

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

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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