TREATS RECIPE COLLECTION

Enjoy these healthy and nutritious dessert and treat recipes everyday.

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CHIA SEED PUDDING

CHIA SEED PUDDING

Serves: 2
Prep: 5 mins
Chill: 6-8 hrs

Nutrition per serving:
214 kcal
12g Fats
21g Carbs
6g Protein

GF DF V

myfitnesspal

WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

WHAT YOU NEED TO DO

Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.

Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.

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MATCHA CHIA PUDDING

MATCHA CHIA PUDDING

Serves: 2
Prep: overnight
Cook: 0 mins

Nutrition per serving:
275 kcal
9g Fats
19g Carbs
23g Protein

GF DF LC HP N V

myfitnesspal

WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp.(40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.

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STRAWBERRY PROTEIN
CHIA PUDDING

STRAWBERRY PROTEIN CHIA PUDDING

Serves: 2
Prep: 0 mins
Cook: 10 mins

Nutrition per serving:
243 kcal
16g Fats
22g Carbs
7g Protein

GF MP Q

myfitnesspal

WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant ½ cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant ⅓ cup (50g) chia seeds

WHAT YOU NEED TO DO

Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 minutes, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

***Pro tip**: if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.*

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PROTEIN
FRUIT BOWLS

PROTEIN FRUIT BOWLS

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
250 kcal
4g Fats
30g Carbs
25g Protein

HP V Q

WHAT YOU NEED

For the mango bowl:
- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:
- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

QUARK WITH POMEGRANATE, COCONUT & DARK CHOCOLATE

QUARK WITH POMEGRANATE, COCONUT & CHOCOLATE

Serves: 4
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
128 kcal
9g Fats
6g Carbs
6g Protein

GF LC V Q N

myfitnesspal

WHAT YOU NEED

- ⅝ cup (150g) quark
- ¼ cup (25g) walnuts, chopped
- ¼ cup (25g) dark chocolate (80%), chopped
- 2 tbsp. pomegranate seeds
- 1 tbsp. shredded coconut

WHAT YOU NEED TO DO

Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.

Serve straight away or store in the fridge until required.

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PROTEIN
YOGURT TRIFLE

PROTEIN YOGURT TRIFLE

Serves: 2
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
376 kcal
1g Fats
24g Carbs
12g Protein

V Q

myfitnesspal

WHAT YOU NEED

- ¾ cup (200g) raspberry protein yogurt (like Arla Skyr)
- 2 tbsp. muesli
- 2 dates, chopped
- ⅜ cup (50g) raspberries

WHAT YOU NEED TO DO

Divide the yogurt between 2 small bowls. Top with muesli, dates, and raspberries. Serve immediately.

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COCONUT-BANANA MILLET CUSTARD

COCONUT-BANANA MILLET CUSTARD

Serves: 2
Prep: 5 mins
Cook: 15 mins

Nutrition per serving:
144 kcal
2g Fats
32g Carbs
2g Protein

GF DF MP V Q

myfitnesspal

WHAT YOU NEED

- ⅓ cup (75g) raw millet
- 1 cup (240ml) coconut milk
- 1 tbsp. honey
- 1 banana
- 1 tbsp. of lemon juice

WHAT YOU NEED TO DO

Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with ½ cup of coconut milk and ¼ a cup of water. Simmer for about 15 minutes, until the liquids are completely absorbed.

Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).

To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.

Serve warm or cold.

Serving suggestions:
- maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.

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CHOCOLATE MILLET PUDDING

CHOCOLATE MILLET PUDDING

Serves: 3
Prep: 5 mins
Cook: 15 mins

Nutrition per serving:
212 kcal
3g Fats
40g Carbs
6g Protein

GF V Q

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WHAT YOU NEED

- ½ cup millet (3.5 oz./100g)
- 2 cups plant milk (475ml) + more if necessary
- 2 tbsp. natural cocoa powder
- 2 tbsp. honey
- handful berries

WHAT YOU NEED TO DO

Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.

Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.

Blend in a food processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.

Serve hot or cold, topped with berries.

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VEGAN ORANGE CHOCOLATE MOUSSE

VEGAN ORANGE CHOCOLATE MOUSSE

Serves: 4
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
354 kcal
17g Fats
39g Carbs
13g Protein

GF DF V

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WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

WHAT YOU NEED TO DO

Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cocoa powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 minutes) - you should be able to invert the bowl, and the whipped brine should not move an inch.

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.

Gold Standard

LOW-CARB CHOCOLATE LAVA CAKE

LOW-CARB CHOCOLATE LAVA CAKE

Serves: 4
Prep: 10 mins
Chill: 5-7 mins

Nutrition per serving:
205 kcal
19g Fats
3g Carbs
5g Protein

GF LC V Q

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WHAT YOU NEED

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- ½ tsp. vanilla extract
- 2 eggs

WHAT YOU NEED TO DO

Preheat the oven to 400˚F (200˚C) and grease 4 small ramekins with butter.

Place the chocolate in a saucepan, add butter and slowly melt together.

Add the vanilla extract and stir until smooth, then set aside. Allow the chocolate to cool slightly.

Crack the eggs into a bowl and beat with a hand mixer until fluffy. Pour in the melted chocolate and mix well.

Transfer the batter into the greased ramekins and place in the oven. Immediately lower the heat to 350˚F (175˚C). Bake for 5 minutes, then remove from the oven and serve lukewarm with a dab of crème or ice cream (optional and not included in nutrition info).

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VEGAN CRÈME
BRULEE

VEGAN CRÈME BRULEE

Serves: 4
Prep: 10 mins
Chill: 1 hr

Nutrition per serving:
138 kcal
9g Fats
15g Carbs
1g Protein

GF DF LC V N

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WHAT YOU NEED

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside.

In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool in room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.

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COCONUT
CUSTARD

COCONUT CUSTARD

Makes: 4
Prep: 5 mins
Cook: 45 mins

Nutrition per serving:
163 kcal
12g Fats
8g Carbs
6g Protein

GF DF LC V N

myfitnesspal

WHAT YOU NEED

- 3 eggs
- 1 tsp. vanilla extract
- 2 tbsp. stevia
- 1 cup desiccated coconut, unsweetened
- 1 ⅔ cup (400ml) coconut milk, unsweetened
- 2 tbsp. strawberry jam

WHAT YOU NEED TO DO

In a bowl, beat together the eggs, vanilla, and stevia until fluffy. Fold in the coconut and add the milk. Mix well and transfer into 4 small ovenproof ceramics. Bake for 45 minutes, until the top, is slightly browned.

In the meantime, prepare the sauce by mixing the jam with 2-4 tbsp. of water.

Serve warm with strawberry sauce on top.

Gold Standard

PEANUT BUTTER &
JAM OAT MUFFINS

PEANUT BUTTER & JAM OAT MUFFINS

Serves: 8
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
288 kcal
11g Fats
41g Carbs
7g Protein

DF MP V N

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WHAT YOU NEED

- 1 ½ cups (140g) rolled oats
- 1 tsp. baking powder
- ¼ cup (60ml) honey
- 1 egg
- 1 cup (235ml) almond milk
- ½ cup (120g) natural peanut butter
- 8 tsp. raspberry jam

WHAT YOU NEED TO DO

Heat the oven to 350˚F (180˚C). Line a muffin tray parchment with muffin liners.

In a large bowl, mix all ingredients, apart from the jam into the muffin liners.

Bake for 20-25 minutes, until lightly golden. Cool completely before storing.

Store in a sealed container at room temperature for up to 4 days or freeze for up to 3 months.

Gold Standard

LEMON & POPPY
SEED MUFFINS

LEMON & POPPY SEED MUFFINS

Makes: 9
Prep: 15 mins
Cook: 15 mins

Nutrition per serving:
192 kcal
9g Fats
23g Carbs
5g Protein

DF V

myfitnesspal

WHAT YOU NEED

- scant 1 ½ cups (180g) buckwheat flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 tbsp. poppy seeds
- zest from 2 lemons
- ⅓ cup (65g) coconut sugar
- 2 large eggs
- ⅝ cup (150g) vanilla soy yogurt
- juice from 1 lemon
- ½ tsp. almond extract
- ¼ cup melted coconut oil

WHAT YOU NEED TO DO

Preheat oven to 375˚F (190˚C). Line a muffin tin with 9 muffin liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and poppy seeds.

In a separate bowl, add lemon zest and sugar, and rub the lemon zest into the sugar with your fingers. Next add in eggs, yogurt, lemon juice and almond extract; mix until smooth and well combined.

Fold in the dry ingredients until almost combined, then stir in melted and cooled coconut oil.

Divide batter evenly between the 9 muffin cups. Bake in the oven for 15-20 minutes or until toothpick comes out clean.

Allow to completely cool before serving.

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CARAMEL MUFFINS

CARAMEL MUFFINS

Makes: 12
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
146 kcal
6g Fats
21g Carbs
5g Protein

GF V N

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WHAT YOU NEED

- 1 ⅞ cups (225g) buckwheat flour
- 3 eggs
- 1 tsp. cinnamon
- 1 banana
- 1 apple, peeled, cored and chopped
- 1 ½ tsp. baking powder
- ⅔ cup (150ml) coconut or almond milk
- ½ cup (100g) 75% dark chocolate

WHAT YOU NEED TO DO

Preheat the oven to 370°F (190°C).

Mash the banana with a fork in a large bowl. Then add the buckwheat flour, eggs, cinnamon, baking powder, milk, apple, and mix well.

Grease a muffin tin and evenly fill 12 molds with the batter. Bake in the oven for about 25 minutes. Leave to cool before serving.

Gold Standard

BROWNIESS WITH
CASHEW ICING

BROWNIES WITH CASHEW ICING

Makes: 9
Prep: overnight
Cook: 30 mins

Nutrition per serving:
296 kcal
19g Fats
32g Carbs
6g Protein

GF DF V N

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WHAT YOU NEED

For the brownies:

- ½ cup (115g) coconut oil, melted
- 2 eggs
- ½ cup (95g) coconut palm sugar
- 3 tbsp. maple syrup or honey
- 1 tsp. vanilla extract
- ¾ tsp. baking powder
- pinch salt
- ½ cup (50g) unsweetened natural cocoa powder
- 1 cup (120g) buckwheat flour

For the icing:

- ½ cup (75g) raw cashews, soaked*
- juice of ½ lemon
- 1 tbsp. maple syrup
- 1 tbsp. plant milk
- 1 tsp. vanilla extract
- pinch of salt

WHAT YOU NEED TO DO

Preheat oven to 350°F (176°C) and grease an 8x8 inch baking tin with a little coconut oil.

Place the melted coconut oil in a large bowl, then stir in the eggs, sugar, maple syrup, vanilla extract, baking powder, salt and cocoa powder. Next, add the flour and mix well.

Scoop the batter into the greased baking tin and bake for about 25-30 minutes. Once ready, remove from the oven and let cool completely (about 1 hour) before covering with icing.

To make cashew cream icing combine all of the icing ingredients together in a high-speed blender and blend until smooth. Add more milk, as needed, to thin the icing and more salt or sweetener to taste.

Once brownie has cooled spoon the frosting on top, cut into 9 squares and enjoy.

**Soak cashews in a large bowl covered with a few inches of water for at least 6 hours or overnight*

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GLUTEN-FREE
ZUCCHINI BLONDIES

GLUTEN-FREE ZUCCHINI BLONDIES

Makes: 12
Prep: 10 mins
Cook: 35-45 mins

Nutrition per serving:
130 kcal
5g Fats
20g Carbs
3g Protein

GF V

myfitnesspal

WHAT YOU NEED

- 5.2 oz. (150g) buckwheat flour
- 1 tsp. gluten-free baking powder
- ½ tsp. salt
- 7 oz. (200g) zucchini, finely grated
- 3 tbsp. soy yogurt
- 1 tsp. vanilla extract
- 2 tbsp. honey, or maple syrup
- 2.5 oz. (70g) coconut sugar
- 3.5 oz. (100g) dark chocolate, roughly chopped

WHAT YOU NEED TO DO

Preheat the oven to 360˚F (180˚C) and grease a 23 cm square brownie tin.

In a bowl, mix together flour, baking powder and salt.

In a separate bowl, combine the grated zucchini, soy yogurt, vanilla extract, honey and sugar. Mix until well blended.

Gently add the dry ingredients into the wet ingredients, then fold in the chopped dark chocolate. Transfer the batter into the brownie tin and bake for 35-45 minutes, until the top is firm and brown.

Remove from the oven and let cool completely in the pan. Cut into 12 pieces and serve.

Gold Standard

GLUTEN-FREE
BANANA BREAD

GLUTEN-FREE BANANA BREAD

Serves: 12
Prep: 10 mins
Cook: 60-75 mins

Nutrition per serving:
247 kcal
12g Fats
31g Carbs
6g Protein

GF DF N

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WHAT YOU NEED

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- ½ tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- ¼ cup (50g) coconut palm sugar
- 2-3 tbsp. maple syrup
- 3 ½ tsp. baking powder (gluten free)
- ¾ tsp. sea salt
- 1 tsp. ground cinnamon
- ¾ cup (180ml) unsweetened almond milk
- 1 ¼ cup (150g) almond flour
- 2 cups (240g) buckwheat flour

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 minutes, until firm and golden.

Remove from the oven and let cool completely before serving.

Gold Standard

VEGAN LEMON & COCONUT CAKE

VEGAN LEMON & COCONUT CAKE

Serves: 12
Prep: 30 mins
Cook: 45 mins

Nutrition per serving:
207 kcal
11g Fats
24g Carbs
2g Protein

V N

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WHAT YOU NEED

Wet ingredients:

- 1 cup (240ml) almond milk, at room temp.
- ⅓ cup (80g) coconut oil
- ⅔ (125g) coconut sugar
- 2 tbsp. lemon juice

Dry ingredients:

- zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1 ¾ cups (210g) all-purpose white flour, sifted
- 1 tsp. baking powder
- ¾ tsp. baking soda

WHAT YOU NEED TO DO

Heat the oven to 180°C (355° F).

Line a 1 kg/2 lbs. tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature almond milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).

Gold Standard

FIERY GINGER
COCONUT MACAROONS

FIERY GINGER COCONUT MACAROONS

Makes: 8
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
310 kcal
19g Fats
30g Carbs
4g Protein

GF DF V

myfitnesspal

WHAT YOU NEED

- 3 eggs
- 1 cup (200g) of coconut sugar
- 2 ½ cups (225g) desiccated coconut, unsweetened
- 2 tbsp. crystallized ginger, finely chopped
- 1 tsp. red chili pepper, finely chopped

WHAT YOU NEED TO DO

Preheat the oven to 360˚F (180˚C).

Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.

Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.

Bake in the oven for about 20 minutes until golden brown.

Gold Standard

PEANUT BUTTER
GRANOLA BARS

PEANUT BUTTER GRANOLA BARS

Serves: 12
Prep: 20 mins
Chill: 2 hrs

Nutrition per serving:
204 kcal
11g Fats
21g Carbs
4g Protein

MP V

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WHAT YOU NEED

- ⅓ cup (100g) honey
- ¼ cup (65g) peanut butter
- ¼ cup (50g) coconut oil
- 1 tsp. vanilla extract
- pinch salt
- ½ cup (70g) almonds, chopped
- 2 cups (185g) rolled oats
- ⅜ cup (65g) dark chocolate, chopped

WHAT YOU NEED TO DO

Prepare an 8x8 inch baking tray by lining it with baking paper.

In a medium saucepan, mix together the honey, peanut butter and coconut oil. Heat over low heat, until everything is melted. Bring to a simmer and cook for 1 minute. Remove from the heat and allow to cool for 10 minutes.

Once cooled slightly, stir in the almonds, rolled oats and most of the chocolate (leave some to top the bars).

Transfer the mixture into the lined tray and firmly press it down.

Tops with the remaining chocolate, then refrigerate for minimum 2 hours.

Once chilled, cut into 12 bars and store in a air tight container in the fridge for up to 2 weeks.

Gold Standard

FIT ALMOND
ENERGY BALLS

FIT ALMOND ENERGY BALLS

Makes: 6
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
178 kcal
14g Fats
8g Carbs
6g Protein

GF DF LC MP Q N

myfitnesspal

WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond meal into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.

Gold Standard

VANILLA & COCONUT TRUFFLES

VANILLA & COCONUT TRUFFLES

Makes: 10
Prep: 10 mins
Chill: 60 mins

Nutrition per serving:
222 kcal
21g Fats
6g Carbs
1g Protein

GF DF LC V Q

myfitnesspal

WHAT YOU NEED

- 2 cups (200g) desiccated coconut + 3 tbsp.
- ¼ cup (60ml) coconut milk, canned
- ¼ cup (50g) coconut oil
- ½ tsp vanilla extract
- 3 tbsp. maple syrup

WHAT YOU NEED TO DO

Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.

Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.

***Pro tip**: add more milk if the batter is too dry and does not want to roll into balls.*

Gold Standard

CHOCOLATE AND SEA
SALT NUT CLUSTERS

CHOCOLATE AND SEA SALT NUT CLUSTERS

Makes: 30
Prep: 15 mins
Cook: 10 mins

Nutrition per serving:
38 kcal
3g Fats
2g Carbs
1g Protein

GF LC V Q N

myfitnesspal

WHAT YOU NEED

- ½ cup(100g) 75% dark chocolate
- 90 almonds (around 3 oz./90g)
- sea salt

WHAT YOU NEED TO DO

Melt the chocolate in a bowl bath or in the microwave.

Place the almonds in the melted chocolate and mix well until all the almonds are covered.

Using a fork take out 3 almonds at a time and transfer onto a sheet of baking paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.

Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 minutes.

Gold Standard

TAHINI STUFFED DATES IN DARK CHOCOLATE

TAHINI STUFFED DATES IN DARK CHOCOLATE

Makes: 9
Prep: 20 mins
Cook: 0 mins

Nutrition per serving:
126 kcal
6g Fats
13g Carbs
3g Protein

GF LC V Q

myfitnesspal

WHAT YOU NEED

- ⅓ cup (50g) chopped dark chocolate
- 9 pitted medjool dates, pitted
- 3 tbsp. tahini
- 1 tbsp. desiccated coconut (optional)

WHAT YOU NEED TO DO

Melt the chocolate in the microwave or in a water bath.

Fill the dates with tahini and cover with the dark chocolate. Place on a chopping board covered with a sheet of baking paper and sprinkle with desiccated coconut (optional).

Finally, place the dates on the chopping board in the fridge for 10 minutes to allow the chocolate to set, then remove and enjoy.

Gold Standard

CHOCOLATE
HUMMUS DIP

CHOCOLATE HUMMUS DIP

Serves: 8
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
93 kcal
3g Fats
11g Carbs
5g Protein

GF DF LC V Q

myfitnesspal

WHAT YOU NEED

- 12.7 oz. (360g) chickpeas
- 2 tbsp. natural unsweetened cocoa powder
- 2 tbsp. maple syrup
- 1 tbsp. tahini
- ½ tsp. cinnamon
- 1 tsp. vanilla essence
- 2 tbsp. water

WHAT YOU NEED TO DO

Drain and rinse the chickpeas. Put all the ingredients in a food processor or a high-speed blender and blend into a smooth paste. Add more water if necessary to achieve the desired consistency.

Serve as a dip with fruit.

Gold Standard

GRILLED PEARS WITH LEMON YOGURT

GRILLED PEARS WITH LEMON YOGURT

Serves: 4
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
163 kcal
12g Fats
8g Carbs
6g Protein

LC V Q N

myfitnesspal

WHAT YOU NEED

- 4 pears, halved
- zest of 1 lemon
- ½ tsp. ground cardamom
- 1 tbsp. honey
- 8.8 oz. (250g) natural yogurt
- 1 oz. (30g) pecans
- 8 biscoff biscuits

WHAT YOU NEED TO DO

If you are using the BBQ, heat it up. If not, then prepare a non-stick grill pan.

Halve the pears and remove the core with a spoon.

Mix the lemon zest, cardamom, and honey with the yogurt. Chop the pecan nuts coarsely. Break the biscuits into pieces.

Grill or BBQ the pears for 5 minutes.

Spread the grilled half pears over the plates, top with a spoonful of yogurt, sprinkle with the pecan nuts and decorate with a few pieces of biscuit.

Gold Standard

PROTEIN CREPES

PROTEIN CREPES

Serves: 4
Prep: 5 mins
Cook: 10 mins

Nutrition per serving:
152 kcal
7g Fats
12g Carbs
10g Protein

GF DF LC V Q

myfitnesspal

WHAT YOU NEED

- ½ cup (65g) buckwheat flour
- 1 scoop (0.8 oz./25g) vanilla whey powder
- ¼ tsp. baking soda
- 2 eggs
- 2 tsp vanilla paste
- ½ cup plant based milk
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl, combine all ingredients and mix well.

Heat a pan and grease with some coconut oil. Pour batter into skillet and move it around so it spreads out thin.

Once the batter starts slightly bubbling flip the crepe and cook on the other side for another minute. Transfer on a plate and repeat the process until you use up all the batter.

Stuff with your favorite toppings and serve.

Gold Standard

CHERRY SORBET

CHERRY SORBET

Serves: 4
Prep: 10 mins
Cook: 1 hr

Nutrition per serving:
109 kcal
1g Fats
24g Carbs
2g Protein

GF DF V

myfitnesspal

WHAT YOU NEED

- 1 ¾ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve immediately.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).

Gold Standard

CURRIED NUT MIX

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Makes: 14 oz. (400g)
Prep: 10 mins
Cook: 30 mins

Nutrition per serving:
106 kcal
10g Fats
4g Carbs
3g Protein

GF LC V N

myfitnesspal

WHAT YOU NEED

- 1 cup of each cashews (150g), almonds(140g), pecans (100g)
- 4 tbsp. coconut oil
- 2 tsp. coconut palm sugar
- 4 tbsp. curry powder
- ½ tsp salt
- 1 tsp. cumin
- cayenne pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 300˚F (150˚C). Line a baking tray with baking paper.

In a small saucepan, melt the oil with brown sugar, curry powder, salt, cumin and cayenne powder. Stir for a few minutes until the sugar has dissolved.

Pour this mixture over nuts and stir well to coat. Spread the nuts out on the lined baking sheet and bake for 25 to 30 minutes until golden brown.

Let it cool and store in an airtight container.

This recipe makes around 14 oz. (400g) and the nutrition value is approximate for ½ oz. (15g).

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