***Banana Muffin***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Banana Bread:*** | | |
| Eggs | 150g | 225 Cal. |
| Maltitol | 150 g | 330 Cal. |
| Veg Oil | 120g | 1080 Cal |
| White Flour | 150g | 546 Cal. |
| Baking Soda | 5 g | 0 Cal |
| Baking Powder | 10 g | 36 Cal |
| Cinnamon powder | 5g | 15 Cal |
| Banana | 150g | 140 Cal. |
|  | 740 g  666g after cooking | 2372 Cal  3.55 Cal/g |

|  |  |
| --- | --- |
| **Item Name** | **3p** |
| Choco Banana Muffin | 42g / 150 Cal |

***Chocolate Sable Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chocolate Tart Dough*** | | |
| Normal Butter | 1000 g | 7,170 Cal. |
| Maltitol Sugar | 700 g | 1,470 Cal. |
| Eggs | 700 g | 1050 Cal. |
| White Flour | 2,500 g | 9,100 Cal. |
| Cocoa powder | 100g | 366 Cal |
| Vanilla | 10g | 40 Cal |
| ***Total*** | ***5010 g after cooking 4008g*** | ***19196 Cal.*** |
|  | ***4.7 Cal./g.*** | |

* ***1 pc Tart = 25g, after cooking will be 20 g.***

|  |  |
| --- | --- |
| **Portions** | **1 Pc** |
| Dark chocolate (55%) | 10 g / 50 Cal. |
| Tart Dough before baking 30g after baking 24g | 24 g / 112 Cal. |

***Chocolate Sable Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chocolate Tart Dough*** | | |
| Normal Butter | 1000 g | 7,170 Cal. |
| Maltitol Sugar | 700 g | 1,470 Cal. |
| Eggs | 700 g | 1050 Cal. |
| White Flour | 2,500 g | 9,100 Cal. |
| Cocoa powder | 100g | 366 Cal |
| Vanilla | 10g | 40 Cal |
| ***Total*** | ***5010 g after cooking 4008g*** | ***19196 Cal.*** |
|  | ***4.7 Cal./g.*** | |

* ***1 pc Tart = 25g, after cooking will be 20 g.***

|  |  |
| --- | --- |
| **Portions** | **1 Pc** |
| Dark chocolate (55%) | 10 g / 50 Cal. |
| Tart Dough before baking 30g after baking 24g | 24 g / 112 Cal. |

**Double Chocolate Energy Balls Recipe**

|  |  |  |
| --- | --- | --- |
| Oats | 50g | 200 Cal |
| Maple Syrup | 12.5g | 60 Cal |
| Dates 2 pieces | 33g | 90 Cal |
| Peanut Butter | 65g | 330 Cal |
| Chia Seeds | 7.5g | 36 cal |
| Water | 17.5g | 0 |
| Cocoa Powder | 5g | 20 Cal |
| White Chocolate Chips | 40g | 200 Cal |
|  | 231g | 936 Cal |
|  |  | 4 Cal/g |

1 ball = 20g = 80 Calories

Send for 3p portion 2 energy Balls = 160 Calories

***Strawberry Cheesecake Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Base*** | | |
| Light Digestive | 1,400 g | 6066 Cal |
| Light Butter | 300 g | 1500 Cal |
| Water | 100 g | 0 Cal |
| ***Total*** | ***1,800 g*** | ***7566 Cal***  ***4.2 Cal/g*** |
| ***Topping*** | | |
| Frozen Strawberry | 400 g | 120 Cal |
| Gelatin | 50 g | 31 Cal |
| Water | 200 g | 0 Cal |
| ***Total*** | ***650 g*** | ***151 Cal***  ***0.23 Cal/g*** |
| ***Cheese*** | | |
| Philadelphia Cheese Light | 710 g | 1420 Cal |
| Millac Whipping Cream | 1,420 g | 4828 Cal |
| Egg White | 165 g | 86 Cal |
| Maltitol Sugar | 500 g | 1200 Cal |
| Gelatin | 35 g | 22 Cal |
| Water | 70 g | 0 Cal |
| ***Total*** | ***2,900 g*** | 7556 Cal  2.6 Cal/g |

|  |  |
| --- | --- |
| **Item Name** | **Portion** |
| Base | 25 g/105 Cal |
| Topping | 15 g/ 3.5 Cal |
| Cheese | 20 g/52 Cal |
| ***Total*** | ***60 g / 160 Cal.*** |

***Lazy Cake Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Butter Light | 3600 g | 18000 Cal |
| Chocolate | 1450 g | 8700 Cal |
| Water | 2250 g | 0 |
| Boil Together | | |
| Milk Powder | 3120g | 13416 Cal |
| Maltitol Sugar | 1200g | 2640 Cal |
| Cocoa Powder | 400g | 912 Cal |
| Light Digestive Biscuits | 9600g | 43680 Cal |
| ***Total*** | ***21620 g*** | ***87348 Cal***  ***4.04 Cal/g*** |
| ***Chocolate Ganache*** | | |
| **Dark Chocolate** | 600g | 3000 Cal |
| **Milk Chocolate** | 200g | 1000 Cal |
| **Normal Butter** | 200g | 1450 Cal |
|  | ***1000g***  ***After cooking 950g*** | ***5450 Cal***  ***5.7 Cal/g*** |
| ***1 Roll Lazy Cake (without ganache)*** | ***1000g*** | ***4040 Cal*** |
| ***Ganache*** | ***200g*** | ***1140 Cal*** |
| ***Full Roll*** | ***1200g*** | ***5180 Cal = 4.3 Cal/g*** |

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| **Portions** | **1P** |
| Lazy Cake | 40 g / 172 Cal |

***Tiramisu Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sponge:*** | | |
| Maltitol Sugar | 866 g | 2078 Cal. |
| Eggs | 1,666 g | 2,500 Cal. |
| White Flour | 666 g | 2,430 Cal. |
| ***Total*** | ***3,198 g before cook, 3,178 g after cook*** | ***7008 Cal.*** |
|  | ***2.2 Cal./g.*** | |
| ***Filling:*** | | |
| Millac Whipping Cream | 1,327 g | 4,645 Cal. |
| Philadelphia Light Cheese | 663 g | 2,320 Cal. |
| Egg White | 150 g | 75 Cal. |
| Maltitol Sugar | 150 g | 360 Cal. |
| Water | 66 g | 0 Cal. |
| Gelatin | 33 g | 20 Cal. |
| Vanilla Essence | 10 g | 50 Cal. |
| ***Total*** | ***2,399 g before cook, 2,379 g after cook*** | ***7474 Cal.*** |
|  | ***3.1 Cal./g.*** | |
| ***Sugar Syrup:*** | | |
| Water | 150 g | 0 Cal. |
| Maltitol Sugar | 50 g | 120 Cal. |
| ***Topping:*** | | |
| Cocoa Powder | 2 g | 5 Cal. |

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| **Portions** | **1P** |
| Tiramisu | 55 g / 140 Cal. |

APPLE CINNAMON MUFFIN

|  |  |  |
| --- | --- | --- |
| **Ingredient** | **Quantity** | **Calorie** |
| Butter | 1000g | 4990 |
| Maltitol | 1000g | 2100 |
| Eggs | 20pcs (approx.900g) | 1287 |
| Flour | 1200g | 4368 |
| Baking powder | 20g | 19 |
| Apple, without skin | 1000g | 480 |
| Cinnamon powder | 20g | 47.5 |
| Fresh milk (low fat) | 50ml | 25 |
| Total before cooking | 5190g | 13320 |

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| --- | --- | --- |
| 1 portion before baking | 55g | 140 Cals |
| 1 portion after baking | 40g | 140 Cals |

**Carrot Cake**

|  |  |  |
| --- | --- | --- |
| Carrot cake sponge | | |
| Oil | 130g | 1170 Cal |
| Flour | 120g | 420 Cal |
| Baking soda | 4g | 0 |
| Date paste | 50g | 140 |
| Brown sugar | 80g | 320 |
| Eggs | 85g | 128 |
| Salt | 1g | 0 |
| Cinnamon | 5g | 15 |
| Carrots | 200g | 80 |
| Walnuts | 40g | 240 |
| Total | 715g after cooking 608g | 2513 Cal  4.1 Cal/g |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| Cream Cheese | | |
| Cream | 100g | 350 Cal |
|  |  |  |
| Cream cheese | 130g | 433 Cal |
| Maltitol | 75g | 165 Cal |
| Lemon juice | 10g | 2 Cal |
|  | 315g | 945 Cal  3 Cal/g |

|  |  |  |
| --- | --- | --- |
| Total assembled | | |
| Cake | 610g | 2501 Cal |
| Cream | 300g | 900 Cal |
|  | 910g | 3446 Cal  3.73 Cal/g |

|  |  |
| --- | --- |
| 1 CARROT CAKE PIECE | 38g = 142 Cal |
| Walnut topping | 2g = 12 Cal |
| 1 piece total = 40g | 40g = 154 Cal |

***Chocolate Croquant Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Dark Chocolate (55%) | 200 g | 1,200 Cal. |
| Milk Chocolate | 300 g | 1,800 Cal. |
| Corn Flakes | 200 g | 714 Cal. |
| ***Total*** | ***700 g*** | ***3,714 Cal.***  ***5.3 Cal/g*** |

|  |  |
| --- | --- |
| **Portions** | **1P** |
| Chocolate Croquant (2 Pcs) | 30 g / 159 Cal. |

***Rice Pudding Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Low Fat Milk | 1000 g | 500 Cal. |
| Maltitol Sugar | 175 | 385Cal. |
| Corn Flour | 40 g | 145 Cal. |
| Rose Water | 15 g | 0 Cal. |
| Orange Blossom | 15 g | 0 Cal. |
| Rice Cooked | 450 g | 900 Cal. |
| ***Total*** | ***1,695 g before cook, 1,525 g after cook. (-10%)*** | ***1930 Cal.*** |
|  | ***1.26 Cal./g.*** | |

|  |  |
| --- | --- |
| **Portions** | **1P** |
| Mouhalabiya | 120 g / 150 Cal. |
| Pistachio | 2g on top |
| ***Total*** | ***150 g / 145 Cal.*** |

***Biscuits with Turkish Delights Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Maltitol Sugar | 350 g | 840 Cal |
| Water | 675 ml | 0 Cal |
| Lemon Juice | 2 g | 1 Cal |
| Corn Flour | 70 g | 255 Cal |
| Rosa Water | 10 g | 0 Cal |
| Red Coloring | 5 g | 0 cal |
| ***Total*** | ***1,112 g***  ***890g after cooking*** | ***1096 Cal***  ***1.23 Cal/g*** |

|  |  |
| --- | --- |
| **Portions** | **1 Pc** |
| Turkish Delights | 60 g / 74 Cal |
| Biscuit | 24 g (4 pcs biscuit) |

***Chocolate Tahini Balls Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Date Paste | 1 kg | 1,666 Cal. |
| Cocoa Powder | 60 g | 137 Cal. |
| Tahini | 285 g | 1,696 Cal. |
| ***Total*** | ***1,345 g*** | ***3,499 Cal.*** |
|  | ***2.6 Cal./g.*** | |

|  |  |
| --- | --- |
| **Item Name** | **Portion** |
| Chocolate Tahini Balls | 40 g (2 balls) / 104 Cal. |
| Sesame Seeds on top | 2 g |

***Kunafa Chocolate Mousse Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Chocolate Mousse*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Dark Chocolate | 170 g | 935 Cal |
| Water | 45 g | 0 Cal |
| Gelatine | 5 g | 15 Cal |
| Maltitol | 25 g | 60 Cal |
| Cream | 240 g | 864 Cal |
| ***Total*** | 510 g | 1934 Cal |
| ***3.7 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Pistachio Butter*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Roasted Pistachio | 135 g | 760 Cal |
| Corn Oil | 20 g | 180 Cal |
| Honey | 20 g | 50 Cal |
| ***Total*** | 175 g | 990 Cal |
| ***5.6 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Kunafah Pistachio*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Pistachio Butter | 40 g | 224 Cal |
| Kunafah Dough | 20 g | 70 Cal |
| ***Total*** | 60 g | 294 Cal |
| ***4.9 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity (g)** | **Calories** |
| Chocolate Mousse | 40 g | 148 Cal |
| Kunafa Pistachio | 15 g | 73 Cal |
| White Choco Drizzle | 2 g | 0 |
| Total | 62 g | 221 Cal |

***Maamoul Pistachio Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Semolina Thick | 500 g | 1800 Cal |
| White Flour | 125 g | 433 Cal |
| Light Butter | 250 g | 1290 Cal |
| Maltitol Sugar | 65 g | 156 Cal |
| Low Fat Milk | 220 g | 97 Cal |
| Yeast | 5 g | 15 Cal |
| ***Total*** | ***1,165 g*** | ***3791 Cal***  ***3.25 Cal/g*** |
| ***ON THE NEXT DAY IF DOUGH IS HARD ADD 100 G LOW FAT MILK FOR 1KG BATCH*** |  |  |
| **Item Name** | **Quantity** | **Calorie** |
| ***Filling*** | | |
| Pistachio | 100 g | 562 Cal |
| Maltitol Sugar | 35 g | 84 Cal |
| Rose Water | 5 g | 10 Cal |
| Orange Blossom | 5 g | 10 Cal |
| ***Total*** | ***145 g*** | ***666 Cal***  ***4.6 Cal/g*** |

|  |  |
| --- | --- |
| **Portions** | **1P** |
| Mamoul Dough | 25 g / 88 Cal |
| Filling | 15 g / 69 Cal |
| ***Total*** | ***40 g before cooking, 35 g after cooking. / 157 Cal.*** |