder
- Few drops kewra essence (optional)
- Chopped pistachios for garnish

### Step-by-Step Instructions:

1. **Reduce Milk:** Simmer milk until reduced to 350ml, stirring occasionally.
2. **Cool Milk:** Let milk cool to room temperature.
3. **Prepare Culture:** Whisk Greek yogurt until smooth.
4. **Add Sweetener:** Mix stevia and protein powder into cooled milk.



5. **Combine:** Add yogurt to milk, whisk gently to combine.
6. **Add Flavoring:** Stir in cardamom and kewra essence.
7. **Set Culture:** Pour into clay pots or small bowls.
8. **Ferment:** Keep in warm place for 6-8 hours until set, then refrigerate.

### Master Chef Tips:

- Traditional clay pots give authentic flavor and help with fermentation
- Don't disturb during setting process for smooth texture
- Fermentation time varies with temperature - warmer climate needs less time
- Serve chilled for best taste and texture

## Recipe 6: Almond Protein Kulfi

*Creamy traditional ice cream with enhanced protein content*

### Nutritional Information (Per Kulfi):

Protein: 14g | Calories: 160 | Carbs: 8g | Fat: 11g | Sugar: 0g

### Ingredients:

- 500ml almond milk
- 200ml heavy cream
- 100g blanched almonds

- 2 scoops vanilla protein powder
- 1 tsp stevia powder
- 1/2 tsp cardamom powder
- Few saffron strands
- 2 tbsp chopped pistachios

## Step-by-Step Instructions:

1. **Prepare Almonds:** Soak almonds overnight, peel and grind to fine paste.
2. **Reduce Base:** Simmer almond milk and cream until reduced by half.
3. **Add Almond Paste:** Stir in almond paste and cook for 10 minutes.
4. **Cool & Add Protein:** Let cool, then whisk in protein powder smoothly.
5. **Sweeten & Flavor:** Add stevia, cardamom, and saffron.
6. **Strain:** Pass mixture through fine sieve for smooth texture.
7. **Freeze:** Pour into kulfi molds or small containers.
8. **Set:** Freeze for 6-8 hours. Garnish with pistachios before serving.

## Master Chef Tips:

- Blanching almonds properly ensures smooth texture
- Strain mixture to remove any lumps for premium texture
- Dip molds in warm water for easy removal
- Serve immediately after unmolding for best presentation

# Recipe 7: High-Protein Moong Dal Halwa

*Rich and indulgent lentil-based dessert with added protein*

## Nutritional Information (Per Serving):

Protein: 20g | Calories: 200 | Carbs: 18g | Fat: 10g | Sugar: 0g

## Ingredients:

- 200g yellow moong dal (soaked 4 hours)
- 400ml almond milk
- 2 tbsp ghee
- 1 scoop vanilla protein powder
- 1 tsp stevia powder
- 1/2 tsp cardamom powder
- 2 tbsp chopped almonds
- 2 tbsp chopped cashews
- Few saffron strands

## Step-by-Step Instructions:

1. **Prepare Dal:** Drain and grind soaked moong dal to coarse paste.
2. **Cook Dal:** Heat ghee in heavy-bottomed pan, add dal paste.
3. **Roast:** Cook on medium heat for 15-20 minutes, stirring continuously.
4. **Add Liquid:** Gradually add warm almond milk, stirring to prevent lumps.

5. **Simmer:** Cook until dal is completely soft and mixture thickens.
6. **Add Protein:** Cool slightly, add protein powder and mix well.
7. **Season:** Add stevia, cardamom, and saffron.
8. **Garnish:** Top with roasted nuts and serve warm.

### Master Chef Tips:

- Soaking dal makes grinding easier and cooking faster
- Continuous stirring prevents sticking and ensures even cooking
- Consistency should be like thick porridge
- Tastes best when served warm but can be stored refrigerated for 3 days

## Recipe 8: Cashew Protein Burfi

*Luxurious cashew fudge enhanced with protein and natural sweetness*

### Nutritional Information (Per Piece):

Protein: 10g | Calories: 135 | Carbs: 8g | Fat: 9g | Sugar: 0g

### Ingredients:

- 300g cashews (soaked 2 hours)
- 2 scoops vanilla protein powder
- 1 tsp stevia powder

- 3 tbsp coconut milk
- 1/4 tsp cardamom powder
- 1 tbsp ghee
- Silver leaf for decoration (optional)
- Chopped pistachios for garnish

## Step-by-Step Instructions:

1. **Process Cashews:** Drain and grind cashews to smooth, fine paste.
2. **Cook Base:** Heat cashew paste in non-stick pan on low heat.
3. **Add Liquid:** Gradually add coconut milk while stirring.
4. **Thicken:** Cook for 10-12 minutes until mixture leaves sides of pan.
5. **Cool & Add Protein:** Remove from heat, cool slightly, add protein powder.
6. **Season:** Mix in stevia, cardamom, and ghee thoroughly.
7. **Set Burfi:** Spread in greased 7-inch square pan, level surface.
8. **Decorate:** Garnish with pistachios and silver leaf, cut when set.

## Master Chef Tips:

- Soaking cashews makes grinding smoother and easier
- Don't overcook as it will become too hard
- Perfect consistency is when mixture doesn't stick to pan sides
- Cut with sharp knife for clean edges

# Recipe 9: Stevia Gulab Jamun

*Beloved syrup-soaked dumplings made healthy with natural sweeteners*

## Nutritional Information (Per Piece):

Protein: 6g | Calories: 110 | Carbs: 12g | Fat: 5g | Sugar: 0g added

## Ingredients:

### For Jamuns:

- 200g paneer (crumbled)
- 50g almond flour
- 1 tbsp protein powder
- 1/4 tsp cardamom powder
- Oil for deep frying

### For Syrup:

- 400ml water
- 1.5 tsp stevia powder
- 4-5 cardamom pods
- 1 tsp rose water
- Few saffron strands

## Step-by-Step Instructions:

1. **Prepare Syrup:** Boil water with stevia, cardamom, and saffron for 10 minutes.
2. **Make Dough:** Knead paneer with almond flour and protein powder until smooth.

3. **Shape Jamuns:** Make small, crack-free balls with oiled hands.
4. **Heat Oil:** Heat oil to 150°C (medium-low heat).
5. **Fry Jamuns:** Fry balls slowly, turning frequently until golden brown.
6. **Soak:** Immediately transfer hot jamuns to warm syrup.
7. **Flavor:** Add rose water to syrup after adding jamuns.
8. **Rest:** Let soak for 2-3 hours before serving.

### Master Chef Tips:

- Paneer should be fresh and soft for best texture
- Fry on medium-low heat to ensure even cooking
- Jamuns should be added to syrup while both are warm
- Best served after soaking for at least 2 hours

## Recipe 10: Protein-Packed Phirni

*Creamy rice pudding elevated with protein and served in traditional style*

### Nutritional Information (Per Serving):

Protein: 17g | Calories: 155 | Carbs: 16g | Fat: 6g | Sugar: 0g

### Ingredients:

- 1/4 cup basmati rice (soaked and ground)
- 500ml almond milk

- 200ml Greek yogurt
- 1 scoop vanilla protein powder
- 1 tsp stevia powder
- 1/2 tsp cardamom powder
- 12-15 saffron strands
- 2 tbsp chopped almonds
- 2 tbsp chopped pistachios
- Rose petals for garnish

## Step-by-Step Instructions:

1. **Prepare Rice:** Soak rice for 30 minutes, then grind to coarse paste.
2. **Cook Base:** Bring almond milk to boil, add rice paste gradually.
3. **Simmer:** Cook on low heat for 20-25 minutes, stirring frequently.
4. **Thicken:** Continue until mixture coats back of spoon.
5. **Cool & Add Protein:** Let cool slightly, whisk in protein powder.
6. **Add Yogurt:** Fold in Greek yogurt gently for extra creaminess.
7. **Season:** Add stevia, cardamom, and saffron soaked in warm milk.
8. **Serve:** Pour into earthen bowls, garnish with nuts and rose petals.

## Master Chef Tips:

- Grinding rice coarsely gives traditional texture
- Stir continuously to prevent lumps and sticking
- Earthen bowls add authentic flavor and presentation
- Chill for 3-4 hours before serving for best taste



# Bonus Section: Ingredient Sourcing & Storage Tips

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## Premium Ingredient Sourcing Guide

### Natural Sweeteners:

- **Stevia:** Look for pure stevia extract powder, avoid blends with fillers
- **Monk Fruit:** Choose 100% monk fruit sweetener for best results
- **Dates:** Medjool dates provide the best sweetness and texture

### Protein Sources:

- **Greek Yogurt:** Choose thick, strained varieties with 15g+ protein per serving
- **Protein Powder:** Unflavored whey or plant-based for versatility
- **Paneer:** Fresh, homemade paneer gives superior taste and texture

### Specialty Ingredients:

- **Saffron:** Kashmiri saffron provides the best color and aroma
- **Cardamom:** Fresh green cardamom pods, grind just before use
- **Nuts:** Source from reputable suppliers, store in cool, dry place

## Storage Tips for Maximum Freshness

- **Dry Ingredients:** Store in airtight containers in cool, dry place
- **Prepared Sweets:** Most can be refrigerated for 5-7 days
- **Frozen Options:** Kulfi and ladoos freeze well for up to 1 month

- **Serving Temperature:** Most Indian sweets taste best at room temperature or slightly chilled

## About the Master Chef

### Chef Priya Sharma

Award-winning culinary expert with 15+ years of experience in traditional Indian cuisine and modern healthy cooking. Graduate of the prestigious Culinary Institute of India, specializing in authentic mithai preparation and nutritional enhancement.

#### Credentials:

- Certified Nutritional Cooking Specialist
- Traditional Indian Sweets Master (Delhi Gharana)
- Author of 3 bestselling Indian cookbooks
- Featured chef on popular cooking shows
- Consultant for premium restaurants across India

*"My mission is to preserve the authentic flavors of Indian sweets while making them healthier for modern families. Each recipe in this collection represents years of perfection and testing."*

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