SIMPLE, HIGH-PROTEIN MEAL PREP

Maya's High-Protein Desserts

20 Easy Sweet Treats Made with Greek Yogurt, Cottage Cheese, and Real Ingredients

Desserts that taste like dessert, with enough protein to feel satisfying. No rules, no guilt. Just good food.



INSIDE

The recipes

01 Chocolate Protein Mug Cake
02 Cottage Cheese Cookie Dough
03 Frozen Greek Yogurt Berry Bark
04 Lemon Cheesecake Cups
05 Chocolate Protein Pudding
06 Apple Cinnamon Baked Oatmeal Cups
07 Air Fryer Cinnamon Apples with Vanilla Yogurt
08 Strawberry Cottage Cheese Nice Cream
09 Black Bean Fudge Brownies
10 Pumpkin Pie Yogurt Parfaits
11 Vanilla Greek Yogurt Panna Cotta with Berries
12 Air Fryer Berry Crisp with Greek Yogurt
13 Tiramisu Yogurt Cups
14 Frozen Chocolate Peanut Butter Yogurt Cups
15 Lemon Blueberry Protein Muffins
16 Protein Crêpes with Berries & Lemon Ricotta
17 Air Fryer Baked Pears with Cinnamon Ricotta
18 Soft Gingerbread Protein Cookies
19 Mango Lassi Frozen Yogurt Pops
20 Peppermint Hot Cocoa with Protein

Welcome



"Prep once, and the easy choice is already ready. I'll see you in the kitchen."

Maya, your host at Maya's Kitchen. Maya is an AI-generated character.

Dessert isn't something to earn or feel bad about. It's part of eating well.

These 20 recipes are built on protein-rich ingredients like Greek yogurt, cottage cheese, eggs, and beans, so they feel more satisfying than a typical sweet. Most take 10 minutes or less, and several are holiday-ready.

How these desserts work

- **Protein base.** Greek yogurt, cottage cheese, ricotta, eggs, black beans, or protein powder.
- **Real sweetness, in reasonable amounts.** A little honey, maple syrup, fruit, or dark chocolate.
- **Portion-friendly.** Most recipes make individual servings or freeze well, so a treat stays a treat.

Protein powder tips

Several recipes use protein powder. A few things make a big difference:

1. **Whey and plant powders behave differently.** Plant powders soak up more liquid, so add an extra 1–2 tbsp of milk if a batter looks thick.
2. **Sweetness varies by brand.** Taste before adding honey or maple syrup. You may not need it.
3. **No protein powder?** Most recipes still work without it, with less protein. The notes tell you which ones.

Not a fan of chia seeds?

Good news: none of these recipes use them. Texture matters.

Nutrition numbers: Protein and fiber amounts are approximate and vary by brand.

Allergen note: Recipes include dairy, eggs, peanuts, tree nuts, and wheat. Some protein powders and chocolate contain soy. Check labels and use the swaps for your needs.

These recipes are for general cooking and education only. They are not medical or nutritional advice. Talk with your doctor or a registered dietitian about your individual needs.

Recipes

Chocolate Protein Mug Cake

Prep 3 min | Cook 1–2 min | Servings 1 | Per serving ~32g protein, ~3g fiber

INGREDIENTS

- 1 scoop (about 30g) chocolate or vanilla protein powder
- 1 tbsp unsweetened cocoa powder
- 2 tbsp oat flour (blend oats until fine)
- ½ tsp baking powder
- Pinch of salt
- 1 large egg
- 3 tbsp unsweetened milk
- 1 tsp maple syrup (optional)
- 1 tbsp dark chocolate chips

INSTRUCTIONS

1. Spray a large mug. Stir together all the dry ingredients.
2. Add the egg, milk, and maple syrup. Stir until smooth, then fold in the chocolate chips.
3. Microwave 60–75 seconds, until just set on top.
4. Rest 1 minute before eating.

> **Notes:** Overcooking makes it rubbery, so start at 60 seconds. Air fryer option: bake in a ramekin at 330°F for 8–10 minutes. Best eaten fresh.

Cottage Cheese Cookie Dough

Prep 5 min + 30 min chilling | Cook none | Servings 2 | Per serving ~20g protein, ~2g fiber

INGREDIENTS

- ¾ cup 2% cottage cheese
- 2 tbsp natural peanut butter
- ½ scoop (about 15g) vanilla protein powder
- 1 tsp maple syrup
- ½ tsp vanilla extract
- Pinch of salt
- 2 tbsp mini dark chocolate chips

INSTRUCTIONS

1. Blend the cottage cheese, peanut butter, protein powder, maple syrup, vanilla, and salt until completely smooth.
2. Stir in the chocolate chips.
3. Chill 30 minutes to thicken. Eat with a spoon.

Notes: No raw flour or raw egg, so it's safe to eat as-is. Refrigerate up to 4 days. Nut-free swap: sunflower seed butter.

Frozen Greek Yogurt Berry Bark

Prep 10 min + 3 hrs freezing | Cook none | Servings 3 (2 pieces each) | Per serving ~12g protein, ~2g fiber

INGREDIENTS

- 1½ cups plain 2% Greek yogurt
- 1 tbsp honey
- ½ tsp vanilla extract
- ¾ cup mixed berries
- 2 tbsp chopped dark chocolate
- 2 tbsp chopped pistachios or almonds

INSTRUCTIONS

1. Line a small baking sheet with parchment.
2. Stir the yogurt with honey and vanilla. Spread about ½ inch thick.
3. Scatter the berries, chocolate, and nuts over the top and press them in lightly.
4. Freeze at least 3 hours, then break into 6 pieces.

Notes: Store in a freezer bag up to 1 month. Let pieces sit 3–5 minutes before eating so they soften slightly.

Lemon Cheesecake Cups

Prep 10 min + 2 hrs chilling | Cook none | Servings 4 | Per serving ~13g protein, ~1g fiber

INGREDIENTS

- ¾ cup plain 2% Greek yogurt
- 4 oz light cream cheese (Neufchâtel), softened
- 1 scoop (about 30g) vanilla protein powder
- Zest and juice of 1 lemon
- 1 tbsp honey
- ½ tsp vanilla extract
- 2 graham cracker sheets, crushed, mixed with 1 tsp melted butter
- ½ cup berries, for topping

INSTRUCTIONS

1. Divide the graham crumbs among 4 small jars or cups and press down.
2. Beat the yogurt, cream cheese, protein powder, lemon zest and juice, honey, and vanilla until smooth.
3. Spoon over the crumbs.
4. Chill 2 hours. Top with berries before serving.

Notes: Refrigerate up to 4 days. Without protein powder, add 2 extra tbsp yogurt (about 7g protein per serving). Gluten-free swap: crushed gluten-free graham crackers.

Chocolate Protein Pudding

Prep 5 min | Cook none | Servings 1 | Per serving ~28g protein, ~3g fiber

INGREDIENTS

- ¾ cup plain 2% Greek yogurt
- ½ scoop (about 15g) chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1–2 tsp maple syrup
- Splash of milk
- Pinch of salt
- Raspberries or chopped hazelnuts, for topping

INSTRUCTIONS

1. Whisk everything except the topping until smooth. Add milk a splash at a time if it's too thick.
2. Chill 15 minutes for a thicker pudding, or eat right away.
3. Top with raspberries or hazelnuts.

> **Notes:** Refrigerate up to 3 days. Make 3 cups at once for a ready-to-go treat.

Apple Cinnamon Baked Oatmeal Cups

Prep 10 min | Cook 22 min | Servings 6 (2 cups each) | Per serving ~11g protein, ~4g fiber

INGREDIENTS

- 2 cups old-fashioned rolled oats
- 1 scoop (about 30g) vanilla protein powder
- 1 tsp baking powder
- 1½ tsp cinnamon
- ¼ tsp salt
- 2 large eggs
- 1 cup unsweetened milk
- ½ cup unsweetened applesauce
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 apple, finely diced
- ¼ cup chopped walnuts

INSTRUCTIONS

1. Heat oven to 350°F. Line a 12-cup muffin tin with liners or spray it well.
2. Mix the oats, protein powder, baking powder, cinnamon, and salt.
3. Whisk the eggs, milk, applesauce, maple syrup, and vanilla, then stir into the dry mix.
4. Fold in the apple and walnuts. Divide among the 12 cups.
5. Bake 20–22 minutes, until set and golden at the edges.

Notes: Refrigerate up to 5 days or freeze up to 3 months. Warm 30 seconds in the microwave. Great with a spoonful of Greek yogurt on top.

Air Fryer Cinnamon Apples with Vanilla Yogurt

Prep 5 min | Cook 10 min | Servings 2 | Per serving ~16g protein, ~6g fiber

INGREDIENTS

- 2 apples, cored and sliced
- 1 tsp melted butter or coconut oil
- 1 tsp cinnamon
- Pinch of nutmeg
- 1 tsp maple syrup
- 2 tbsp chopped pecans
- 1½ cups plain 2% Greek yogurt, stirred with ½ tsp vanilla and 1 tsp honey

INSTRUCTIONS

1. Toss the apples with butter, cinnamon, nutmeg, and maple syrup.
2. Air fry at 380°F for 8–10 minutes, shaking halfway, until soft and caramelized.
3. Add the pecans for the last 2 minutes to toast.
4. Spoon the warm apples over the vanilla yogurt.

Notes: Cooked apples keep 4 days in the fridge. Warm them up and add fresh yogurt.

Strawberry Cottage Cheese Nice Cream

Prep 5 min | Cook none | Servings 2 | Per serving ~14g protein, ~3g fiber

INGREDIENTS

- 2 cups frozen strawberries
- 1 cup 2% cottage cheese
- 1 tbsp honey
- ½ tsp vanilla extract
- Splash of milk, if needed

INSTRUCTIONS

1. Blend everything in a food processor or high-speed blender until smooth and creamy. Scrape down the sides as needed.
2. Eat right away as soft serve, or freeze 1 hour for a scoopable texture.

Notes: If frozen longer than a couple of hours it gets hard. Let it sit 10 minutes before scooping. Try frozen mango or cherries instead of strawberries.

Black Bean Fudge Brownies

Prep 10 min | Cook 25 min | Servings 9 squares | Per square ~7g protein, ~3g fiber

INGREDIENTS

- 1 can (15 oz) black beans, rinsed very well and drained
- 3 large eggs
- ⅓ cup unsweetened cocoa powder
- 1 scoop (about 30g) chocolate protein powder
- ¼ cup maple syrup
- 2 tbsp melted coconut oil or butter
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- ¼ cup dark chocolate chips

INSTRUCTIONS

1. Heat oven to 350°F. Line an 8×8-inch pan with parchment.
2. Blend everything except the chocolate chips until completely smooth.
3. Stir in the chocolate chips and spread in the pan.
4. Bake 22–26 minutes, until the center is just set.
5. Cool completely before cutting. They firm up as they cool.

> **Notes:** Rinse the beans well, or you'll taste them. Refrigerate up to 5 days or freeze up to 3 months.

Pumpkin Pie Yogurt Parfaits

Prep 5 min | Cook none | Servings 2 | Per serving ~17g protein, ~4g fiber

INGREDIENTS

- 1 cup plain 2% Greek yogurt
- ½ cup canned pumpkin purée (not pumpkin pie filling)
- 1 tbsp maple syrup
- 1 tsp pumpkin pie spice
- ½ tsp vanilla extract
- ½ scoop (about 15g) vanilla protein powder (optional)
- 4 tbsp crushed graham crackers or granola
- 2 tbsp chopped pecans

INSTRUCTIONS

1. Whisk the yogurt, pumpkin, maple syrup, spice, vanilla, and protein powder until smooth.
2. Layer in 2 glasses with the graham crumbs and pecans.

> **Notes:** A holiday-friendly dessert you can make up to 3 days ahead. Add the crunchy topping just before serving. Without protein powder, about 11g protein per serving.

Vanilla Greek Yogurt Panna Cotta with Berries

Prep 10 min + 4 hrs chilling | Cook 3 min | Servings 4 | Per serving ~11g protein, ~2g fiber

INGREDIENTS

- 1 cup milk, divided
- 1 packet (2¼ tsp) unflavored gelatin
- 2 tbsp honey or maple syrup
- 1½ cups plain 2% Greek yogurt
- 1½ tsp vanilla extract
- Pinch of salt
- 1 cup mixed berries, for topping

INSTRUCTIONS

1. Pour ¼ cup cold milk into a small pan and sprinkle the gelatin over it. Let it sit 5 minutes to soften.
2. Add the remaining milk and the honey. Warm over low heat, stirring, until the gelatin fully dissolves. Don't let it boil.
3. Whisk the yogurt, vanilla, and salt in a bowl. Slowly whisk in the warm milk until smooth.
4. Pour into 4 small glasses or ramekins. Chill at least 4 hours, until set.
5. Top with berries before serving.

Notes: Refrigerate up to 4 days. Gelatin isn't vegetarian; use ¾ tsp agar powder instead, boiled 1 minute with the milk.

Air Fryer Berry Crisp with Greek Yogurt

Prep 5 min | Cook 12 min | Servings 2 | Per serving ~19g protein, ~6g fiber

INGREDIENTS

- 2 cups mixed berries, fresh or frozen
- 1 tsp cornstarch, 1 tsp lemon juice
- ¼ cup old-fashioned oats
- 2 tbsp almond flour
- 1 tbsp chopped pecans
- 1 tbsp cold butter, cut small
- 1 tbsp maple syrup, ½ tsp cinnamon
- 1½ cups plain 2% Greek yogurt, for serving

INSTRUCTIONS

1. Toss the berries with cornstarch and lemon juice. Divide between 2 air-fryer-safe ramekins.
2. Rub the oats, almond flour, pecans, butter, maple syrup, and cinnamon together with your fingers until crumbly. Scatter over the berries.
3. Air fry at 330°F for 10–12 minutes, until the fruit bubbles and the top is golden.
4. Cool 5 minutes. Serve with Greek yogurt on top or alongside.

Notes: Frozen berries may need 2–3 extra minutes. Cover the top with foil if it browns too fast. Refrigerate up to 3 days.

Tiramisu Yogurt Cups

Prep 15 min + 2 hrs chilling | Cook none | Servings 4 | Per serving ~18g protein, ~1g fiber

INGREDIENTS

- 1½ cups plain 2% Greek yogurt
- 4 oz light cream cheese (Neufchâtel), softened
- 1 scoop (about 30g) vanilla protein powder
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 8 ladyfinger cookies
- ½ cup strong coffee or espresso, cooled
- 1 tbsp unsweetened cocoa powder, for dusting

INSTRUCTIONS

1. Beat the yogurt, cream cheese, protein powder, maple syrup, and vanilla until smooth.
2. Break the ladyfingers in half and dip each piece quickly in the coffee.
3. Layer in 4 small glasses: ladyfingers, cream, ladyfingers, cream.
4. Chill at least 2 hours. Dust with cocoa just before serving.

> **Notes:** Refrigerate up to 3 days. Use decaf if you're serving it in the evening. Ladyfingers contain wheat and eggs.

Frozen Chocolate Peanut Butter Yogurt Cups

Prep 10 min + 3 hrs freezing | Cook none | Servings 3 (2 cups each) | Per serving ~15g protein, ~2g fiber

INGREDIENTS

- 1½ cups plain 2% Greek yogurt
- 3 tbsp natural peanut butter, divided
- 1 tbsp honey
- ½ tsp vanilla extract
- ¼ cup dark chocolate chips + ½ tsp coconut oil, melted together
- Flaky salt (optional)
- 6 muffin liners

INSTRUCTIONS

1. Stir the yogurt with 2 tbsp peanut butter, the honey, and vanilla.
2. Divide among 6 lined muffin cups and smooth the tops.
3. Drizzle with the remaining peanut butter and the melted chocolate. Swirl with a toothpick and add a pinch of flaky salt.
4. Freeze at least 3 hours.

> **Notes:** Store in a freezer bag up to 1 month. Let a cup sit 5 minutes before eating.

Lemon Blueberry Protein Muffins

Prep 10 min | Cook 20 min | Servings 6 (2 muffins each) | Per serving ~11g protein, ~3g fiber

INGREDIENTS

- 1½ cups oat flour (blend oats until fine)
- 1 scoop (about 30g) vanilla protein powder
- 1½ tsp baking powder, ¼ tsp baking soda, ¼ tsp salt
- 2 large eggs
- ¾ cup plain 2% Greek yogurt
- ¼ cup honey
- 2 tbsp melted coconut oil or olive oil
- Zest and juice of 1 lemon
- 1 cup blueberries, fresh or frozen (don't thaw)

INSTRUCTIONS

1. Heat oven to 350°F. Line a 12-cup muffin tin.
2. Mix the oat flour, protein powder, baking powder, baking soda, and salt.
3. Whisk the eggs, yogurt, honey, oil, lemon zest, and juice. Stir into the dry mix until just combined.
4. Fold in the blueberries and divide among the 12 cups.
5. Bake 18–20 minutes, until a toothpick comes out clean.

> **Notes:** Refrigerate up to 5 days or freeze up to 3 months. Warm 20 seconds in the microwave.

Protein Crêpes with Berries & Lemon Ricotta

Prep 5 min | Cook 10 min | Servings 2 (2 crêpes each) | Per serving ~21g protein, ~3g fiber

INGREDIENTS

- 2 large eggs
- ½ scoop (about 15g) vanilla protein powder
- ¼ cup oat flour (blend oats until fine)
- ½ cup milk
- Pinch of salt, ½ tsp vanilla extract
- Butter or oil, for the pan

Filling

- ½ cup part-skim ricotta
- Zest of ½ lemon, 1 tsp honey
- 1 cup mixed berries

INSTRUCTIONS

1. Blend the eggs, protein powder, oat flour, milk, salt, and vanilla until smooth. Rest 5 minutes.
2. Heat a lightly greased nonstick pan over medium. Pour in about ¼ cup batter and swirl to coat the pan thinly.
3. Cook 1 minute, until the edges lift. Flip and cook 30 seconds more. Repeat to make 4 crêpes.
4. Stir the ricotta with lemon zest and honey.
5. Spread each crêpe with ricotta, add berries, and fold into quarters.

Notes: Stack cooled crêpes between parchment and refrigerate up to 3 days. Warm 15 seconds in the microwave before filling.

Air Fryer Baked Pears with Cinnamon Ricotta

Prep 5 min | Cook 12 min | Servings 2 | Per serving ~12g protein, ~7g fiber

INGREDIENTS

- 2 ripe but firm pears, halved and cored
- 1 tsp melted butter
- ¾ cup part-skim ricotta
- ½ tsp cinnamon, ½ tsp vanilla extract
- 2 tsp honey, divided
- 2 tbsp chopped walnuts

INSTRUCTIONS

1. Brush the cut sides of the pears with butter.
2. Air fry cut side up at 360°F for 10–12 minutes, until tender when pierced with a knife. Add the walnuts for the last 2 minutes to toast.
3. Stir the ricotta with cinnamon, vanilla, and 1 tsp honey.
4. Spoon the ricotta into the warm pears. Top with walnuts and drizzle with the remaining honey.

> **Notes:** Best eaten warm. Cooked pears keep 3 days in the fridge; rewarm them before adding the ricotta.

Soft Gingerbread Protein Cookies

Prep 10 min | Cook 10 min | Servings 6 (2 cookies each) | Per serving ~9g protein, ~2g fiber

INGREDIENTS

- 1 cup almond flour
- 1 scoop (about 30g) vanilla protein powder
- 1 tsp ground ginger, 1 tsp cinnamon, ¼ tsp ground cloves
- ½ tsp baking soda, pinch of salt
- 1 large egg
- 3 tbsp molasses
- 2 tbsp melted butter or coconut oil
- ½ tsp vanilla extract

INSTRUCTIONS

1. Heat oven to 350°F. Line a baking sheet with parchment.
2. Mix the almond flour, protein powder, spices, baking soda, and salt.
3. Whisk the egg, molasses, butter, and vanilla. Stir into the dry mix to form a soft dough.
4. Roll into 12 balls and flatten slightly on the sheet.
5. Bake 8–10 minutes, until set at the edges. Cool on the sheet 5 minutes; they firm up as they cool.

Notes: Store in an airtight container up to 5 days or freeze up to 3 months. A good holiday cookie to bake ahead.

Mango Lassi Frozen Yogurt Pops

Prep 5 min + 5 hrs freezing | Cook none | Servings 3 (2 pops each) | Per serving ~14g protein, ~2g fiber

INGREDIENTS

- 2 cups plain 2% Greek yogurt
- 1½ cups mango chunks, fresh or thawed frozen
- 1 tbsp honey
- Pinch of ground cardamom (optional)
- Splash of milk, to blend
- 6 ice pop molds

INSTRUCTIONS

1. Blend the yogurt, mango, honey, cardamom, and milk until smooth.
2. Pour into 6 molds and add the sticks.
3. Freeze at least 5 hours, or overnight.
4. Run the molds under warm water for a few seconds to release.

Notes: Keep frozen up to 1 month. No molds? Freeze in small paper cups with a wooden stick.

Peppermint Hot Cocoa with Protein

Prep 2 min | Cook 3 min | Servings 1 | Per serving ~25g protein, ~2g fiber

INGREDIENTS

- 1 cup ultra-filtered milk (such as Fairlife) or regular milk
- ½ scoop (about 15g) chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tsp maple syrup
- 1–2 drops peppermint extract
- Pinch of salt

INSTRUCTIONS

1. Warm the milk in a small pan or the microwave until steaming. Don't let it boil.
2. Whisk the protein powder, cocoa, and maple syrup with 2 tbsp of the warm milk to make a smooth paste.
3. Whisk in the rest of the milk, the peppermint, and the salt.

Notes: Boiling milk can make protein powder clump, so keep it just below a simmer. With regular milk, about 20g protein. Skip the peppermint for classic hot cocoa.

Enjoy It

Dessert is part of a life you actually want to live. These recipes just make it a little more satisfying.

Keep a batch of brownies, muffins, or yogurt cups in the freezer, a jar of cookie dough or a few panna cottas in the fridge, and you'll always have something good ready.

The simple approach: a protein base, real sweetness in reasonable amounts, and no guilt.

These recipes are for general cooking and education only. They are not medical or nutritional advice. Talk with your doctor or a registered dietitian about your individual needs.

© 2026 Maya's Kitchen. All rights reserved. This guide is for your personal use. Please don't share, resell, or post it publicly. Questions? hello.mayaskitchen@gmail.com