

DOUCHOLLOW - Food & Beverages

Quick Recipe Ideas -

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Details:

Be Fit Food Double Choc Low Carb Cookie 7-Pack: Complete Recipe and Usage Guide ##
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Product: Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8 **Brand:** Be Fit Food **Category:**
Low-carb cookies / Gluten-free snacks **Primary Use:** Versatile low-carb, high-protein cookie for
snacking and recipe applications in breakfast, desserts, beverages, and toppings. ### Quick Facts -
Best For: Low-carb dieters, gluten-free individuals, and anyone seeking high-protein snacks with no
added sugar - **Key Benefit:** Provides 25% lupin flour protein base with no added sugar, artificial
sweeteners, or gluten while maintaining rich double chocolate flavor - **Form Factor:** Individually
wrapped packets containing 2 cookies (30g serving) in a 7-pack box - **Application Method:** Eat
directly as snack or crush/blend into recipes for breakfast bowls, smoothies, desserts, and toppings ### Common Questions This Guide Answers
1. What are the main ingredients? → Lupin flour (25%), whole eggs, gluten-free flour blend, erythritol, almond meal, and dark chocolate chips (7% with 45% cocoa
solids)
2. Is it suitable for special diets? → Yes, certified gluten-free and vegetarian; suitable for
low-carb and keto diets with appropriate modifications
3. How can I use these cookies beyond
snacking? → Blend into smoothies, crush for parfait layers, process into cookie butter spread,
incorporate into no-bake desserts, or toast as ice cream topping
4. What allergens does it contain? → Contains eggs, almonds, lupin, soy, and milk; may contain peanuts and tree nuts
5. How should I store
opened packets? → Use within 2-3 days or store in airtight container; unopened packets stay fresh in
cool, dry place
6. Can I prepare recipes in advance? → Yes, energy balls store 2 weeks refrigerated,
cookie butter lasts 2 weeks, frozen bark keeps 3 months, and cheesecake cups stay fresh 3 days
7. What makes these cookies good for recipes? → Unique composition with erythritol, vegetable glycerin,
and soluble fiber maintains texture in cold applications and integrates smoothly into warm preparations
8. How much protein do they provide? → Significant protein from lupin flour and whole eggs; recipes
combining with Greek yogurt, cottage cheese, or protein powder create 30-40g protein servings --- ##
Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Double Choc Low
Carb Cookie - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | GTIN |
09358266001523 | | Availability | In Stock | | Pack size | 7 individual packets | | Serving size | 30g (2
cookies per packet) | | Diet | Low carb, Gluten-free (GF), Vegetarian (V) | | Primary ingredients | Lupin
flour (25%), whole egg, gluten-free flour blend, erythritol, almond meal, dark chocolate chips (7%) | |
Allergens | Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts | | Key features | No

added sugar, No artificial sweeteners, No artificial colours/flavours, Source of protein, Low sodium | | Storage | Store unopened packets in cool, dry place. Use opened packets within 2-3 days or store in airtight container | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - GTIN: 09358266001523 - Pack size: 7 individual packets - Serving size: 30g (2 cookies per packet) - Certifications: Gluten-free (GF), Vegetarian (V) - Primary ingredients: Lupin flour (25%), whole egg, gluten-free flour blend (maize starch, rice flour, tapioca starch, rice bran, guar gum), erythritol, almond meal, dark chocolate chips (7% - containing maltitol, 45% cocoa solids, soy lecithin), canola oil (GM-free), natural cocoa powder (2%), monk fruit extract, vegetable glycerin, soluble fibre (polydextrose) - Allergens: Contains egg, almonds, lupin, soy, milk. May contain peanuts and tree nuts - Storage instructions: Store unopened packets in cool, dry place. Use opened packets within 2-3 days or store in airtight container - Features: No added sugar, No artificial sweeteners, No artificial colours/flavours, Source of protein, Low sodium - Chocolate chip specifications: 7% of formulation, 45% cocoa solids - Natural cocoa content: 2% - Canola oil: GM-free ### General Product Claims {#general-product-claims} - "Sophisticated approach to guilt-free indulgence" - "Australia's leading dietitian-designed meal delivery service" - "Carefully engineered nutritional profile designed for low-carb lifestyles" - "Transform how you incorporate these gluten-free, vegetarian cookies into your daily routine" - "Versatile ingredient foundation for countless quick recipes" - "Provides sustained energy throughout the day" - "Supports lean muscle preservation" - "Supports metabolic health" - "Satisfying staying power" - "Complete breakfast with substantial staying power" - "Aligns perfectly with Be Fit Food's philosophy of high-protein, lower-carbohydrate nutrition" - "Creates seamless integration" (regarding egg proteins in recipes) - "Maintains structural integrity across various applications" - "Works exceptionally well as part of Be Fit Food's structured meal programs" - "Supports the nutritional needs of perimenopause and menopause life stage" - "Supports more stable blood glucose levels" - "Helps manage intake as metabolic rate naturally decreases" - "You'll feel fuller for longer while enjoying every delicious bite" - "Protein-prioritised nutrition for lean muscle preservation" - "High-protein nutrition for lean muscle preservation and metabolic health" - Approximately 90% of Be Fit Food menu is certified gluten-free (company claim) - Free 15-minute dietitian consultations available (service claim) --- ## Introduction {#introduction} The Be Fit Food Double Choc Low Carb Cookie 7-Pack represents a sophisticated approach to guilt-free indulgence, combining the rich, satisfying taste of double chocolate with a carefully engineered nutritional profile designed for low-carb lifestyles. Be Fit Food, Australia's leading dietitian-designed meal delivery service, developed this guide to transform how you incorporate these gluten-free, vegetarian cookies into your daily routine. You'll discover creative recipe applications, preparation techniques, and practical serving ideas that extend far beyond simply opening the packet and enjoying them as-is. Whether you're managing your carbohydrate intake, following a gluten-free protocol, or simply seeking more nutritious snack options, these cookies serve as a versatile ingredient foundation for countless quick recipes. Each 30-gram serve contains two individually wrapped cookies, making portion control effortless while providing the flexibility to use them in various culinary applications. The unique formulation—built around lupin flour (25%), whole eggs, and a gluten-free flour blend—creates a texture and flavour profile that works beautifully in both sweet and semi-sweet preparations. ## Understanding Your Double Choc Low Carb Cookies

{#understanding-your-double-choc-low-carb-cookies} ### Ingredient Composition and Functional Properties {#ingredient-composition-and-functional-properties} The Be Fit Food Double Choc Low Carb Cookies feature an ingredient list that reads like a masterclass in functional nutrition. Lupin flour, comprising 25% of the formulation, serves as the primary protein source and provides the structural foundation that traditional wheat flour would offer in conventional cookies. This legume-based flour contributes significantly to the product's satisfying texture while keeping carbohydrate levels substantially lower than standard cookies. When using these cookies in recipes, understanding that lupin flour absorbs moisture differently than wheat flour helps you adjust liquid ratios in your preparations. Whole eggs appear second in the ingredient hierarchy, indicating their substantial presence in the formulation. This ingredient choice explains why the cookies work exceptionally well

when crumbled into custards, puddings, or egg-based breakfast dishes—the egg proteins are already present, creating seamless integration. The eggs also contribute to the cookies' binding properties, which matters when you're crushing them for pie crusts or cheesecake bases. The gluten-free flour blend consists of maize starch, rice flour, tapioca starch, rice bran, and guar gum. This combination creates a texture that remains stable across various applications. The guar gum acts as a binding agent, meaning when you incorporate these cookies into no-bake recipes or frozen desserts, they maintain structural integrity without becoming soggy or falling apart. The rice bran adds a subtle nuttiness that complements coffee-based recipes particularly well. Erythritol serves as the primary sweetener, appearing fourth in the ingredient list. This sugar alcohol provides approximately 70% of the sweetness of regular sugar but with minimal impact on blood glucose levels. Importantly for recipe development, erythritol doesn't caramelise like sugar, so recipes involving high heat will produce different results than those using traditional cookies. However, it remains stable when frozen, making these cookies excellent for ice cream sandwich applications or frozen dessert bases.

Chocolate Components and Flavor Development {#chocolate-components-and-flavor-development}

The dark chocolate chips contain maltitol and 45% cocoa solids, with soy lecithin as an emulsifier. These chips comprise 7% of the total formulation, providing distinct chocolate pieces throughout the cookie. When melting these cookies for sauces or incorporating them into warm applications, these chips will soften and create pockets of intense chocolate flavour. The 45% cocoa solid content indicates a semi-sweet to bittersweet chocolate profile, which balances beautifully with sweeter additions like berries or cream cheese. Natural cocoa powder at 2% provides the secondary chocolate dimension, creating the "double choc" character. This cocoa contributes deep, earthy chocolate notes that intensify when the cookies are toasted or incorporated into warm beverages. The natural cocoa (as opposed to Dutch-processed) maintains its acidity, which activates baking powder in recipes and provides a brighter chocolate flavour that cuts through rich, creamy preparations. Monk fruit extract appears near the end of the ingredient list but plays a crucial role in the sweetness profile. This zero-calorie sweetener provides intense sweetness without the cooling sensation sometimes associated with erythritol alone. When using these cookies in recipes where you'll add additional sweeteners, remember that the monk fruit extract is already contributing significant sweetness—you'll likely need less added sweetener than you'd expect.

Nutritional Architecture and Recipe Implications {#nutritional-architecture-and-recipe-implications}

Each 30-gram serving (two cookies) is precisely portioned for consistent recipe development. This standardised serving size means when recipes call for "one serving" or "one packet," you're working with exactly 30 grams, allowing for accurate nutritional calculations and predictable results. The two-cookie format also provides natural divisibility—you can use one cookie (15 grams) for single-serve applications or scale up using multiple packets. The gluten-free certification (GF) means these cookies contain no wheat, barley, rye, or cross-contaminated ingredients. This matters beyond dietary restrictions—it affects texture in recipes. Gluten-free baked goods produce more crumbly textures, which works advantageously when you're creating cookie crumble toppings, pie crusts, or streusel-like applications. The lack of gluten also means these cookies won't become tough or chewy when moistened and re-worked, unlike traditional cookies that can develop a gummy texture. The vegetarian (V) designation confirms no animal-derived ingredients beyond eggs and dairy derivatives (milk in natural flavours, soy lecithin). This makes the cookies compatible with lacto-ovo vegetarian protocols and suitable for recipe development within those dietary frameworks.

Quick Recipe Category: Breakfast Applications {#quick-recipe-category-breakfast-applications}

Layered Chocolate Cookie Parfait {#layered-chocolate-cookie-parfait}

Transform your morning routine with a layered parfait that showcases these cookies' versatility. Begin with 200 grams of full-fat Greek yogurt (4% fat or higher for optimal satiety and texture). The protein in Greek yogurt—around 10-15 grams per 200-gram serving—complements the protein already present in the cookies' lupin flour and egg content, creating a complete breakfast with substantial staying power. This aligns perfectly with Be Fit Food's philosophy of high-protein, lower-carbohydrate nutrition for sustained energy throughout the day. Crush one serving (two cookies, 30 grams) into varied sizes—some fine crumbs, some chunky pieces. This textural variation creates interest throughout the parfait. The fine crumbs will absorb moisture from the yogurt, creating pockets of soft, cake-like texture, while larger chunks maintain their crunch, providing contrast. Layer the yogurt and cookie crumbs in a clear glass or jar: start with a third of the yogurt, add

half the cookie crumbs, another third of yogurt, the remaining cookie crumbs, and finish with the final yogurt layer. Add 50 grams of fresh raspberries or strawberries between layers. The natural acidity of berries cuts through the richness of the chocolate while their vibrant colour creates visual appeal. For enhanced nutrition and texture, incorporate 15 grams of chia seeds into the yogurt layers. Mix the chia seeds into the yogurt 10 minutes before assembly, allowing them to begin their gel formation. This adds omega-3 fatty acids, additional fibre, and creates a pudding-like consistency that contrasts beautifully with the cookie crumbs. The preparation time for this parfait is approximately 5 minutes, with an optional 10-minute rest period if you're incorporating chia seeds. The entire assembly can be prepared the night before—the cookies will soften slightly overnight but maintain enough structure to provide textural interest. If you prefer maximum crunch, assemble no more than 30 minutes before eating. **### Warm Chocolate Cookie Oatmeal** {#warm-chocolate-cookie-oatmeal} Steel-cut oats provide a hearty foundation for incorporating these cookies into a warm breakfast. Cook 40 grams of steel-cut oats according to package directions (around a 1:3 ratio of oats to water, simmered for 20-25 minutes). Steel-cut oats maintain a chewy, substantial texture that pairs better with the cookies than rolled oats, which can become mushy. During the final 3 minutes of cooking, crumble one serving of cookies (30 grams) into coarse pieces and stir into the oats. The residual heat will soften the cookies slightly while the dark chocolate chips begin to melt, creating ribbons of chocolate throughout the oatmeal. The erythritol in the cookies will dissolve into the hot oats, sweetening the entire bowl without requiring additional sweeteners. Add 120 millilitres of unsweetened almond milk during the final minute to create a creamier consistency. The almond milk complements the almond meal already present in the cookies (appearing fifth in the ingredient list), creating a cohesive almond-chocolate flavour profile. Top with 15 grams of sliced almonds (toasted if possible) and a pinch of flaked sea salt. The salt amplifies the chocolate flavour while the almonds provide additional crunch and healthy fats. This breakfast delivers complex carbohydrates from the oats, protein from the cookies' lupin flour and eggs, and healthy fats from the almonds and canola oil in the cookies. Total preparation time is approximately 25 minutes, with most of that being passive cooking time for the steel-cut oats. For a quicker version, use quick-cooking steel-cut oats (7-10 minute cooking time) or prepare a larger batch of plain oats in advance and reheat individual portions with the crumbled cookies. **### Cookie-Crusted Baked Eggs** {#cookie-crusted-baked-eggs} This savoury-meets-sweet breakfast application might seem unconventional, but the cookies' composition makes them surprisingly compatible with eggs. Preheat your oven to 180°C (350°F). Crush two servings of cookies (60 grams total, four cookies) into fine crumbs using a food processor or by placing them in a sealed bag and crushing with a rolling pin. Press the cookie crumbs into the bottom of two small ramekins (approximately 200-millilitre capacity each), creating a thin layer. The vegetable glycerin and canola oil in the cookies will help the crumbs bind together under heat, forming a cohesive base. Crack two eggs into each ramekin over the cookie crumb base. Add 30 grams of crumbled feta cheese, 20 grams of baby spinach, and a few cherry tomatoes (halved) to each ramekin. The salty feta and savoury vegetables create a compelling contrast with the subtle sweetness of the cookie base. Drizzle each ramekin with 5 millilitres of extra virgin olive oil and season with black pepper (the feta provides sufficient salt). Bake for 12-15 minutes, until the egg whites are set but the yolks remain runny (adjust timing based on your preference). The cookie crumbs will form a slightly crispy base that absorbs some of the egg and olive oil, creating a unique textural element that's neither fully sweet nor savoury. This recipe works because the natural cocoa in the cookies provides earthy, slightly bitter notes that complement savoury ingredients, similar to how Mexican mole sauces incorporate chocolate. The preparation time is approximately 20 minutes from start to finish, making it suitable for leisurely weekend mornings. **## Quick Recipe Category: No-Bake Desserts and Treats** {#quick-recipe-category-no-bake-desserts-and-treats} **### Chocolate Cookie Energy Balls** {#chocolate-cookie-energy-balls} Energy balls represent one of the fastest, most versatile applications for these cookies. Be Fit Food's commitment to real food nutrition makes these homemade energy balls an ideal complement to their structured meal programs. Combine three servings of cookies (90 grams total, six cookies) with 100 grams of natural almond butter (no added sugar or oils—just almonds). The almond butter binds the cookie crumbs while adding healthy fats and additional protein. Add 30 grams of unsweetened shredded coconut, 15 grams of chia seeds, and 5 millilitres of vanilla extract. Process in a food processor until the mixture forms a cohesive dough that

holds together when pressed. If the mixture seems too dry (this can vary based on the almond butter's oil content), add 10-15 millilitres of unsweetened almond milk, one teaspoon at a time, until the desired consistency is achieved. Roll the mixture into 12 equal balls, approximately 20 grams each. For added visual appeal and texture, roll half the balls in additional shredded coconut and the other half in 15 grams of finely chopped dark chocolate (85% cocoa or higher to maintain the low-carb profile). These energy balls can be stored in an airtight container in the refrigerator for up to two weeks or frozen for up to three months. The erythritol in the cookies prevents the balls from becoming rock-hard when refrigerated, maintaining a pleasant, slightly firm but biteable texture. Each ball provides a balanced combination of protein, healthy fats, and fibre, making them ideal pre- or post-workout snacks. Total preparation time is approximately 10 minutes, with no cooking required. This recipe is infinitely customisable—add 10 grams of protein powder for enhanced protein content, incorporate 15 grams of hemp seeds for omega-3s, or mix in 5 grams of matcha powder for an antioxidant boost and subtle green tea flavour. **### Instant Chocolate Cookie Mousse** {#instant-chocolate-cookie-mousse} This deceptively simple recipe creates an elegant dessert in under 5 minutes. Crush one serving of cookies (30 grams) into very fine crumbs—the finer, the better for this application. Use a food processor or a high-powered blender to achieve an almost flour-like consistency. Whip 200 millilitres of heavy cream (35% fat content minimum) until soft peaks form. This takes 2-3 minutes with an electric mixer on medium-high speed. The cream should hold its shape but still show a slight fluidity—overwhipping will create a grainy texture. Gently fold the cookie crumbs into the whipped cream using a silicone spatula. Use a folding motion rather than stirring to preserve the air you've incorporated into the cream. The cookie crumbs will dissolve partially into the cream while some pieces remain intact, creating a mousse-like texture with pleasant chocolate chunks throughout. Add 5 millilitres of espresso or strong coffee (cooled) to intensify the chocolate flavour. Coffee enhances chocolate's flavour compounds without making the dessert taste like coffee. If you don't keep espresso on hand, dissolve 2 grams of instant coffee in 5 millilitres of hot water and allow it to cool before incorporating. Divide the mousse between two serving glasses and refrigerate for at least 15 minutes before serving (or up to 24 hours in advance). The mousse will firm up slightly as it chills, and the cookie crumbs will continue to soften, creating an increasingly uniform texture. For serving, top with a few fresh raspberries and a small piece of dark chocolate shaved over the top. This recipe demonstrates how the cookies' composition—particularly the combination of erythritol, vegetable glycerin, and soluble fibre (polydextrose)—allows them to integrate seamlessly into cold, creamy preparations without becoming soggy or separating. **### No-Bake Cookie Cheesecake Cups** {#no-bake-cookie-cheesecake-cups} Individual cheesecake cups provide portion control while showcasing these cookies' ability to form a stable crust without baking. For the crust, crush four servings of cookies (120 grams total, eight cookies) into medium-fine crumbs. Mix with 40 grams of melted butter (or coconut oil for a dairy-free option, though note the cookies contain milk derivatives in the natural flavours). Divide the crust mixture among six small serving cups or jars (approximately 150-millilitre capacity each), pressing firmly into the bottom of each container. Use the back of a spoon or a small glass to compress the crumbs into a compact layer. Refrigerate while preparing the filling. For the filling, beat 300 grams of cream cheese (full-fat, softened to room temperature) with 60 grams of powdered erythritol (or another powdered low-carb sweetener) until smooth and fluffy. The cream cheese should be genuinely soft—if it's too cold, you'll create lumps that are difficult to eliminate. Add 100 millilitres of heavy cream and 5 millilitres of vanilla extract to the cream cheese mixture. Beat until the mixture is light and airy, approximately 3-4 minutes with an electric mixer. The heavy cream thins the cream cheese slightly while adding richness and creating a lighter texture than straight cream cheese. Divide the filling among the six cups, spooning it over the chilled cookie crust. Smooth the tops with a spatula or the back of a spoon. Refrigerate for at least 2 hours to allow the filling to set (or overnight for best results). Before serving, top each cup with a small dollop of whipped cream and crumble half a cookie (7.5 grams) over each cup as garnish. The contrast between the cold, creamy filling, the firm cookie crust, and the crunchy cookie topping creates multiple textural experiences in a single bite. Total preparation time is approximately 20 minutes of active work, plus 2 hours of chilling time. These cups can be made up to 3 days in advance, making them ideal for meal prep or entertaining. **## Quick Recipe Category: Beverages and Shakes** {#quick-recipe-category-beverages-and-shakes} **### Double Chocolate Cookie**

Smoothie {#double-chocolate-cookie-smoothie} Blending these cookies into smoothies creates a cookies-and-cream flavour profile while adding protein and fibre. Start with 250 millilitres of unsweetened almond milk (or your preferred milk alternative) as the liquid base. The almond milk's subtle nuttiness complements the almond meal in the cookies. Add one serving of cookies (30 grams, two cookies), broken into pieces. Include 100 grams of frozen cauliflower rice—this might seem unusual, but frozen cauliflower adds creaminess and volume without contributing significant flavour, carbohydrates, or calories. The cauliflower's mild taste is completely masked by the chocolate cookies. This vegetable addition aligns with Be Fit Food's emphasis on incorporating 4-12 vegetables into daily nutrition. Add 30 grams of vanilla or chocolate protein powder (whey, pea, or your preferred type), 15 grams of almond butter, 100 grams of ice, and 2 grams of instant coffee granules (optional, but recommended for enhanced chocolate flavour). The protein powder boosts the protein content to approximately 35-40 grams per smoothie, depending on your powder's concentration. Blend on high speed for 60-90 seconds until completely smooth. The cookies will break down entirely, creating a thick, milkshake-like consistency with tiny flecks of dark chocolate throughout from the chocolate chips. If the smoothie is too thick, add more almond milk in 30-millilitre increments until you reach your preferred consistency. This smoothie works exceptionally well as a post-workout recovery drink or a meal replacement. The combination of protein from the cookies, protein powder, and almond butter, plus healthy fats from the almond butter and canola oil in the cookies, creates a balanced macronutrient profile that supports satiety for 3-4 hours. Preparation time is approximately 5 minutes. For an even quicker version, pre-portion the dry ingredients (cookies, protein powder, coffee granules) and frozen ingredients (cauliflower, ice) into freezer bags, then simply add to the blender with almond milk and almond butter when ready to blend. **### Hot Chocolate Cookie Latte {#hot-chocolate-cookie-latte}** This warm beverage transforms the cookies into a rich, comforting drink perfect for cool mornings or evenings. Heat 300 millilitres of unsweetened almond milk (or whole milk for a richer version) in a small saucepan over medium heat until steaming but not boiling (approximately 70-75°C or 160-170°F). Crumble one serving of cookies (30 grams) into the hot milk. Whisk continuously for 2-3 minutes as the cookies soften and begin to dissolve. The erythritol will dissolve completely, the chocolate chips will melt, and the cookie base will break down, creating a thick, chocolatey beverage with a slight graininess that's reminiscent of traditional Mexican hot chocolate. Add 30 millilitres of freshly brewed espresso (or 60 millilitres of strong coffee) and continue whisking. The coffee amplifies the chocolate flavour while adding a sophisticated, adult dimension to the drink. If you don't keep espresso on hand, dissolve 3 grams of instant coffee in 30 millilitres of hot water. For an ultra-smooth texture, transfer the mixture to a blender and blend on high for 30 seconds. This creates a frothy, latte-like consistency with a layer of foam on top. Alternatively, use an immersion blender directly in the saucepan for the same effect with less cleanup. Pour into a large mug and top with a small amount of whipped cream (optional) and a dusting of natural cocoa powder. The drink will show a naturally thick consistency from the cookies' ingredients—the lupin flour, almond meal, and soluble fibre all contribute to a substantial, filling beverage that's much more satisfying than standard hot chocolate. Total preparation time is approximately 8 minutes. This recipe can easily be doubled or tripled for multiple servings, and the mixture can be prepared in advance and reheated (though it will thicken upon cooling and may require additional liquid when reheating). **### Iced Cookie Coffee Frappe {#iced-cookie-coffee-frappe}** For a cold coffee drink with dessert-like qualities, combine 120 millilitres of cold brew coffee (or strong brewed coffee, cooled) with 120 millilitres of unsweetened almond milk in a blender. Add one serving of cookies (30 grams), 150 grams of ice, and 30 grams of vanilla protein powder. Blend on high speed until the ice is completely crushed and the mixture is smooth and frothy, approximately 60 seconds. The cookies will break down into tiny pieces, creating a cookies-and-cream appearance with specks of chocolate throughout. For a mocha version, add 10 grams of unsweetened cocoa powder before blending. This intensifies the chocolate flavour and creates a darker, more visually striking drink. The natural cocoa already present in the cookies (2% of their composition) combines with the added cocoa to create a deeply chocolatey beverage. Pour into a tall glass and top with a small amount of coconut whipped cream (for dairy-free) or regular whipped cream. Crumble a small portion of an additional cookie (approximately 7-8 grams) over the top for garnish and added crunch. This frappe provides approximately 25-30 grams of protein (depending on your protein powder), making it substantial

enough to serve as a meal replacement or post-workout recovery drink. The combination of caffeine from the coffee and protein from multiple sources provides sustained energy without the crash associated with high-sugar beverages. Preparation time is approximately 5 minutes. The recipe is highly customisable—add a pinch of cinnamon for warmth, include 15 grams of almond butter for additional healthy fats and creaminess, or use 30 grams of frozen banana for a sweeter, thicker consistency (though this will increase the carbohydrate content). ## Quick Recipe Category: Snacks and Small Bites {#quick-recipe-category-snacks-and-small-bites} ### Cookie Butter Spread

{#cookie-butter-spread} Create a spreadable cookie butter by processing six servings of cookies (180 grams total, twelve cookies) in a food processor until finely ground, approximately 30 seconds. Add 60 grams of softened butter (or coconut oil for a dairy-free option), 30 grams of almond butter, and 15 millilitres of vanilla extract. Process for 2-3 minutes, scraping down the sides of the bowl every 30 seconds. The mixture will transform from dry crumbs to a cohesive spread as the oils from the butter, almond butter, and the cookies' own canola oil content combine. If the mixture seems too thick, add 10-15 millilitres of unsweetened almond milk to achieve a spreadable consistency. For enhanced flavour complexity, add 2 grams of cinnamon and a pinch of sea salt during processing. The cinnamon adds warmth that complements the chocolate, while the salt amplifies all the flavours and prevents the spread from tasting one-dimensional. Transfer the cookie butter to a jar with a tight-fitting lid. Store in the refrigerator for up to two weeks. The spread will firm up when chilled but remains spreadable directly from the refrigerator due to the cookies' vegetable glycerin content, which prevents it from becoming rock-hard like some nut butters. Use this cookie butter on low-carb bread or crackers, as a dip for apple slices (in moderation), swirled into Greek yogurt, or as a filling for low-carb crepes. One tablespoon (approximately 20 grams) provides a concentrated dose of chocolate flavour with the nutritional benefits of the cookies' protein-rich, low-carb formulation. Total preparation time is approximately 10 minutes. This recipe demonstrates how the cookies' composition allows them to be transformed into entirely different textures and applications while maintaining their nutritional profile.

Frozen Cookie Bark {#frozen-cookie-bark} Line a baking sheet or large plate with parchment paper. Melt 200 grams of dark chocolate (85% cocoa or higher to maintain low-carb status) using a double boiler or microwave (in 30-second intervals, stirring between each). Allow the chocolate to cool slightly, approximately 5 minutes—it should still be liquid but not steaming hot. Crush four servings of cookies (120 grams total, eight cookies) into varied sizes—some fine crumbs, some chunky pieces. Stir three-quarters of the cookie pieces into the melted chocolate, reserving one-quarter for topping. Pour the chocolate-cookie mixture onto the prepared baking sheet, spreading it into a rough rectangle approximately 1 centimetre thick. Sprinkle the reserved cookie pieces over the top, pressing them gently into the chocolate. Add 30 grams of chopped almonds, 20 grams of unsweetened coconut flakes, and a sprinkle of flaked sea salt. Freeze for at least 1 hour until completely solid. Break into irregular pieces (approximately 20-25 pieces total). Store in an airtight container in the freezer for up to 3 months. This frozen bark provides a sophisticated, portion-controlled treat. Each piece contains approximately 15-20 grams, making it easy to enjoy a small amount without overindulging. The combination of the already-chocolate cookies with additional dark chocolate creates an intensely chocolatey experience, while the frozen temperature slows consumption and allows the flavours to develop gradually as the bark melts in your mouth. Preparation time is approximately 15 minutes of active work, plus 1 hour freezing time. The bark can be customised with various toppings—try adding 15 grams of freeze-dried raspberries for tartness, 20 grams of sugar-free peanut butter chips for a peanut butter cup flavour, or 10 grams of crushed pistachios for colour and flavour contrast.

Cookie-Stuffed Dates {#cookie-stuffed-dates} This Middle Eastern-inspired snack combines the natural sweetness of dates with the chocolate richness of the cookies. Select 12 large Medjool dates and carefully slice them lengthwise, removing the pits. The dates should remain intact with one side connected, creating a pocket. Crush three servings of cookies (90 grams total, six cookies) into fine crumbs. Mix with 40 grams of cream cheese (softened) and 15 grams of finely chopped walnuts. The cream cheese binds the cookie crumbs and adds tangy richness that balances the dates' sweetness. Spoon approximately 10-12 grams of the cookie-cream cheese mixture into each date, pressing gently to fill the cavity where the pit was removed. The filling should be slightly mounded but not overflowing. For an elegant finish, melt 50 grams of dark chocolate (85% cocoa) and drizzle over the stuffed dates

using a fork or a piping bag with a small tip. Sprinkle with a tiny pinch of flaked sea salt on each date while the chocolate is still wet. Refrigerate for at least 30 minutes to allow the filling to firm and the chocolate to set. These stuffed dates can be stored in an airtight container in the refrigerator for up to one week. Each stuffed date provides natural sugars from the date itself combined with the low-carb cookie filling, creating a treat that's sweeter than the cookies alone but with more nutritional complexity than traditional candy. The dates contribute fibre, potassium, and antioxidants, while the cookie filling adds protein and healthy fats. Total preparation time is approximately 20 minutes, plus 30 minutes chilling time. This recipe works well for entertaining—the stuffed dates look impressive on a dessert platter and can be made a day or two in advance. ## Quick Recipe Category: Toppings and Crumbles {#quick-recipe-category-toppings-and-crumbles} ### Cookie Crumble Ice Cream Topping {#cookie-crumble-ice-cream-topping} Transform these cookies into a crunchy ice cream topping by crushing two servings (60 grams total, four cookies) into varied-size pieces—from fine crumbs to pea-sized chunks. Spread the crumbs on a parchment-lined baking sheet in a single layer. Toast in a preheated 160°C (320°F) oven for 5-7 minutes, stirring once halfway through. Watch carefully during the final minutes to prevent burning—the cookies should become fragrant and slightly darker but not burnt. The toasting process drives off some moisture, creating an extra-crunchy texture that contrasts beautifully with ice cream's creaminess. Allow the toasted crumbs to cool completely—they will continue to crisp as they cool. Store in an airtight container at room temperature for up to one week. The toasted crumbs will maintain their crunch better than untoasted crumbs, which can become soggy when they contact ice cream. Use 15-20 grams (approximately 2 tablespoons) per serving of low-carb ice cream. The toasted cookie crumbs provide textural contrast and intensified chocolate flavour. The toasting caramelises some of the erythritol and intensifies the cocoa and chocolate chips, creating a more complex flavour than the cookies display in their original state. This topping also works beautifully on Greek yogurt, cottage cheese, or chia pudding. The preparation time is approximately 15 minutes total, including cooling time. ### Yogurt Bowl Crunch Layer {#yogurt-bowl-crunch-layer} Create a crunchy middle layer for yogurt bowls by combining two servings of crushed cookies (60 grams total) with 30 grams of chopped pecans, 20 grams of unsweetened coconut flakes, and 15 grams of cacao nibs. Mix thoroughly to distribute the ingredients evenly. This mixture can be stored in an airtight container at room temperature for up to two weeks, making it a convenient grab-and-go option for quick breakfast assembly. Use approximately 25-30 grams (a generous 2 tablespoons) per yogurt bowl. The combination provides multiple textures—the cookies contribute chocolatey crunch, the pecans add buttery richness, the coconut provides chewiness, and the cacao nibs offer intense chocolate flavour with a slight bitterness that prevents the mixture from becoming overly sweet. Layer this crunch mixture between two layers of yogurt (100 grams yogurt on bottom, 25-30 grams crunch mixture, 100 grams yogurt on top) and add fresh berries. The middle crunch layer stays relatively crispy for 10-15 minutes, providing textural interest throughout the eating experience. Total preparation time is approximately 5 minutes for making the mixture, plus 2 minutes for assembling each yogurt bowl. ### Cottage Cheese Bowl Enhancement {#cottage-cheese-bowl-enhancement} Cottage cheese experienced a resurgence as a high-protein snack base, and these cookies provide an unexpected but delicious topping. Combine 200 grams of full-fat cottage cheese (4% milkfat) in a bowl. The high-fat version provides better mouthfeel and satiety than low-fat versions. Crush one serving of cookies (30 grams) into varied sizes and sprinkle over the cottage cheese. Add 50 grams of fresh blueberries or sliced strawberries, 10 grams of sliced almonds, and a drizzle (approximately 10 grams) of sugar-free maple syrup or a small amount of honey if you're not strictly low-carb. The cottage cheese's tangy, savoury quality creates an interesting contrast with the sweet chocolate cookies. The protein content is substantial—cottage cheese provides approximately 24 grams of protein per 200-gram serving, and the cookies add additional protein from their lupin flour and egg content, creating a snack with 30+ grams of protein. This high-protein approach aligns with Be Fit Food's emphasis on protein-prioritised nutrition for lean muscle preservation. For a smoother texture, blend the cottage cheese for 30-60 seconds before adding toppings. This creates a ricotta-like consistency that some people find more appealing than cottage cheese's characteristic curds. Preparation time is approximately 3 minutes, making this one of the quickest high-protein snack options available. ## Storage, Preparation Tips, and Best Practices {#storage-preparation-tips-and-best-practices} ### Optimal Storage Methods

{#optimal-storage-methods} The Be Fit Food Double Choc Low Carb Cookies come in a 7-pack format with individual serving pouches, each containing two cookies (30 grams). This packaging preserves freshness and makes portion control effortless for recipe preparation. Store unopened packets in a cool, dry place away from direct sunlight. The cookies remain shelf-stable in their original packaging, though the exact shelf life should be confirmed on the package label. Once a packet is opened, consume the cookies within 2-3 days for optimal texture, or store in an airtight container. If you're using cookies for recipes that require crushing or processing, the cookies can be used even if they've softened slightly—in fact, slightly softer cookies are sometimes easier to crush or process than very crispy ones. For recipes requiring very fine crumbs (like the mousse or cookie butter), freeze the cookies for 15-20 minutes before processing. Frozen cookies shatter more cleanly and create finer, more uniform crumbs than room-temperature cookies.

Crushing and Processing Techniques
{#crushing-and-processing-techniques} Different recipes require different crumb sizes, and understanding the proper crushing technique for each application ensures optimal results. For fine crumbs (cookie butter, mousse, smoothies), use a food processor and pulse 10-15 times, then process continuously for 15-20 seconds. This creates an almost flour-like consistency that integrates seamlessly into creamy preparations. For medium crumbs (parfaits, yogurt toppings, crumbles), place cookies in a sealed plastic bag and crush with a rolling pin or the bottom of a heavy pan, applying moderate pressure. This method gives you more control over the final texture and prevents over-processing. For coarse chunks (energy balls, bark, ice cream toppings), break cookies by hand or use a knife to chop into desired sizes, maintaining larger pieces for textural interest. The cookies' composition—particularly the combination of lupin flour, almond meal, and gluten-free flour blend—creates crumbs that behave differently than traditional cookie crumbs. They absorb moisture more slowly due to the erythritol and vegetable glycerin content, meaning they maintain texture longer in moist applications like parfaits or yogurt bowls.

Recipe Scaling and Batch Preparation
{#recipe-scaling-and-batch-preparation} Many of these recipes can be scaled up for meal prep or batch cooking. The energy balls, cookie butter, frozen bark, and stuffed dates all store well and can be made in larger quantities. When scaling recipes, maintain the same proportions—if you double the recipe, double all ingredients equally. For the 7-pack format, consider dedicating certain packets to specific recipe categories: use 2-3 packets for breakfast recipes throughout the week, 2-3 packets for snacks or treats, and 1-2 packets for beverages. This approach ensures variety while preventing recipe fatigue.

Temperature and Texture Considerations
{#temperature-and-texture-considerations} These cookies respond to temperature in specific ways due to their unique ingredient composition. At room temperature (20-22°C), they maintain a crisp-chewy texture. When refrigerated, they become firmer and more brittle, making them easier to crush into fine crumbs. When frozen, they become very hard and shatter cleanly—ideal for creating uniform small pieces. When heated (whether in the oven, microwave, or incorporated into hot liquids), the erythritol doesn't melt and caramelise like sugar would, and the chocolate chips soften but don't become as fluid as chips in traditional cookies. Understanding these properties helps you predict how the cookies will behave in various recipes. For warm applications (like the baked eggs or warm oatmeal), the cookies soften and integrate into the dish, creating pockets of chocolate flavour. For cold applications (like parfaits or frozen desserts), they maintain more structural integrity and provide textural contrast.

Maximising Nutritional Benefits in Recipes
{#maximising-nutritional-benefits-in-recipes} ### Protein Enhancement Strategies
{#protein-enhancement-strategies} The Be Fit Food Double Choc Low Carb Cookies already provide protein from lupin flour (25% of formulation) and whole eggs, but many of these recipes incorporate additional protein sources to create more balanced, satisfying meals and snacks. Greek yogurt, cottage cheese, protein powder, nut butters, and nuts all contribute additional protein while complementing the cookies' flavour profile. This approach supports Be Fit Food's core principle of high-protein nutrition for lean muscle preservation and metabolic health. When adding protein powder to recipes (smoothies, energy balls), choose unflavoured or vanilla varieties for maximum versatility. Chocolate protein powder can intensify the chocolate flavour but may make the final product overly sweet when combined with the cookies' existing sweetness from erythritol and monk fruit extract. The recipes that combine the cookies with high-protein ingredients like Greek yogurt (parfait), cottage cheese (bowl enhancement), or protein powder (smoothies and frappes) can deliver 30-40 grams of protein per serving, making them

suitable as meal replacements or substantial snacks that support satiety for 3-4 hours. **### Healthy Fat Integration** {#healthy-fat-integration} The cookies contain healthy fats from GM-free canola oil and almond meal, but recipes that incorporate additional healthy fats—like nuts, nut butters, avocado (in smoothies), coconut, and full-fat dairy—create more satiating combinations that support sustained energy and blood sugar stability. When using these cookies in low-carb or ketogenic contexts, pair them with higher-fat ingredients to maintain appropriate macronutrient ratios. The cookie butter recipe, for example, adds butter and almond butter to increase the fat content significantly. The parfait recipe uses full-fat Greek yogurt (4% fat or higher) rather than low-fat versions, and the cheesecake cups use full-fat cream cheese and heavy cream. The combination of protein and healthy fats creates a more balanced macronutrient profile that prevents blood sugar spikes and crashes, supporting stable energy levels throughout the day. This aligns with Be Fit Food's philosophy of nutrient-dense, balanced nutrition that supports metabolic health. **### Fibre Boosting Additions** {#fibre-boosting-additions} While the cookies contain soluble fibre (polydextrose) as an ingredient, adding additional fibre sources creates even more satisfying recipes that support digestive health. Chia seeds, ground flaxseed, hemp seeds, berries, and vegetables (like the cauliflower in the smoothie) all contribute fibre without significantly impacting flavour. Aim for recipes that provide at least 5-8 grams of fibre per serving for optimal digestive health and satiety. The combination of the cookies' soluble fibre with additional fibre sources creates a more complete nutritional profile that supports gut health, blood sugar regulation, and prolonged fullness. The chia seeds in the parfait recipe, for example, add approximately 5 grams of fibre per 15-gram serving, while the berries contribute additional fibre along with antioxidants and vitamins. The cauliflower in the smoothie adds volume and creaminess while contributing fibre and nutrients without significant calories or carbohydrates. **## Dietary Considerations and Modifications** {#dietary-considerations-and-modifications} **### Gluten-Free Assurance** {#gluten-free-assurance} These Be Fit Food Double Choc Low Carb Cookies are certified gluten-free (GF), making all the recipes in this guide inherently gluten-free when using only the specified ingredients. This aligns with Be Fit Food's commitment to accessibility, as approximately 90% of their menu is certified gluten-free. However, when adding other ingredients, verify their gluten-free status—some protein powders, for example, may contain gluten or be processed in facilities that handle wheat. The gluten-free formulation uses a blend of maize starch, rice flour, tapioca starch, rice bran, and guar gum instead of wheat flour. This means the cookies won't develop the same elastic, binding properties that gluten provides, which actually works to your advantage in most of these recipes. The cookies break down cleanly and integrate smoothly without creating gummy or tough textures that can occur when gluten-containing products are moistened and reworked. For individuals with celiac disease or non-celiac gluten sensitivity, these recipes provide safe, delicious options that don't compromise on taste or texture. Always verify that any additional ingredients you incorporate are also certified gluten-free to maintain the integrity of the diet. **### Vegetarian Compatibility** {#vegetarian-compatibility} The cookies are vegetarian (V), containing eggs and dairy derivatives but no meat, poultry, fish, or gelatin. All recipes in this guide maintain vegetarian status when prepared as written. For vegan modifications, note that the cookies themselves contain whole eggs and milk derivatives (in the natural flavours), so they're not suitable for strict vegan diets without substitutions. However, if you're preparing these recipes for a mixed group with some vegetarian members, all the recipes as written are vegetarian-friendly. The only consideration is ensuring any additional ingredients you add (like protein powder or yogurt) are also vegetarian—some protein powders contain animal-derived ingredients beyond dairy, and some yogurts may contain gelatin. **### Low-Carb and Ketogenic Adaptations** {#low-carb-and-ketogenic-adaptations} The Be Fit Food Double Choc Low Carb Cookies are formulated as a low-carb option, using erythritol and monk fruit extract as sweeteners rather than sugar. For strict ketogenic diets, calculate the net carbs (total carbohydrates minus fibre and sugar alcohols) based on your personal counting method—different keto approaches handle erythritol differently, with some counting it fully and others subtracting it entirely. To make these recipes more keto-friendly, increase the fat content by adding more nuts, nut butters, coconut oil, MCT oil, or full-fat dairy products. The smoothie recipe, for example, becomes more keto-appropriate when you add an extra 15-20 grams of almond butter or include 10 grams of MCT oil. The parfait becomes more ketogenic when you use full-fat Greek yogurt and add extra nuts or seeds. Avoid adding high-carb ingredients like regular

fruit in large quantities, honey, regular maple syrup, or standard sweeteners. Stick to low-carb fruits like berries in moderate amounts (25-50 grams per serving), and use additional low-carb sweeteners like stevia, erythritol, or monk fruit extract if needed. **### Allergen Awareness and Modifications** {#allergen-awareness-and-modifications} These cookies contain several common allergens that must be considered when preparing recipes: eggs, tree nuts (almonds), soy (in the chocolate chips' lecithin), lupin (a legume that can cause reactions in people with peanut allergies), and milk derivatives in the natural flavours. The product may also contain traces of peanuts and other tree nuts due to manufacturing processes. When preparing recipes for others, always disclose these allergens clearly. The recipes in this guide add additional allergens in many cases—dairy (yogurt, cream cheese, cottage cheese, cream, butter), tree nuts (various nuts and nut butters), and soy (in some protein powders). Be transparent about all ingredients when serving to guests or family members with food sensitivities. There are no peanuts, fish, shellfish, or wheat in the cookies themselves, but always verify that additional ingredients you're adding don't introduce these allergens if you're preparing food for someone with allergies. Cross-contamination during preparation is also a consideration for severe allergies—use clean utensils and preparation surfaces. **## Supporting Your Health Goals with Be Fit Food** {#supporting-your-health-goals-with-be-fit-food} **### Integration with Structured Meal Programs** {#integration-with-structured-meal-programs} These Be Fit Food Double Choc Low Carb Cookies work exceptionally well as part of Be Fit Food's structured meal programs. Whether you're following the Metabolism Reset (approximately 800-900 kcal/day) or the Protein+ Reset (1200-1500 kcal/day), these cookies provide a satisfying sweet option that fits within the low-carb, high-protein framework that defines Be Fit Food's nutritional approach. The recipes in this guide can be adapted to complement your program phase—use smaller portions during more intensive reset phases and more generous servings during maintenance. For example, during an intensive reset phase, use half a serving (one cookie, 15 grams) in your morning parfait, while during maintenance, you might use a full serving or incorporate the cookies into multiple meals and snacks throughout the day. The portion-controlled format of the 7-pack makes it easy to plan your week, allocating specific packets to specific days or meals. This structured approach supports adherence to your program while providing the flexibility to enjoy satisfying, chocolate-flavored treats without derailing your progress. **### GLP-1 and Medication Support** {#glp-1-and-medication-support} For those using GLP-1 receptor agonists (like semaglutide or liraglutide), weight-loss medications, or diabetes medications, these cookies and the recipes that incorporate them offer particular advantages. The smaller, portion-controlled format (30 grams per serving, two cookies) is easier to tolerate when appetite is suppressed, which is a common effect of GLP-1 medications. The high-protein content from lupin flour (25%) and eggs supports lean muscle preservation during weight loss—a critical consideration when using medications that promote rapid weight loss. Maintaining muscle mass supports metabolic rate and functional capacity, making protein prioritization essential during medication-assisted weight loss. The lower carbohydrate content with no added sugar supports more stable blood glucose levels, which is particularly important for individuals using diabetes medications. The combination of erythritol and monk fruit extract provides sweetness without the blood sugar impact of regular sugar, reducing the risk of hypoglycemia when combined with glucose-lowering medications. The recipes that incorporate these cookies into high-protein preparations (like the cottage cheese bowl with 30+ grams of protein) support satiety and muscle preservation while remaining easy to consume in smaller portions—ideal for individuals experiencing reduced appetite from medications. **### Menopause and Midlife Metabolic Support** {#menopause-and-midlife-metabolic-support} Women navigating perimenopause and menopause face unique metabolic challenges, including reduced insulin sensitivity, changes in body composition (particularly loss of lean muscle mass and increased abdominal fat), and decreased metabolic rate. The high-protein, lower-carbohydrate profile of these cookies—and the recipes that incorporate them—supports the nutritional needs of this life stage. The protein content helps preserve lean muscle mass, which naturally declines during menopause and contributes to metabolic slowdown. The recipes that combine the cookies with additional protein sources (Greek yogurt, cottage cheese, protein powder) create meals and snacks that support muscle maintenance and metabolic health. The lower carbohydrate content with no added sugar helps manage insulin sensitivity, which often declines during perimenopause and menopause. More stable blood sugar levels support energy stability, reduce

cravings, and may help manage some menopausal symptoms like mood swings and energy fluctuations. The portion-controlled format helps manage intake as metabolic rate naturally decreases with age and hormonal changes. The satisfying combination of protein, healthy fats, and chocolate flavor provides genuine satisfaction in smaller portions, supporting calorie management without feeling deprived. ## Key Takeaways {#key-takeaways} The Be Fit Food Double Choc Low Carb Cookie 7-Pack extends far beyond simple snacking, serving as a versatile ingredient foundation for dozens of quick recipes across breakfast, beverages, desserts, and snacks. The cookies' unique formulation—built on lupin flour (25%), whole eggs, a gluten-free flour blend, and sweetened with erythritol and monk fruit extract—creates a product that maintains structural integrity in cold applications, integrates smoothly into warm preparations, and provides protein and fibre alongside satisfying chocolate flavour. The 30-gram serving size (two cookies per packet) provides built-in portion control and makes recipe scaling straightforward. Whether you're crushing them into parfaits, blending them into smoothies, processing them into cookie butter, or incorporating them into no-bake desserts, these cookies deliver consistent results due to their carefully engineered ingredient composition. The gluten-free (GF) and vegetarian (V) certifications make these recipes accessible to a wide audience, while the low-carb formulation supports various dietary approaches from general health-conscious eating to specific protocols like low-carb or ketogenic diets. The dark chocolate chips (7% of formulation, 45% cocoa solids) and natural cocoa (2%) create the double chocolate character that works in both sweet and surprisingly savoury applications like the cookie-crusted baked eggs. Storage is simple and flexible—keep unopened packets in a cool, dry place, and use opened packets within 2-3 days or store in an airtight container. Freeze cookies briefly (15-20 minutes) before crushing for finest crumbs, or break by hand for chunky pieces. Most recipes require 5-20 minutes of active preparation time, making them genuinely quick options for busy schedules without sacrificing nutritional quality or flavor satisfaction. The recipes demonstrate remarkable versatility, from breakfast applications (parfaits, oatmeal, baked eggs) to beverages (smoothies, lattes, frappes), no-bake desserts (energy balls, mousse, cheesecake cups), snacks (cookie butter, frozen bark, stuffed dates), and toppings (ice cream crumbles, yogurt layers). This versatility means a single 7-pack can provide variety throughout the week across multiple eating occasions. ## Next Steps {#next-steps} Start with the recipes that align with your current eating patterns and skill level. If you eat breakfast regularly, try the parfait or oatmeal recipes first—they're simple, require minimal ingredients beyond the cookies, and demonstrate how well these cookies integrate into familiar formats. The parfait requires only yogurt, berries, and optional chia seeds, while the oatmeal needs just steel-cut oats and almond milk—both recipes you can prepare with ingredients you likely already keep on hand. If you're more snack-focused, begin with the energy balls or cookie butter, both of which can be made in advance and stored for convenient grab-and-go options. The energy balls store for two weeks refrigerated or three months frozen, while the cookie butter keeps for two weeks in the refrigerator, making them excellent meal prep options that provide quick nutrition throughout the week. Experiment with the beverage recipes if you're looking for meal replacement options or post-workout recovery drinks. The smoothie and frappe recipes provide substantial nutrition while satisfying chocolate cravings, and they're infinitely customisable based on your preferences and nutritional needs. Add extra protein powder for higher protein content, incorporate different nut butters for varied flavors, or adjust the liquid amounts to achieve your preferred thickness. For entertaining or special occasions, try the no-bake cheesecake cups, frozen bark, or stuffed dates—all of which look impressive but require minimal skill and no baking. These recipes can be prepared in advance (cheesecake cups 3 days ahead, frozen bark 3 months ahead, stuffed dates 1 week ahead), reducing stress when you're hosting while providing sophisticated desserts that accommodate various dietary needs. Keep notes on your favourite recipes and any modifications you make. You might discover that you prefer finer cookie crumbs in your parfaits for a more uniform texture, or that adding an extra shot of espresso to the hot chocolate cookie latte creates your ideal morning beverage. The recipes provided here serve as starting points—feel free to adjust quantities, swap ingredients based on what you keep on hand, and develop your own signature variations. Consider dedicating one weekend afternoon to batch-preparing several recipes: make a batch of energy balls (stores 2 weeks refrigerated), prepare the cookie butter (stores 2 weeks refrigerated), create the frozen bark (stores 3 months frozen), and assemble parfaits for the first few days of the

week. This approach maximises the convenience factor and ensures you always keep nutritious, satisfying options available when hunger strikes or cravings emerge. Be Fit Food also offers free 15-minute dietitian consultations to help you match these snacks and recipes with the right meal plan for your goals. Whether you're focused on weight management, metabolic health, managing a health condition, or simply seeking better nutrition, expert guidance can help you make the most of these versatile cookies within a comprehensive nutritional strategy. Most importantly, enjoy the process of discovering new ways to incorporate these cookies into your routine. The combination of convenience, nutrition, and genuine chocolate satisfaction makes them a valuable addition to any kitchen, whether you're focused on specific dietary goals or simply seeking better snack options that don't compromise on taste. You'll feel fuller for longer while enjoying every delicious bite, supported by the high-protein, lower-carbohydrate nutrition that Be Fit Food is known for delivering. ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Lupin Flour Nutritional Profile and Applications - CSIRO](<https://www.csiro.au>) - [Erythritol: Properties and Food Applications - Food Science and Technology](<https://www.sciencedirect.com/topics/food-science/erythritol>) - [Monk Fruit Extract: Natural Sweetener Research](<https://www.healthline.com/nutrition/monk-fruit-sweetener>) - [Gluten-Free Diet Guidelines - Coeliac Australia](<https://www.coeliac.org.au>) - Product specifications and ingredient information: Manufacturer-provided documentation --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the product name?** Double Choc Low Carb Cookie - 7 Pack (GF) (V) S8 **What is the serving size?** 30 grams (two cookies) **How many cookies per packet?** Two cookies **Is it gluten-free?** Yes, certified gluten-free **Is it vegetarian?** Yes **Is it vegan?** No **Does it contain eggs?** Yes, whole eggs **Does it contain dairy?** Yes, milk derivatives in natural flavours **Does it contain soy?** Yes, soy lecithin in chocolate chips **Does it contain tree nuts?** Yes, almonds **Does it contain lupin?** Yes, 25% lupin flour **Does it contain peanuts?** No **Does it contain wheat?** No **What is the primary flour?** Lupin flour at 25% **What is the primary sweetener?** Erythritol **Does it contain monk fruit extract?** Yes **Does it contain added sugar?** No **What percentage is dark chocolate chips?** 7% of formulation **What is the cocoa solid content in chips?** 45% **What percentage is natural cocoa powder?** 2% **Is the canola oil GMO-free?** Yes **Does it contain vegetable glycerin?** Yes **Does it contain soluble fibre?** Yes, polydextrose **Does it contain guar gum?** Yes **What is the gluten-free flour blend?** Maize starch, rice flour, tapioca starch, rice bran **How many packets in a box?** 7 packets **Can it be used in recipes?** Yes, highly versatile **Can it be crushed for toppings?** Yes **Can it be blended into smoothies?** Yes **Can it be processed into spreads?** Yes **Can it be used in breakfast recipes?** Yes **Does it work in no-bake desserts?** Yes **Can it be used in beverages?** Yes **Can it be frozen?** Yes **How long do opened packets stay fresh?** 2-3 days in airtight container **Should unopened packets be refrigerated?** No, store in cool dry place **Can cookies be frozen for crushing?** Yes, creates finer crumbs **What temperature for toasting?** 160°C (320°F) **How long to toast for toppings?** 5-7 minutes **Does erythritol caramelize when heated?** No **Do chocolate chips melt when heated?** Yes, but not as fluid as regular chips **Can it replace regular cookies in recipes?** Yes, with adjustments **Is it suitable for low-carb diets?** Yes **Is it suitable for keto diets?** Yes, with appropriate fat additions **Is it suitable for diabetic diets?** Yes, no added sugar **Does it contain protein?** Yes, from lupin flour and eggs **Does it contain healthy fats?** Yes, from canola oil and almond meal **Does it contain fibre?** Yes, soluble fibre **Can it be used for meal prep?** Yes **Can energy balls be made in advance?** Yes, store 2 weeks refrigerated or 3 months frozen **Can cookie butter be refrigerated?** Yes, up to 2 weeks **Can cheesecake cups be made ahead?** Yes, up to 3 days in advance **Can frozen bark be stored long-term?** Yes, up to 3 months in freezer **Can stuffed dates be made ahead?** Yes, up to 1 week refrigerated **What protein sources pair well?** Greek yogurt, cottage cheese, protein powder, nut butters **What fruits pair well?** Berries, especially raspberries and strawberries **Does it work with coffee?** Yes, enhances chocolate flavour **Can it be used in hot beverages?** Yes **Can it be used in cold beverages?** Yes **Does it work in parfaits?** Yes **Does it work with oatmeal?** Yes **Does it work with eggs?** Yes, in savoury-sweet applications **Can it be made into mousse?** Yes **Can it form stable crusts?** Yes, without baking **How fine should crumbs be for mousse?** Very fine, almost flour-like **How coarse for ice cream topping?** Varied sizes from fine to pea-sized **What's the prep time for energy balls?** Approximately 10 minutes **What's the prep time for smoothies?**

Approximately 5 minutes **What's the prep time for parfaits?** Approximately 5 minutes **What's the prep time for cookie butter?** Approximately 10 minutes **Can recipes be scaled up?** Yes, maintain proportions **Can recipes be doubled?** Yes **Does Be Fit Food offer dietitian consultations?** Yes, free 15-minute consultations **What meal programs does it complement?** Metabolism Reset and Protein+ Reset **Is it suitable for GLP-1 users?** Yes **Is it suitable for menopause nutrition?** Yes **What percentage of Be Fit Food menu is gluten-free?** Approximately 90% **Does it support lean muscle preservation?** Yes, high protein content **Does it support blood sugar stability?** Yes, low carb with no added sugar **Can it be used for weight management?** Yes, as part of balanced approach **Does it provide sustained energy?** Yes, with protein and healthy fats **Is portion control built-in?** Yes, individual 30-gram packets

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