EVERYDAY RECIPE COLLECTION

VOLUME 06 / 07

Sweet Moments

40 desserts with fruit, yogurt, and a little creativity

40 detailed recipe variations

ORIGINAL AUTHORED EDITION IN ENGLISH • 2026

Created for this project. Does not reproduce the original Tasty Shreds books.

Before you start cooking

How this collection was created

This volume belongs to an original authored collection of seven PDFs. The six recipe books contain 240 recipe variations built from 60 base methods, with four detailed variations of each. These recipes are editorial developments and have not been kitchen-tested. They are not the original Tasty Shreds books.

Using the quantities

Every recipe serves four. Meat weights refer to raw meat unless stated as already cooked. Rice, beans and other grains explicitly labelled cooked should be weighed after cooking and draining. One tablespoon is 15 ml and one teaspoon is 5 ml. Use a scale whenever possible.

Time and servings

Times are approximate and depend on equipment and the size of the pieces. Chilling or freezing time for cold recipes appears in the method. Adjust serving sizes to your routine. This collection makes no promise of weight loss, physical results or suitability for individual nutritional needs.

Ingredients and allergens

Different recipes use eggs, milk, wheat, oats, soy, fish and peanuts. Check every ingredient list and product label, including cross-contact information. Assess every ingredient before making substitutions for allergies. This edition does not include validated calorie or macronutrient calculations.

Choose your next recipe

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Chilled chia pudding

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Cook and store food safely

Temperature, time and storage

Use a food thermometer: poultry must reach 74 °C, ground beef 71 °C, and fish 63 °C. Whole cuts of beef and pork must reach 63 °C followed by a 3-minute rest. Egg dishes must be set; baked egg dishes in this collection use a centre temperature of 74 °C.

After cooking

Divide cooked food into shallow containers and refrigerate within 2 hours, or within 1 hour if the room is above 32 °C. Keep the refrigerator at 4 °C or below and the freezer at -18 °C. The recipes give conservative storage periods. Reheat leftovers to 74 °C and thaw in the refrigerator.

Slow cookers

Thaw meat before putting it in a slow cooker. Follow the manufacturer’s capacity and liquid-volume instructions. The keep-warm setting does not cook raw food. Reheat leftovers on the stove, in the oven or in the microwave, rather than in a slow cooker.

Food safety sources

FoodSafety.gov — Safe Minimum Internal Temperatures: https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov — Cold Food Storage Chart: https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

CDC — Preventing Food Poisoning: https://www.cdc.gov/food-safety/prevention/index.html

USDA/FSIS — What methods of reheating food are safe?: https://ask.fsis.usda.gov/article/What-methods-of-reheating-food-are-safe

Organize your preparation

One counter, four steps

1. Read the entire recipe and set out your equipment.

2. Weigh ingredients and wash vegetables before handling raw meat.

3. Start the longest tasks first: oven dishes, rice, grains and slow cooking.

4. Finish leafy greens, cold sauces and sandwiches close to serving time.

Scaling a recipe

The standard yield is four servings. For two servings, halve every ingredient; for eight, double it. Adjust salt and spices to taste at the end, but preserve the proportions of flour, eggs, raising agents and liquid in batters and doughs. Use two pans or bake in batches when doubling an oven recipe. Cooking time does not automatically double.

Use volume 07

The organizer includes two weeks of meal ideas with references to this collection, shopping lists and blank worksheets. It is not a prescribed diet. Use the combinations as a starting point and adjust servings, preferences and needs.

Make notes after cooking

Record ingredient brands, your oven’s actual temperature and the adjustments that worked. Repeating a recipe under the same conditions makes its results more predictable. The variations offer different flavours without requiring specialist equipment.

RECIPE 01 / 40

Yogurt parfait with banana and cinnamon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 80 g rolled oats
- 20 g honey
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Toast the oats in a dry skillet for 3 to 4 minutes, stirring, then let cool.
02. Stir the honey into the yogurt.
03. Fold in the diced banana and cinnamon.
04. Divide among four glasses and top with the toasted oats.
05. Serve immediately to keep the topping crisp.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 02 / 40

Yogurt parfait with strawberry and vanilla

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 80 g rolled oats
- 20 g honey
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Toast the oats in a dry skillet for 3 to 4 minutes, stirring, then let cool.
02. Stir the honey into the yogurt.
03. Fold in the strawberries and vanilla.
04. Divide among four glasses and top with the toasted oats.
05. Serve immediately to keep the topping crisp.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 03 / 40

Yogurt parfait with apple and raisins

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 80 g rolled oats
- 20 g honey
- 200 g grated apple
- 30 g raisins

METHOD

01. Toast the oats in a dry skillet for 3 to 4 minutes, stirring, then let cool.

02. Stir the honey into the yogurt.

03. Mix in the grated apple and raisins.

04. Divide among four glasses and top with the toasted oats.

05. Serve immediately to keep the topping crisp.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 04 / 40

Yogurt parfait with mango and coconut

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 80 g rolled oats
- 20 g honey
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Toast the oats in a dry skillet for 3 to 4 minutes, stirring, then let cool.
02. Stir the honey into the yogurt.
03. Fold in the mango and shredded coconut.
04. Divide among four glasses and top with the toasted oats.
05. Serve immediately to keep the topping crisp.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 05 / 40

Cheesecake pots with banana and cinnamon

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g ricotta
- 300 g plain yogurt
- 80 g plain whole-wheat cookies
- 30 ml milk
- 20 g honey
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mash the ricotta or blend with the yogurt and honey until creamy.

02. Crush the cookies and moisten with the milk; divide among the bottoms of four jars.

03. Fold in the diced banana and cinnamon.

04. Spoon the cream over the bases and smooth with a spoon.

05. Refrigerate for at least 2 hours. Serve in the jars without unmolding.

KITCHEN TIP

This version contains no gelatin: it has a thick, creamy texture to eat with a spoon.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 06 / 40

Cheesecake pots with strawberry and vanilla

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g ricotta
- 300 g plain yogurt
- 80 g plain whole-wheat cookies
- 30 ml milk
- 20 g honey
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mash the ricotta or blend with the yogurt and honey until creamy.

02. Crush the cookies and moisten with the milk; divide among the bottoms of four jars.

03. Fold in the strawberries and vanilla.

04. Spoon the cream over the bases and smooth with a spoon.

05. Refrigerate for at least 2 hours. Serve in the jars without unmolding.

KITCHEN TIP

This version contains no gelatin: it has a thick, creamy texture to eat with a spoon.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 07 / 40

Cheesecake pots with apple and raisins

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g ricotta
- 300 g plain yogurt
- 80 g plain whole-wheat cookies
- 30 ml milk
- 20 g honey
- 200 g grated apple
- 30 g raisins

METHOD

01. Mash the ricotta or blend with the yogurt and honey until creamy.

02. Crush the cookies and moisten with the milk; divide among the bottoms of four jars.

03. Mix in the grated apple and raisins.

04. Spoon the cream over the bases and smooth with a spoon.

05. Refrigerate for at least 2 hours. Serve in the jars without unmolding.

KITCHEN TIP

This version contains no gelatin: it has a thick, creamy texture to eat with a spoon.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 08 / 40

Cheesecake pots with mango and coconut

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g ricotta
- 300 g plain yogurt
- 80 g plain whole-wheat cookies
- 30 ml milk
- 20 g honey
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mash the ricotta or blend with the yogurt and honey until creamy.

02. Crush the cookies and moisten with the milk; divide among the bottoms of four jars.

03. Fold in the mango and shredded coconut.

04. Spoon the cream over the bases and smooth with a spoon.

05. Refrigerate for at least 2 hours. Serve in the jars without unmolding.

KITCHEN TIP

This version contains no gelatin: it has a thick, creamy texture to eat with a spoon.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 09 / 40

Banana muffins with banana and cinnamon

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 200 g mashed ripe banana
- 2 medium eggs
- 120 g oat flour
- 200 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Preheat the oven to 180 °C. Grease eight muffin cups.

02. Mix the mashed banana, eggs, and yogurt, then fold in the flour.

03. Fold in the diced banana and cinnamon.

04. Add the baking powder and divide the batter among the muffin cups.

05. Bake for 20 to 30 minutes, until the centers are set and a toothpick comes out without raw batter. Serve two muffins per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 10 / 40

Banana muffins with strawberry and vanilla

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 200 g mashed ripe banana
- 2 medium eggs
- 120 g oat flour
- 200 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Preheat the oven to 180 °C. Grease eight muffin cups.

02. Mix the mashed banana, eggs, and yogurt, then fold in the flour.

03. Fold in the strawberries and vanilla.

04. Add the baking powder and divide the batter among the muffin cups.

05. Bake for 20 to 30 minutes, until the centers are set and a toothpick comes out without raw batter. Serve two muffins per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 11 / 40

Banana muffins with apple and raisins

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 200 g mashed ripe banana
- 2 medium eggs
- 120 g oat flour
- 200 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g grated apple
- 30 g raisins

METHOD

01. Preheat the oven to 180 °C. Grease eight muffin cups.

02. Mix the mashed banana, eggs, and yogurt, then fold in the flour.

03. Mix in the grated apple and raisins.

04. Add the baking powder and divide the batter among the muffin cups.

05. Bake for 20 to 30 minutes, until the centers are set and a toothpick comes out without raw batter. Serve two muffins per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 12 / 40

Banana muffins with mango and coconut

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 200 g mashed ripe banana
- 2 medium eggs
- 120 g oat flour
- 200 g plain yogurt
- 6 g baking powder
- 10 ml oil
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Preheat the oven to 180 °C. Grease eight muffin cups.

02. Mix the mashed banana, eggs, and yogurt, then fold in the flour.

03. Fold in the mango and shredded coconut.

04. Add the baking powder and divide the batter among the muffin cups.

05. Bake for 20 to 30 minutes, until the centers are set and a toothpick comes out without raw batter. Serve two muffins per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 13 / 40

Baked yogurt donuts with cocoa and orange

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 2 medium eggs
- 180 g plain yogurt
- 140 g oat flour
- 40 g sugar
- 6 g baking powder
- 10 ml oil
- 15 g cocoa powder
- 3 g orange zest

METHOD

01. Preheat the oven to 180 °C and grease eight cavities in a donut pan.

02. Mix the eggs, yogurt, and sugar, then add the flour.

03. Fold the sifted cocoa and orange zest into the batter.

04. Stir in the baking powder last and fill the cavities three quarters full.

05. Bake for 18 to 25 minutes, until set. Let cool until warm before removing from the pan. Serve two per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 14 / 40

Baked yogurt donuts with lemon and coconut

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 2 medium eggs
- 180 g plain yogurt
- 140 g oat flour
- 40 g sugar
- 6 g baking powder
- 10 ml oil
- 3 g lemon zest
- 20 g unsweetened dried coconut

METHOD

01. Preheat the oven to 180 °C and grease eight cavities in a donut pan.

02. Mix the eggs, yogurt, and sugar, then add the flour.

03. Fold the lemon zest and coconut into the batter.

04. Stir in the baking powder last and fill the cavities three quarters full.

05. Bake for 18 to 25 minutes, until set. Let cool until warm before removing from the pan. Serve two per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 15 / 40

Baked yogurt donuts with cinnamon and apple

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 2 medium eggs
- 180 g plain yogurt
- 140 g oat flour
- 40 g sugar
- 6 g baking powder
- 10 ml oil
- 120 g grated apple, squeezed dry
- 2 g cinnamon

METHOD

01. Preheat the oven to 180 °C and grease eight cavities in a donut pan.

02. Mix the eggs, yogurt, and sugar, then add the flour.

03. Squeeze the apple dry and mix into the batter with the cinnamon.

04. Stir in the baking powder last and fill the cavities three quarters full.

05. Bake for 18 to 25 minutes, until set. Let cool until warm before removing from the pan. Serve two per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 16 / 40

Baked yogurt donuts with banana and peanut butter

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 2 medium eggs
- 180 g plain yogurt
- 140 g oat flour
- 40 g sugar
- 6 g baking powder
- 10 ml oil
- 100 g mashed banana
- 25 g unsweetened peanut butter

METHOD

01. Preheat the oven to 180 °C and grease eight cavities in a donut pan.

02. Mix the eggs, yogurt, and sugar, then add the flour.

03. Mix the mashed banana and peanut butter into the batter.

04. Stir in the baking powder last and fill the cavities three quarters full.

05. Bake for 18 to 25 minutes, until set. Let cool until warm before removing from the pan. Serve two per person.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 17 / 40

Baked ricotta custard with banana and cinnamon

4 servings · Approximate time: 60 minutes

INGREDIENTS

- 400 g ricotta
- 2 medium eggs
- 200 g plain yogurt
- 30 g sugar
- 20 g cornstarch
- 5 ml oil
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Preheat the oven to 170 °C and grease four ramekins.

02. Blend the ricotta, eggs, yogurt, sugar, and cornstarch until smooth.

03. Fold in the diced banana and cinnamon.

04. Divide among the ramekins and place in a baking pan with hot water reaching halfway up their sides.

05. Bake for 35 to 45 minutes, until the centers are set and reach 74 °C. Cool before refrigerating.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 18 / 40

Baked ricotta custard with strawberry and vanilla

4 servings · Approximate time: 60 minutes

INGREDIENTS

- 400 g ricotta
- 2 medium eggs
- 200 g plain yogurt
- 30 g sugar
- 20 g cornstarch
- 5 ml oil
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Preheat the oven to 170 °C and grease four ramekins.

02. Blend the ricotta, eggs, yogurt, sugar, and cornstarch until smooth.

03. Fold in the strawberries and vanilla.

04. Divide among the ramekins and place in a baking pan with hot water reaching halfway up their sides.

05. Bake for 35 to 45 minutes, until the centers are set and reach 74 °C. Cool before refrigerating.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 19 / 40

Baked ricotta custard with apple and raisins

4 servings · Approximate time: 60 minutes

INGREDIENTS

- 400 g ricotta
- 2 medium eggs
- 200 g plain yogurt
- 30 g sugar
- 20 g cornstarch
- 5 ml oil
- 200 g grated apple
- 30 g raisins

METHOD

01. Preheat the oven to 170 °C and grease four ramekins.

02. Blend the ricotta, eggs, yogurt, sugar, and cornstarch until smooth.

03. Mix in the grated apple and raisins.

04. Divide among the ramekins and place in a baking pan with hot water reaching halfway up their sides.

05. Bake for 35 to 45 minutes, until the centers are set and reach 74 °C. Cool before refrigerating.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 20 / 40

Baked ricotta custard with mango and coconut

4 servings · Approximate time: 60 minutes

INGREDIENTS

- 400 g ricotta
- 2 medium eggs
- 200 g plain yogurt
- 30 g sugar
- 20 g cornstarch
- 5 ml oil
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Preheat the oven to 170 °C and grease four ramekins.

02. Blend the ricotta, eggs, yogurt, sugar, and cornstarch until smooth.

03. Fold in the mango and shredded coconut.

04. Divide among the ramekins and place in a baking pan with hot water reaching halfway up their sides.

05. Bake for 35 to 45 minutes, until the centers are set and reach 74 °C. Cool before refrigerating.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 21 / 40

Frozen yogurt with banana and cinnamon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 30 g honey
- 50 ml milk
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the yogurt, honey, and milk.

02. Fold in the diced banana and cinnamon.

03. Spread in a shallow container, cover, and freeze for 2 hours.

04. Remove and stir vigorously to break up the ice crystals, then freeze for another 2 to 3 hours.

05. Let stand out of the freezer for 10 minutes before serving. The texture is firmer than commercial ice cream.

KITCHEN TIP

Allow 4 to 5 hours of freezing in addition to active preparation. Small ice crystals are normal without an ice cream maker.

STORAGE

Keep in the freezer at -18 °C for up to 15 days for the best texture. Do not refreeze after thawing.

RECIPE 22 / 40

Frozen yogurt with strawberry and vanilla

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 30 g honey
- 50 ml milk
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the yogurt, honey, and milk.

02. Fold in the strawberries and vanilla.

03. Spread in a shallow container, cover, and freeze for 2 hours.

04. Remove and stir vigorously to break up the ice crystals, then freeze for another 2 to 3 hours.

05. Let stand out of the freezer for 10 minutes before serving. The texture is firmer than commercial ice cream.

KITCHEN TIP

Allow 4 to 5 hours of freezing in addition to active preparation. Small ice crystals are normal without an ice cream maker.

STORAGE

Keep in the freezer at -18 °C for up to 15 days for the best texture. Do not refreeze after thawing.

RECIPE 23 / 40

Frozen yogurt with apple and raisins

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 30 g honey
- 50 ml milk
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the yogurt, honey, and milk.

02. Mix in the grated apple and raisins.

03. Spread in a shallow container, cover, and freeze for 2 hours.

04. Remove and stir vigorously to break up the ice crystals, then freeze for another 2 to 3 hours.

05. Let stand out of the freezer for 10 minutes before serving. The texture is firmer than commercial ice cream.

KITCHEN TIP

Allow 4 to 5 hours of freezing in addition to active preparation. Small ice crystals are normal without an ice cream maker.

STORAGE

Keep in the freezer at -18 °C for up to 15 days for the best texture. Do not refreeze after thawing.

RECIPE 24 / 40

Frozen yogurt with mango and coconut

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 600 g thick plain yogurt
- 30 g honey
- 50 ml milk
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the yogurt, honey, and milk.

02. Fold in the mango and shredded coconut.

03. Spread in a shallow container, cover, and freeze for 2 hours.

04. Remove and stir vigorously to break up the ice crystals, then freeze for another 2 to 3 hours.

05. Let stand out of the freezer for 10 minutes before serving. The texture is firmer than commercial ice cream.

KITCHEN TIP

Allow 4 to 5 hours of freezing in addition to active preparation. Small ice crystals are normal without an ice cream maker.

STORAGE

Keep in the freezer at -18 °C for up to 15 days for the best texture. Do not refreeze after thawing.

RECIPE 25 / 40

Sweet ricotta bites with cocoa and cinnamon

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g well-drained ricotta
- 60 g milk powder
- 30 g honey
- 20 g oat flour
- 20 g cocoa powder
- 2 g cinnamon

METHOD

01. Mash the ricotta until no lumps remain.

02. Mix in the milk powder, honey, and oat flour.

03. Mix the sifted cocoa and cinnamon into the base.

04. Refrigerate for 1 hour. If still too soft to shape, serve in small cups rather than adding unmeasured amounts of flour.

05. With slightly damp hands, shape into 12 balls and serve three per person.

KITCHEN TIP

Use very dry ricotta. Moisture content varies by brand and affects the consistency; serving in small cups is an alternative.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 26 / 40

Sweet ricotta bites with coconut and lemon

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g well-drained ricotta
- 60 g milk powder
- 30 g honey
- 20 g oat flour
- 40 g unsweetened dried coconut
- 3 g lemon zest

METHOD

01. Mash the ricotta until no lumps remain.

02. Mix in the milk powder, honey, and oat flour.

03. Mix half the coconut and the zest into the base; reserve the remaining coconut for coating.

04. Refrigerate for 1 hour. If still too soft to shape, serve in small cups rather than adding unmeasured amounts of flour.

05. With slightly damp hands, shape into 12 balls and serve three per person.

KITCHEN TIP

Use very dry ricotta. Moisture content varies by brand and affects the consistency; serving in small cups is an alternative.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 27 / 40

Sweet ricotta bites with peanut butter and vanilla

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g well-drained ricotta
- 60 g milk powder
- 30 g honey
- 20 g oat flour
- 35 g peanut butter
- 2 ml vanilla extract

METHOD

01. Mash the ricotta until no lumps remain.

02. Mix in the milk powder, honey, and oat flour.

03. Mix the peanut butter and vanilla into the base.

04. Refrigerate for 1 hour. If still too soft to shape, serve in small cups rather than adding unmeasured amounts of flour.

05. With slightly damp hands, shape into 12 balls and serve three per person.

KITCHEN TIP

Use very dry ricotta. Moisture content varies by brand and affects the consistency; serving in small cups is an alternative.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 28 / 40

Sweet ricotta bites with coffee and chocolate

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 300 g well-drained ricotta
- 60 g milk powder
- 30 g honey
- 20 g oat flour
- 5 g instant coffee
- 30 g melted 70% chocolate

METHOD

01. Mash the ricotta until no lumps remain.

02. Mix in the milk powder, honey, and oat flour.

03. Dissolve the coffee in 5 ml hot water and fold into the base with the chocolate once it has cooled until warm.

04. Refrigerate for 1 hour. If still too soft to shape, serve in small cups rather than adding unmeasured amounts of flour.

05. With slightly damp hands, shape into 12 balls and serve three per person.

KITCHEN TIP

Use very dry ricotta. Moisture content varies by brand and affects the consistency; serving in small cups is an alternative.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 29 / 40

Sweet cocoa oatmeal with banana and cinnamon

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 120 g quick oats
- 600 ml milk
- 300 g plain yogurt
- 20 g cocoa powder
- 25 g sugar
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the oats, milk, sifted cocoa, and sugar in a saucepan.
02. Cook over low heat, stirring, for 6 to 8 minutes.
03. Fold in the diced banana and cinnamon.
04. Turn off the heat and let cool until warm. Add the yogurt and stir until smooth.
05. Divide among four bowls and serve warm or chilled.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 30 / 40

Sweet cocoa oatmeal with strawberry and vanilla

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 120 g quick oats
- 600 ml milk
- 300 g plain yogurt
- 20 g cocoa powder
- 25 g sugar
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the oats, milk, sifted cocoa, and sugar in a saucepan.

02. Cook over low heat, stirring, for 6 to 8 minutes.

03. Fold in the strawberries and vanilla.

04. Turn off the heat and let cool until warm. Add the yogurt and stir until smooth.

05. Divide among four bowls and serve warm or chilled.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 31 / 40

Sweet cocoa oatmeal with apple and raisins

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 120 g quick oats
- 600 ml milk
- 300 g plain yogurt
- 20 g cocoa powder
- 25 g sugar
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the oats, milk, sifted cocoa, and sugar in a saucepan.

02. Cook over low heat, stirring, for 6 to 8 minutes.

03. Mix in the grated apple and raisins.

04. Turn off the heat and let cool until warm. Add the yogurt and stir until smooth.

05. Divide among four bowls and serve warm or chilled.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 32 / 40

Sweet cocoa oatmeal with mango and coconut

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 120 g quick oats
- 600 ml milk
- 300 g plain yogurt
- 20 g cocoa powder
- 25 g sugar
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the oats, milk, sifted cocoa, and sugar in a saucepan.

02. Cook over low heat, stirring, for 6 to 8 minutes.

03. Fold in the mango and shredded coconut.

04. Turn off the heat and let cool until warm. Add the yogurt and stir until smooth.

05. Divide among four bowls and serve warm or chilled.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 33 / 40

Fruit crumble with yogurt with apple and cinnamon

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 100 g rolled oats
- 30 g cold butter, cubed
- 25 g sugar
- 400 g plain yogurt
- 300 g finely diced apple
- 2 g cinnamon

METHOD

01. Preheat the oven to 180 °C.

02. Place the apple and cinnamon in the bottoms of the ramekins.

03. Rub the oats, butter, and sugar together with your fingertips to make crumbs, then scatter over the fruit.

04. Bake for 20 to 30 minutes, until the fruit is tender and the topping is golden.

05. Serve with 100 g yogurt per person, adding it only after baking.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Store the crumble and yogurt separately in the refrigerator for up to 2 days.

RECIPE 34 / 40

Fruit crumble with yogurt with pear and ginger

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 100 g rolled oats
- 30 g cold butter, cubed
- 25 g sugar
- 400 g plain yogurt
- 300 g finely diced pear
- 2 g ground ginger

METHOD

01. Preheat the oven to 180 °C.

02. Place the pear and ginger in the bottoms of the ramekins.

03. Rub the oats, butter, and sugar together with your fingertips to make crumbs, then scatter over the fruit.

04. Bake for 20 to 30 minutes, until the fruit is tender and the topping is golden.

05. Serve with 100 g yogurt per person, adding it only after baking.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Store the crumble and yogurt separately in the refrigerator for up to 2 days.

RECIPE 35 / 40

Fruit crumble with yogurt with banana and cocoa

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 100 g rolled oats
- 30 g cold butter, cubed
- 25 g sugar
- 400 g plain yogurt
- 300 g sliced banana
- 10 g cocoa powder

METHOD

01. Preheat the oven to 180 °C.

02. Mix the cocoa with the banana and divide among the bottoms of the ramekins.

03. Rub the oats, butter, and sugar together with your fingertips to make crumbs, then scatter over the fruit.

04. Bake for 20 to 30 minutes, until the fruit is tender and the topping is golden.

05. Serve with 100 g yogurt per person, adding it only after baking.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Store the crumble and yogurt separately in the refrigerator for up to 2 days.

RECIPE 36 / 40

Fruit crumble with yogurt with strawberry and coconut

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 100 g rolled oats
- 30 g cold butter, cubed
- 25 g sugar
- 400 g plain yogurt
- 300 g chopped strawberries
- 20 g unsweetened dried coconut

METHOD

01. Preheat the oven to 180 °C.

02. Mix the strawberries and coconut and divide among the bottoms of the ramekins.

03. Rub the oats, butter, and sugar together with your fingertips to make crumbs, then scatter over the fruit.

04. Bake for 20 to 30 minutes, until the fruit is tender and the topping is golden.

05. Serve with 100 g yogurt per person, adding it only after baking.

KITCHEN TIP

Measure the ingredients before you start. Follow the mixing order and check the texture before serving.

STORAGE

Store the crumble and yogurt separately in the refrigerator for up to 2 days.

RECIPE 37 / 40

Chilled chia pudding with banana and cinnamon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g plain yogurt
- 300 ml milk
- 60 g chia seeds
- 25 g honey
- 200 g ripe banana, diced
- 2 g ground cinnamon

METHOD

01. Mix the milk, yogurt, chia, and honey.
02. Fold in the diced banana and cinnamon.
03. Stir again after 10 minutes and divide among four glasses.
04. Cover and refrigerate for at least 4 hours.
05. Serve chilled, stirring one final time to even out the texture.

KITCHEN TIP

This is a spoonable pudding served in its container. The chia needs at least 4 hours to hydrate.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 38 / 40

Chilled chia pudding with strawberry and vanilla

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g plain yogurt
- 300 ml milk
- 60 g chia seeds
- 25 g honey
- 200 g chopped strawberries
- 2 ml vanilla extract

METHOD

01. Mix the milk, yogurt, chia, and honey.
02. Fold in the strawberries and vanilla.
03. Stir again after 10 minutes and divide among four glasses.
04. Cover and refrigerate for at least 4 hours.
05. Serve chilled, stirring one final time to even out the texture.

KITCHEN TIP

This is a spoonable pudding served in its container. The chia needs at least 4 hours to hydrate.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 39 / 40

Chilled chia pudding with apple and raisins

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g plain yogurt
- 300 ml milk
- 60 g chia seeds
- 25 g honey
- 200 g grated apple
- 30 g raisins

METHOD

01. Mix the milk, yogurt, chia, and honey.

02. Mix in the grated apple and raisins.

03. Stir again after 10 minutes and divide among four glasses.

04. Cover and refrigerate for at least 4 hours.

05. Serve chilled, stirring one final time to even out the texture.

KITCHEN TIP

This is a spoonable pudding served in its container. The chia needs at least 4 hours to hydrate.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.

RECIPE 40 / 40

Chilled chia pudding with mango and coconut

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g plain yogurt
- 300 ml milk
- 60 g chia seeds
- 25 g honey
- 200 g finely diced mango
- 20 g unsweetened dried coconut

METHOD

01. Mix the milk, yogurt, chia, and honey.

02. Fold in the mango and shredded coconut.

03. Stir again after 10 minutes and divide among four glasses.

04. Cover and refrigerate for at least 4 hours.

05. Serve chilled, stirring one final time to even out the texture.

KITCHEN TIP

This is a spoonable pudding served in its container. The chia needs at least 4 hours to hydrate.

STORAGE

Keep refrigerated for up to 2 days. Do not leave dishes containing milk, yogurt, or cut fruit out of the refrigerator for more than 2 hours.