

SIMPLE, EASY, LOW CALORIE

FIT BREAD CREATIONS EBOOK

12

DELICIOUS
RECIPES



@fit_breads

FIT BREAD TRIFLE

1

INGREDIENTS:

- 1 serving Fit bread (I used banana split flavour with pumpkin and almond milk)
- 75g lite sugar free jelly
- 15g casein custard
- 30g berries of choice
- 15g light whipped cream

METHOD to the madness:

1. Cook fit bread as per packet instructions and let cool
2. Layer 1: Cut into cubes and place half into a jar of your choice
4. Layer 2: Cover with 50g lite sugar free jelly
5. Layer 3: Mix the casein custard with water and pour over the jelly
6. Layer 4: layer the other half of the Fit Bread and jelly
7. Top with low sugar, low fat whipped cream and berries

ENJOY ☺ Cals: 295 P:31g F:5.2g C:31g



FIT BREAD TOASTY

INGREDIENTS:

- 1 serving Fit bread (I used white chocolate raspberry flavour with pumpkin and almond milk)
- 30g natvia sugar free jam
- 15g casein custard or yogurt or powdered peanut butter
- 30g berries of choice

METHOD to the madness:

1. Cook fit bread as per packet instructions and let cool
2. Cut in half and then slice each half down the middle like 2 slices of bread and toast it all (keep an eye on it so it doesn't burn)
4. Mix berries and jam in a bowl
5. Evenly cover 2 halves with the jam/berry mix and cover with the custard/PB2/yogurt
6. Place the other slices intop like a toasty

ENJOY ☺ Cals: 271 P:31.6g F:2.7g C:29.8g



2

FIT BREAD CHEESECAKE

3

INGREDIENTS:

- 1 serving Fit bread (I used Vanilla icecream flavour with pumpkin and almond milk)
- 40g pumpkin purée
- 40g light cream cheese
- 10g whey protein powder
- 10g stevia
- 3g gelatin powder

METHOD to the madness:

1. Cook fit bread as per packet instructions and cook in a round microwave safe dish and let cool
2. Compact Fit bread down so it's dense like a cheesecake base
3. Blend the light cream cheese, pumpkin puree, stevia, 10g whey protein of choice with a beater
4. Mix the gelatine with 25ml boiling water until fully dissolved and add to mix
5. Poor over the Fit Bread base and set in the fridge for a few hours

ENJOY ☺ Cals: 330 P:34.7g F:7.1g C:30.9g



FIT BREAD CARAMILK SLICE

INGREDIENTS:

- 1 serving Fit bread (I used salted caramel flavour with pumpkin and almond milk)
- 40g casein custard
- 40g caramilk baking chocolate chips

METHOD to the madness:

1. Cook fit bread as per packet instructions and cook in a round microwave safe dish and let cool
2. Compact Fit bread down so it is dense like a slice base
3. Mix up 40g caramel casein custard and water or caramel topping
4. Poor over the top of the Fit Bread base
5. Heat caramilk baking chocolate chips in microwave for 40 seconds and then 20 second increments (until melted)
6. Poor over the top and set it in the fridge

ENJOY ☺ Cals: 548 P:48g F:14g C:57.6g

4



FIT BREAD BERRY CHURRO PANCAKES

5

INGREDIENTS:

- 1 serving Fit bread (I used chocolate fudge flavour with pumpkin and almond milk)
- 65g protein icecream
- 40g berries
- 12g powdered peanut butter

METHOD to the madness:

1. Prepare fit bread as per packet instructions
2. Use batter and cook pancakes in a non-stick pan on medium heat
3. mix up powdered peanut butter with water as directed
4. Stack your pancakes and add toppings
5. Inhale the whole stack

ENJOY ☺ Cals: 338 P:30.1g F:4.2g C:38.3g



FIT BREAD CARROT CAKE

INGREDIENTS:

- 1 serving Fit bread (I used cinnamon donut flavour with pumpkin and almond milk)
- 40g carrot
- 80g monkfruit icing powder (icing sugar replacement)
- 25ml almond milk

METHOD to the madness:

1. Prepare fit bread as per packet instructions
2. Grate the carrot and add to the Fit Bread batter
3. Cook fit bread as per packet instructions and let cool
4. Mix the monkfruit icing powder and almond milk in a bowl until like icing texture
5. Ice the finished Fit Bread and set in the fridge
6. Serve on it's own or with custard/ice cream

ENJOY ☺ Cals: 232 P:20.6g F:1.8g C:27.1g



6

FIT BREAD LAMINGTONS

7

INGREDIENTS:

- 1 serving Fit bread (I used vanilla icecream flavour with pumpkin and almond milk)
- 100g monkfruit icing powder (icing sugar replacemen)
- 20g cacao powder
- 100ml almond milk
- 50g desiccated coconut

METHOD to the madness:

1. Cook fit bread as per packet instructions and let cool
2. Mix the monkfruit icing powder, almond milk and cacao powder in a bowl until smooth
3. Put desiccated coconut in a bowl
4. Cut Fit bread into 6 even slices (makes each lamington 105 cals each)
5. Smother Fit Bread in icing mix and then dust them with the desiccated coconut

ENJOY © Cals: 629 P:25.5g F:40.2g C:30.1g



FIT BREAD SELF SAUCE PUDDING

INGREDIENTS:

- 1 serving Fit bread (I used chocolate peanut butter flavour with pumpkin and almond milk)
- 30g monkfruit brown sugar replacement
- 5g cacao powder
- 65g low fat ice cream

METHOD to the madness:

1. Prepare Fit Bread batter in a microwave safe ramekin dish
2. Mix brown sugar replacement and cacao powder
3. Sprinkle over the top evenly and then drizzle 70ml boiling water evenly over using the back of a spoon to break the poor and gently cover cacao and brow sugar
4. Microwave for 90 seconds and let it set for 2-3 minutes
5. Add ice cream and or toppings

ENJOY © Cals: 322 P:23.7g F:3.8g C:44.9g



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FIT BREAD FRUIT PIZZA

9

INGREDIENTS:

- 1 serving Fit bread (I used cookies and creme flavour with pumpkin and almond milk)
- 60g sugar free chocolate topping
- 5g cacao
- 15ml almond milk
- 200g fruit salad of choice

METHOD to the madness:

1. Cook fit bread as per packet instructions in a round pizza size microwave safe container
2. Mix the chocolate topping, cacao and almond milk in a bowl
4. Cover the Fit Bread with the chocolate paste
5. Chop up all your fruit and top the pizza evenly

ENJOY ☺ Cals: 356 P:23.8g F:8.8g C:53.3g



FIT BREAD PROTEIN BALLS

INGREDIENTS:

- 1 serving Fit bread (I used vanilla icecream flavour with banana and almond milk)
- 10g coconut desiccated
- 20g casein custard
- 30g berries of choice

METHOD to the madness:

1. Cook fit bread as per packet instructions and let cool
2. Pull/shred the Fit Bread with a fork
4. Mix the casein custard and water into a paste
5. Mix the shredded Fit Bread, coconut and custard together in a bowl
6. Roll into 8 balls and set in the fridge (each ball is only 52 calories each)

ENJOY ☺ Cals: 420 P:34.2g F:17.7g C:29.8g



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FIT BREAD CREAM AND JAM SCONES

11

INGREDIENTS:

- 1 serving Fit bread (I used strawberry creme flavour with pumpkin and almond milk)
- 50g natvia no sugar jam
- 30g light whipped cream

METHOD to the madness:

1. Cook fit bread as per packet instructions in a silicon cupcake tray (I used 4 cupcake segmensts) and let cool
2. Top with 12g of whipped cream on each one
4. Top that with 7g of jam on each one

ENJOY ☺ Cals: 315 P:21.6g F:10.6g C:32.8g



FIT BREAD DONUTS

INGREDIENTS:

- 1 serving Fit bread (I used chocolate fudge flavour with pumpkin and almond milk)
- 80g monkfruit icing powder (icing sugar replacemen)
- 5g cacao
- 40ml almond milk
- 10g 100's/1000's

METHOD to the madness:

1. Cook fit bread as per packet instructions but use a silicone donut tray (I used 4 segments) and let cool
2. Mix the monkfruit icing powder, almond milk and cacao powder in a bowl until smooth
4. Dip each donut into the icing mixture and set aside
5. Sprinkle the 100's and 1000's over the top (only 69 calories per donut)

ENJOY ☺ Cals: 276 P:21.6g F:2.6g C:36g



12