



## Double Chocolate Steamed Cake

### Ingredients (yield: 4 servings)

- 0.5 cup (60 g) all-purpose flour/ low protein flour
- 10 g oat bran powder
- 1 Tsp. baking powder
- 1 egg
- 1 Tbsp. honey
- 3 Tbsp. low fat plain yogurt
- 1.5 Tbsp. sugar
- 1 Tbsp. vegetable oil
- 1 Tbsp. unsweetened cocoa powder
- 2 Tbsp. chocolate chips
- 2 Tbsp. BodyKey by NUTRILITE™ (Chocolate)

\* You will also need 4 cupcake liners

### TIPS

- Wrap the lid of the steamer with a kitchen towel to prevent condensed water from dripping onto the steamed cakes.
- Do not overcook as the cakes will become hard.

### Preparation

1. Pour water into the steamer and slowly bring water to a boil.
2. In a medium bowl, combine egg, sugar, and vegetable oil, and whisk thoroughly.
3. Add the premix honey and yogurt, and mix well.
4. Sift the flour, oat bran powder, baking powder, cocoa powder, and BodyKey by NUTRILITE powder together, and add into the egg mixture.
5. Add the chocolate chips, and mix until combined.
6. Pour the batter into four cupcake liners and steam over medium-low heat for 12 minutes.
7. Insert a skewer in the centre of the cakes and see if it comes out clean without wet batter (to test if the steamed cake is ready).
8. Turn off the heat and remove the cakes from the steamer. Serve warm or at room temperature with sweet red bean paste (optional).

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
159 kcal	30.5 g	12.1 g	4.4 g	5.9 g	1.2 g	0.02 g

All visuals are for illustrative purpose only.



## Fish Potpourri

### Ingredients (yield: 2 servings)

- 2 fish fillets
- 1.5 Tsp. turmeric powder
- Salt to flavour
- 0.5 turmeric leaf
- 1 handful of sliced Vietnamese mint
- 1 ginger flower
- 3 medium shallots
- ¼ cup lime
- 1 chilli (10 cm)
- 1 Tbsp. olive oil
- Vegetable oil

### TIPS

- Serve on tomato cups or brown rice.

### Preparation

1. Preheat the air fryer at the required temperature for 3 minutes.
2. Brush the fish fillets with minimal vegetable oil and marinate with dry turmeric powder and a pinch of salt.
3. Place them in the cooking basket of the air fryer and grill for 8 minutes.
4. Pull apart the fish fillets into flakes with a fork.
5. Finely slice shallots, turmeric leaves, Vietnamese mint and ginger flower.
6. Dressing: lime juice, olive oil, slices of chilli, salt and pepper.
7. Add dressing into fish flakes and sliced ingredients.
8. Mix well and the dish is ready to be served.

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
172 kcal	9.9 g	2.7 g	11.8 g	10.3 g	1.4 g	0.01 g

All visuals are for illustrative purpose only.



## Parfait

### Ingredients (yield: 1 serving)

- 2 Tbsp. Nutri Fiber Blend powder
- 6 medium steamed chestnuts
- 6 strawberries
- 1 kiwi
- 1 small banana
- Approx. 1½ cups plain yogurt (240 g)

### TIPS

- Nutri Fiber Blend powder goes better with lots of water.
- Fruits can be substituted with others.

### Preparation

1. Peel kiwi, banana, and chestnuts. Cut into small pieces.
2. Remove stalks from strawberries. Cut into small pieces.
3. Pour plain yogurt into cup, and add Nutri Fiber Blend powder. Repeat this step.
4. On the top most layer, place fruit and chestnuts.
5. Voila! Enjoy the parfait.

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
302.83 kcal	54.83 g	25.58 g	8.23 g	5.63 g	2.73 g	-

All visuals are for illustrative purpose only.

## Shiny Shiny Berries

### Ingredients (yield: 2 servings)

- 1 pack BodyKey by NUTRILITE™ (vanilla)
- 1 pack Nutri Fiber Blend powder
- Approx. 1 cup low-fat milk or regular milk (200 ml)
- Approx. 1/2 cup frozen blueberries (30 g)
- Approx. 1/2 cup plain yogurt (30 g)
- 5 frozen strawberries



### TIPS

- You may substitute strawberries with other frozen fruits (raspberry, cranberry, etc.)
- For a stronger taste, use Greek yogurt.
- Use a scoop to garnish the drink. It'll be prettier.

### Preparation

1. Put low-fat milk, plain yogurt, BodyKey by NUTRILITE™ (vanilla), and Nutri Fiber Blend powder in a shaker. Shake well.
2. Using a blender, blend frozen strawberries and blueberries well. Break them in a mixing bowl.
3. Pour broken berries into bottom of cups. Then, pour in contents from step 1.

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
236 kcal	37.40 g	16.35 g	11.25 g	4.60 g	1.83 g	-

All visuals are for illustrative purpose only.


## Chocolate Lava Cake

### Ingredients (yield: 2 servings)

- Grapeseed oil (24 g)
- Egg whites (100 g)
- 1 pack BodyKey by NUTRILITE™ (Café Au Lait)
- Dark chocolate (100 g)
- Sugar (20 g)
- Egg yolk (20 g)

\* When using egg whites at room temperature, the bubbles will rise and fall very quickly, so it's better to use cold egg whites.

\* Using too much meringue will reduce the bubbles. Use just enough that the white colour of the meringue disappears.



This recipe was developed in order to enjoy BodyKey™ Meal Replacement Shake in a delicious way. This is not a drink aimed at controlling your weight.

### Preparation

1. Combine sugar with cold egg whites. Whip well. Create hardened meringue that won't slide off when turning bowl upside down.
2. Using a bain-marie, melt some chocolate at 45° C and combine egg yolk and grapeseed oil. Add ½ meringue, mix well, and add remaining meringue. Mix lightly so that bubbles aren't reduced.
3. Add BodyKey by NUTRILITE (Café Au Lait) and lightly mix with spatula. Oil your baking pot, and add about 70% of mix. Bake with foil covering top.  
(Bake about 15 minutes at 180° C)

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
152.69 kcal	13.55 g	7.06 g	2.20 g	9.97 g	2.60 g	-

All visuals are for illustrative purpose only.

## Lemonade Fro-yo

### Ingredients (yield: 8 servings)

- 1 cup sugar
- 1 cup fresh lemon juice (about 8 lemons)
- 2 cups low-fat plain yogurt
- 2 cups low-fat milk
- 2 cups fat-free buttermilk
- 4 sachets of BodyKey by NUTRILITE™ (Vanilla)

### TIPS

- 1 cup = 200ml
- Substitution: 1 Tbsp. vinegar or lemon juice + 1 cup of low-fat or fat-free milk & let stand for 10 minutes = 1 cup low fat or fat-free buttermilk

### Preparation

1. Combine sugar and juice in a large bowl, stir with a whisk until sugar dissolves.
2. Add low-fat plain yogurt, low-fat milk, and fat-free buttermilk.
3. Pour mixture into the ice-cream freezer; freeze according to manufacturer's instructions.
4. Spoon ice cream into a freezer-safe container. Cover and freeze for 1 hour or until firm. Then, pour in contents from step 1.

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
162 kcal	25.1 g	13 g	8.3 g	2.9 g	0.8 g	-

All visuals are for illustrative purpose only.



## Creamy Baked Oatmeal

### Ingredients (yield: 2 servings)

- 2 cups oats (uncooked)
- 10 g oat bran powder
- 1.5 cup low-fat milk
- 2 eggs
- 2 Tbsp. olive oil
- 1.5 cup brown sugar
- 2 Tsp. baking powder
- 1 Tsp. ground cinnamon
- 1.5 Tsp. salt (optional)
- 1 sachet of BodyKey by NUTRILITE™ (Vanilla)
- 1 cup plain low-fat yogurt

### TIPS

- 1 cup = 200ml
- Lightly spray the casserole with non-stick cooking spray.

### Preparation

1. Heat up oven to between 150 and 180 °C (according to manufacturer's instructions).
2. In a medium bowl, combine milk, eggs, and olive oil, and mix well.
3. In a large bowl, combine oats, oat bran powder, brown sugar, baking powder, cinnamon and salt; mix well.
4. Add liquid ingredients and blend well.
5. Let stand for about 15 minutes.
6. Pour into prepared casserole. Bake 30 to 40 minutes or until centre is dry and firm to the touch.
7. Topping: Mix 1 sachet of BodyKey by NUTRILITE™ (Vanilla) with 1 cup of plain low-fat yogurt. Add in some fresh fruits, if desired.

Calories	Carbohydrate	Sugar	Protein	Lipid	Saturated Fat	Trans Fat
312 kcal	44.1 g	28 g	8.6 g	11.1 g	7.1 g	0.03 g

All visuals are for illustrative purpose only.