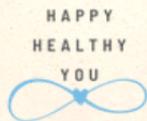




# HAPPY HEALTHY YOU

**Recipe Reservoir**



# No more guilt around what you eat!

Welcome to how we do it here in Happy Healthy You. This is where we turn your heavily restrictive, boring, bland diet, into something you look forward to every day.

No more surviving on fresh air and rice cakes. No more days of feeling so hungry you might faint! No more shame spirals as you eat fish and chips with the family or share a glass of bubbles with someone special.

Dive in and share the freedom with food we have in Happy Healthy You.



# BREAKFASTS







# LEMON POPPYSEED PANCAKES

SERVES 12 pancakes  
TOTAL TIME: 40 MINUTES

## INGREDIENTS

- 1 medium egg
- 200 grams plain flour
- 75 grams caster sugar
- 2 teaspoons baking powder
- 150 millilitres milk
- 2 lemons, juiced and zested
- 40 grams poppy seeds
- 2 tablespoons oil

- CALS: 568
- PROTEIN: 14g
- Serving size: 4 pancakes

## METHOD

- 01** Begin by sifting the flour into a large bowl to remove any lumps before mixing in the sugar, baking powder and salt.
- 02** In a measuring jug, whisk together the milk, egg, poppy seeds, lemon juice and zest. Create a well in centre of the flour mixture and pour the liquid into it. Using a wooden spoon, slowly fold the flour into the wet ingredients until a smooth batter has formed.
- 03** Heat a lightly oiled non-stick frying pan over a low heat and add one ladleful of batter. Spread the batter out to create a pancake that is 10 centimetres in diameter and cook for around 3 minutes, or until the base has turned golden brown. Flip the pancake and cook for a further 2 minutes on the other side before removing from the pan.
- 04** Repeat this process until all the batter is used up and wrap finished pancakes in kitchen foil to keep warm while the rest cook. Squeeze over a wedge of lemon before serving with a dollop of natural yoghurt and honey for a delicious breakfast option.



## GF?

Swapping oats for quinoa is an excellent gluten-free alternative and packs a nice additional protein punch?





# PB&J OVERNIGHT OATS

SERVES 2 people  
TOTAL TIME: 5 minutes

## INGREDIENTS

- 130 grams rolled oats
- 240 millilitres unsweetened almond milk
- 1 tablespoon chia seeds
- ½ tablespoon maple syrup
- 1 tablespoons peanut butter
- 1 tablespoon jam

- CALS: 365
- PROTEIN: 12g
- Serving size: 2 people

## METHOD

- 01** To make this nutritious and simple breakfast, add all the ingredients except the jam into a serving bowl. Cover with cling film and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup and peanut butter and soaked up much of the almond milk.
- 02** When ready to serve, add a dollop of jam on top and stir in some extra almond milk if needed.

Oats are high in the soluble fibre beta-glucan, which has numerous benefits. It helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria and increases feelings of fullness.





# AVOCADO AND SMOKED SALMON ON TOAST

SERVES 2

TOTAL TIME: 15 MINUTES

## INGREDIENTS

- 1 avocado, peeled and stoned
- 2 tablespoons fat-free natural yoghurt
- ½ lemon, juiced
- 2 slices rye bread, toasted
- ½ teaspoon cayenne pepper
- 75 grams smoked salmon
- ¼ cucumber, thinly sliced using a vegetable peeler
- A handful watercress

### DRESSING:

- ½ red chilli, deseeded and diced
- A handful fresh mint, chopped
- ½ lemon, juiced and zested
- 1 tomato, diced
- 1 teaspoon white wine vinegar
- A pinch salt and black pepper

- CALS: 420
- PROTEIN: 16g
- Per serving

## METHOD

- 01** Begin making the dressing by combining all the dressing ingredients in a small bowl and seasoning to perfection before setting aside.
- 02** In a separate bowl, roughly mash together the avocado flesh, lemon juice and yoghurt. Be careful not to make the mixture too smooth, as you want it to have a chunky texture.
- 03** Divide the avocado mixture between the slices of toasted rye bread. Sprinkle over a pinch of cayenne pepper to add a touch of heat and colour before layering the smoked salmon and cucumber ribbons on top. Finish by placing a small handful of watercress on top of the salmon and drizzling over the dressing.

To stop a half-eaten avocado going brown. Brush the avocado with lemon juice; the citric acid in the juice will keep browning at bay. Store in an airtight container to get as much protection as possible.





# BLACK FOREST OVERNIGHT OATS

SERVES 1 person

TOTAL TIME: 10 minutes

## INGREDIENTS

- 65 grams rolled oats
- 1 tablespoon unsweetened cocoa powder
- 125 millilitres unsweetened almond milk
- ¼ teaspoon vanilla extract
- 1 teaspoon maple syrup
- 65 grams frozen dark cherries
- 1 teaspoon dark chocolate chips
- A pinch salt
- ¼ teaspoon ground cinnamon
- 25g Chocolate Whey Protein

• CALS: 238

• PROTEIN: 16g

• Serving size: 1 person

## METHOD

**01** To make this nutritious and easy breakfast, add all the ingredients except the chocolate chips into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup, vanilla and cherries.

**02** When ready to serve, stir in the chocolate chips and some extra almond milk if needed.

Cherries are a good source of vitamin C and potassium. Potassium can reduce the risk of hypertension and stroke, and cherries have more per serving than strawberries or apples.





# SHAKSHUKA

SERVES 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

- 2 teaspoons olive oil
- 1 white onion, thinly sliced
- 3 garlic cloves, crushed
- 1 tablespoon rose harissa paste
- 1 teaspoon ground coriander
- 150 millilitres vegetable stock
- 1 400 gram tin chickpeas
- 2 400 gram tins chopped tomatoes
- 2 courgettes, diced
- 200 grams baby spinach
- A large handful coriander, chopped
- 4 eggs

- CALS: 242
- PROTEIN: 16g
- Per serving

## METHOD

- 01** Begin by heating the olive oil in a large frying pan. Once hot, sauté the onion and garlic for 5 minutes, or until the onion has softened and the garlic smells fragrant. Stir in the harissa paste and ground coriander. Let the spices roast in the pan for a few moments before adding the vegetable stock and chickpeas, including their liquid. Cover the pan and leave to simmer for 10 minutes, by which point it should smell incredible.
- 02** Add the tinned tomatoes and courgettes to the pan and cook over a low heat for a further 10 minutes. Once the tomatoes have broken down and the courgettes are tender fold in the baby spinach and fresh coriander and let the sauce gently bubble until it is rich and delicious.
- 03** Using the back of a spoon, make 4 hollows in the sauce. Crack the eggs into the hollows, put a lid on the pan and let the eggs poach in the sauce. Once the yolk has turned golden yellow and the white has set, remove from the heat and serve immediately

Harissa is a North African and Middle Eastern condiment, most commonly found in Tunisia and Morocco, that is made from garlic, cumin, caraway, pounded chilli peppers, salt and a dash of olive oil.

# SNACKS & LUNCHES





**CRUNCH**

CRISPY If you prefer your sprouts a little crispier keep them in the oven 10-15 minutes longer.





# ROASTED BRUSSELS WITH CRANBERRIES

SERVES 4

TOTAL TIME: 35 MINUTES

## INGREDIENTS

- 450 grams brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- A pinch salt and black pepper
- 1 tablespoon dried cranberries

## METHOD

- 01** Begin by preheating your oven to 200°C/400°F/gas 6
- 02** In a large bowl, toss the Brussels sprouts with olive oil before spreading them out evenly across a baking tray. Season the sprouts to perfection with salt and pepper before roasting them in the oven for 15 minutes, by which point they will have started to soften.
- 03** Remove the sprouts from the oven and scatter over the cranberries. Return to the oven and roast for a further 10 minutes, or until the sprouts have begun to slightly char and the cranberries are caramelised.

When prepared properly, Brussels sprouts have a sweet, nutty flavour and a crisp texture. If overcooked, Brussels sprouts produce a strong foul odour and become mushy in texture hence have garnered a somewhat undeserved reputation.

- CALS: 86
- PROTEIN: 4g
- Per serving



**CONVENIENCE**

Feel free to use frozen cauliflower for convenience. Just soak in some hot water for 5-10 minutes beforehand and drain.





# PARMESAN ROASTED CAULIFLOWER

SERVES 4

TOTAL TIME: 40 MINUTES

## INGREDIENTS

- 1 cauliflower, cut into florets
- 1 white onion, sliced
- A handful fresh thyme
- 4 garlic cloves, crushed
- 3 tablespoons olive oil
- 60 grams Parmesan cheese, grated
- A pinch salt and black pepper

## METHOD

- 01** Begin by preheating your oven to 220°C /425°/gas7
- 02** Meanwhile, toss the cauliflower, onion, thyme and garlic in a large bowl with a splash of olive oil. Once the vegetables and herbs are well coated, season with salt and pepper before placing them on a baking tray
- 03** Roast the cauliflower for 40 minutes and toss occasionally to prevent burning. Once the cauliflower has started to turn golden brown, remove from the oven and scatter over the Parmesan cheese before returning to the heat for a further 10 minutes.
- 04** Remove from the oven once the cauliflower is fully golden and the cheese has melted. Enjoy as a healthy alternative to crisps or as a delicious side to a main dish.

In almost any dishes that contain cauliflower, you can trade it for its slightly quicker cooking counterpart, broccoli.

- CALS: 249
- PROTEIN: 14g
- Per serving



**SOGGY FRIES**

Overcrowded fries steam each other and never get crispy! Make sure you space them out nicely on your baking tray





# SWEET POTATO FRIES

## VEGAN

SERVES 4

TOTAL TIME: 40 MINUTES

## INGREDIENTS

- 3 sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- ¼ teaspoon paprika
- ½ teaspoon sea salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon coconut oil

- CALS: 151
- PROTEIN: 2g
- Per serving

## METHOD

- 01** Begin by preheating your oven to 200°C/400°F/gas 6
- 02** While your oven heats, wash and peel the sweet potatoes before cutting them into lengthwise wedges.
- 03** In a large bowl, drizzle the sweet potatoes with olive oil and mix well to combine. Once the sweet potatoes are well coated, mix through the cumin, paprika, cayenne pepper and salt.
- 04** Brush a large baking tray with coconut oil and arrange the sweet potatoes evenly. Bake for around 30 minutes, or until they have turned golden brown and the spices smell aromatic. Remember to toss the sweet potatoes at least once while they bake to ensure even cooking.
- 05** Serve with your favourite condiments as a nutritious snack or as an accompaniment to any main dish.

# MAINS





**CALORIE BOMBS**

Although an incredible  
accompaniment to  
the dish, beware of  
the calories packed in  
avocados.





# TURKEY CHILLI

SERVES 6

TOTAL TIME: 55 MINUTES

## INGREDIENTS

- 2 teaspoons olive oil
- 1 white onion, diced
- 3 garlic cloves, crushed
- 1 red pepper, chopped
- 450 grams lean turkey mince
- 1 tablespoon chilli powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- 2 400 gram tins chopped tomatoes
- 300 millilitres chicken stock
- 2 400 gram tins kidney beans, drained and rinsed
- 1 400 gram tin sweet corn, drained and rinsed

- CALS: 336
- PROTEIN: 32g
- Per serving

## METHOD

- 01** In a large frying pan, sauté the onion, garlic and red pepper over a medium heat for around 5 minutes, or until the vegetables are tender and beginning to caramelise. Add the turkey to the pan and cook through before adding the spices.
- 02** Let the spices roast in the pan until they are aromatic before adding the chopped tomatoes, stock, kidney beans and sweet corn. Bring the chilli to the boil and let it reduce for around 30 minutes by which point the sauce will be thick and rich. Season to your taste with a pinch of salt and black pepper before removing from the heat.
- 03** To serve, top with your favourite Mexican condiments such as guacamole, sour cream or hot sauce.

This is a great, nicely balanced dish, however, if you want to lower the carbs substitute the corn and half the beans for some chopped bell peppers.





# BBQ CHICKEN TORTILLA PIZZA

SERVES 2  
TOTAL TIME: 16 MINUTES

## INGREDIENTS

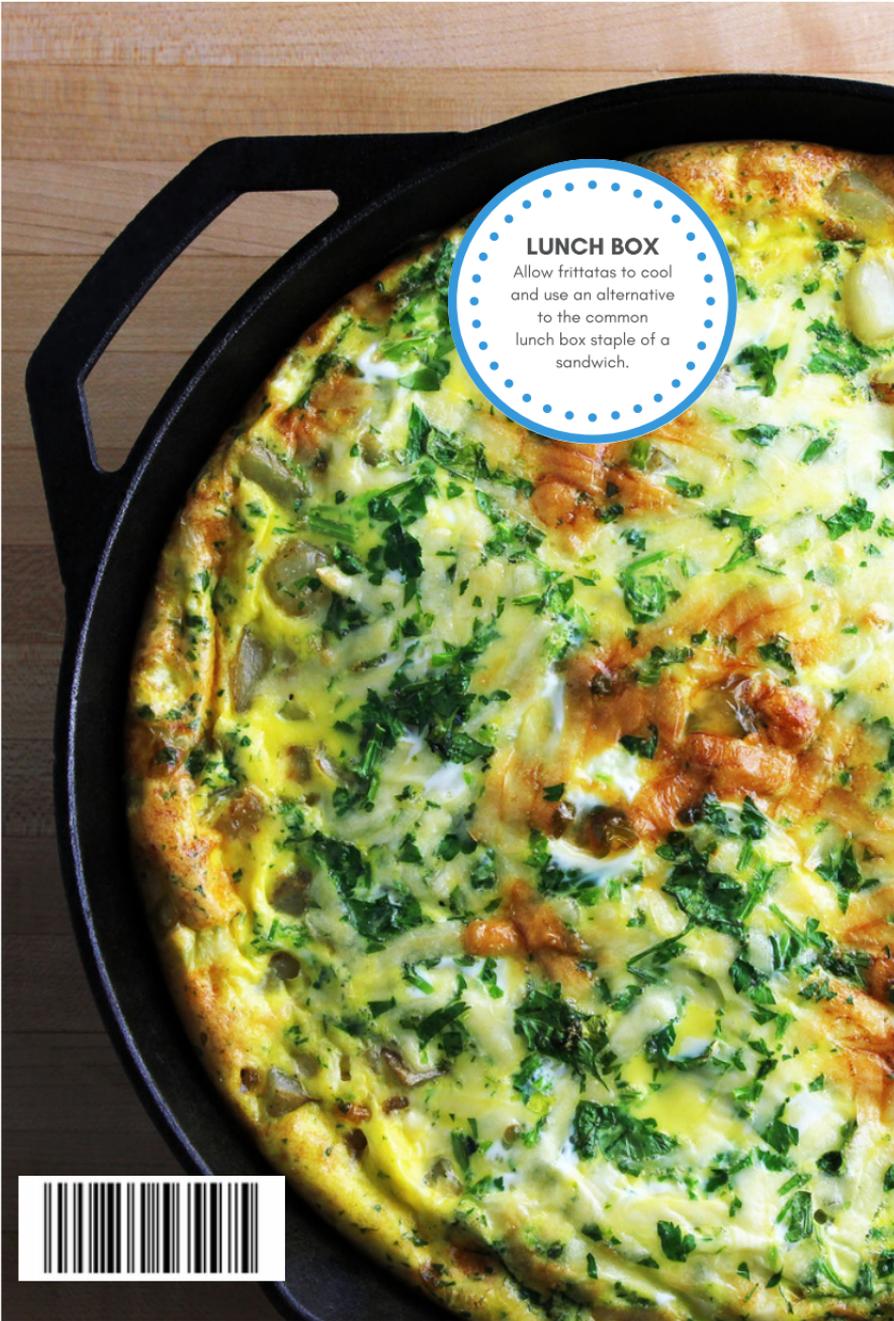
- 2 flour tortillas
- 1 white onion, diced
- 85 grams cooked chicken, shredded
- 50 millilitres barbeque sauce
- 1 teaspoon balsamic vinegar
- 50 grams cherry tomatoes, sliced
- 100 grams mozzarella cheese, grated
- 50 grams Parmesan cheese, grated

- CALS: 498
- PROTEIN: 36g
- Per serving

## METHOD

- 01** Begin by preheating your grill to a medium heat.
- 02** Place the tortillas under the grill for around 1 minute, or until they are lightly toasted all over – remember to watch the tortillas carefully as they will burn very easily. Once cooked, remove from the grill and set aside.
- 03** To soften the onion, gently sauté in a pan for 5 minutes or, alternatively, cook them in a microwave for 2 minutes. While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce and balsamic vinegar.
- 04** To assemble the pizza, spread the tortillas with barbeque sauce and scatter over the chicken, onions and tomatoes. Top with the grated mozzarella and Parmesan before placing the pizza under the grill once again.
- 05** Once the cheese has melted and is beginning to brown, remove the pizza from the oven and serve.

Everyone loves a pizza, by switching your often grease laden dough for a tortilla wrap you trim the calories and add some crunch. Try it with your favourite toppings.



**LUNCH BOX**

Allow frittatas to cool and use an alternative to the common lunch box staple of a sandwich.





# GOATS CHEESE & CARMELISED ONION FRITTATA

SERVES 2

TOTAL TIME: 16 MINUTES

## INGREDIENTS

- 4 teaspoons rapeseed oil
- 2 red onions, finely sliced
- 4 teaspoons honey
- 8 eggs
- 140 grams goats cheese
- 100 grams rocket
- 250 grams cooked beetroot, sliced
- ½ lemon, juiced

- CALS: 332
- PROTEIN: 20g
- Per serving

## METHOD

- 01** Begin by preheating your grill to a high temperature.
- 02** Meanwhile, in an ovenproof frying pan sauté the onions for 10 minutes until they have softened. Add the honey to the pan and leave to bubble for 2 minutes allowing the onions to caramelize.
- 03** As the onions caramelize, beat the eggs before adding them to the pan. Cook for 5 minutes until the eggs have almost set before crumbling goat's cheese over the top. Place the frittata under the hot grill and cook until a delicious layer of melted cheese has formed on top and the eggs have firmly set.
- 04** As the frittata cooks, combine together the rocket and beetroot in a large bowl and dress with lemon juice for some extra zing. To serve, cut the frittata into quarters and serve with the beetroot salad for some added freshness.

If you're not a fan of honey (or Canadian) you can easily switch out the honey for maple syrup





# PRAWN LINGUINE

SERVES 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 220 grams linguine pasta
- 2 tablespoons unsalted butter
- 450 grams prawns, peeled and deveined
- 3 garlic cloves, crushed
- ¼ teaspoon crushed red pepper
- 50 millilitres white wine
- 1 lemon, juiced and zested
- A pinch salt and black pepper
- A handful parsley, chopped
- A handful Parmesan cheese, grated

## METHOD

- 01** In a large pot of boiling salted water, cook the linguine until al dente.
- 02** Meanwhile, melt the butter in a large pan over a medium heat before adding the prawns, garlic and crushed red pepper. Sauté for 3 minutes, or until the prawns have turned pink and the garlic and pepper smell aromatic.
- 03** Squeeze the lemon juice and pour the wine into the pan and season to perfection. Let the sauce reduce for 5 minutes before removing from the heat and stirring in the pasta, zest and parsley, which will add some freshness to the dish.
- 04** Mix well before serving immediately with a handful of Parmesan cheese scattered on top.

The word linguine means little tongues in Italian.

- CALS: 402
- PROTEIN: 33g
- Per serving





# COD PROVENÇAL

SERVES 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 260 grams cherry tomatoes, quartered
- 1 garlic clove, crushed
- ½ teaspoon ground fennel seeds
- ½ teaspoon ground black pepper
- 2 tablespoons extra-virgin olive oil
- A pinch salt
- 1 fennel bulb, trimmed with leaves reserved
- ½ lemon, juiced
- 1 leek, thinly sliced
- 450 grams cod, cut into 3 centimetre pieces
- A handful fresh thyme
- 1 tablespoon butter
- 4 teaspoons aniseed liqueur

• CALS: 245

• PROTEIN: 23g

• Per serving

## METHOD

- 01** Begin by preheating your oven to 230°C/450°F/gas 8
- 02** In a large bowl, toss together the tomatoes, garlic, fennel seed, black pepper, olive oil and salt until well combined before setting aside.
- 03** To prepare the fennel bulb, remove the tough outer layer and finely slice it using a mandolin or sharp knife. Add the fennel bulb to a bowl with the leek and lemon juice before mixing well.
- 04** Place the fish on a large sheet of kitchen foil and cover with the tomatoes and fennel bulb mixtures. Top with butter, thyme and a splash of aniseed liqueur. Create a parcel by placing another sheet of foil on top and scrunch the edges of both sheets together.
- 05** Bake the fish parcels for 10 to 15 minutes, or until the fish flakes easily and smells delicious. Scatter over the reserved fennel leaves and serve immediately.

Some great alternatives to cod and slightly more budget friendly options are pollack, coley, hake or whiting.





# SLOW COOKED SPICY BEEF CURRY

SERVES 6

TOTAL TIME: 5 hours

## INGREDIENTS

### • MARINADE:

- 150 millilitres low-fat natural yoghurt
- 1 kilogram lean casserole steak, cut into 3 centimetre pieces
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric

### • CURRY:

- 1 tablespoon olive oil
- 1 white onion, diced
- 2 tablespoons ground coriander
- 1½ tablespoons ground cumin
- 6 cardamom pods
- 1 teaspoon ground turmeric
- 2 teaspoon garam masala
- ½ teaspoon black pepper
- 4 dried Kashmiri chillies
- 1 green chilli, diced
- 3 garlic cloves, crushed
- 1 3 centimetre piece ginger, peeled and grated
- 2 tablespoons tomato paste
- 1 400 gram tin chopped tomatoes
- ½ litre beef stock
- 1 lemon, juiced

• CALS: 267

• PROTEIN: 30g

• Per serving

## METHOD

- 01** Begin by combining the ingredients for the marinade in a large bowl making sure to mix well. Once the marinade has come together, add the steak and massage the marinade into the meat so that it absorbs the delicious flavours. Cover with kitchen wrap and place the steak in the fridge for 2 hours.
- 02** Heat the oil in a large frying pan and cook the marinated steak for 5 minutes until it has sealed. Add the onions to the pan and gently sauté them until they have softened and are turning translucent.
- 03** Add the coriander, cumin, cardamom, turmeric, garam masala, black pepper, Kashmiri chillies, fresh chillies, garlic and ginger to the pan and let them cook for 4 minutes, by which point the spices will smell aromatic.
- 04** Stir in the tomato paste, stock, chopped tomatoes and lemon juice. Bring the sauce to a simmer before transferring the curry to a slow cooker and cook on high for 3 hours.
- 05** Once the meat is tender and the sauce looks rich and moreish, season to perfection. To serve, scatter over some freshly chopped coriander for some added freshness and enjoy





# MUSHROOM BOLOGNESE

SERVES 6

TOTAL TIME: 1 hour 15 minutes

## INGREDIENTS

- 30 grams dried porcini mushrooms
- 2 tablespoons olive oil
- 500 grams chestnut mushrooms, finely diced
- 2 white onions, diced
- 4 garlic cloves, crushed
- 2 carrots, grated
- 2 celery stalks, diced
- A handful thyme leaves, chopped
- 1 teaspoon celery salt
- 1 star anise
- 2 tablespoons tomato purée
- 2 x 400 gram tins chopped tomatoes
- A handful basil, chopped
- 400 grams tagliatelle

- CALS: 350
- PROTEIN: 14g
- Per serving

## METHOD

- 01** Begin by soaking the porcini mushrooms in a bowl of boiling water and setting them aside to rehydrate
- 02** In a large frying pan, heat the olive oil and gently sauté the chestnut mushrooms. The mushrooms will release a lot of liquid so keep cooking until the liquid has evaporated and the mushrooms are soft and golden brown.
- 03** Remove the mushrooms from the pan and add the carrots, onion, garlic and celery. Sauté the vegetables for around 10 minutes, or until they have softened, before adding the herbs, celery salt, star anise and tomato purée.
- 04** Drain the porcini mushrooms and add them to the pan, alongside some of the reserved soaking liquid and the chestnut mushrooms. Combine the ingredients in the pan before adding the chopped tomatoes. Cook the sauce for 30 minutes, by which point it will look luxurious and glossy.
- 05** Meanwhile, cook the pasta until al dente before draining and mixing through the mushroom sauce. To serve, tear over some fresh basil leaves and enjoy





# CHEESY CHICKEN PASTA

SERVES 4

TOTAL TIME: 35 minutes

## INGREDIENTS

- 2 tablespoons olive oil
- 350 grams chicken breasts, chopped into 2 centimetre pieces
- 140 grams Orzo pasta
- 50 grams cheddar cheese, grated
- 2 tablespoons butter
- 60 millilitres milk

## METHOD

- 01** Begin by heating the olive oil in a large frying pan. Add the chicken and cook over a medium heat for around 15 minutes until it has cooked through before setting aside.
- 02** Meanwhile, bring a large saucepan of water to the boil and add the Orzo pasta. Boil the pasta until al dente and drain before returning it to the pot. Add the grated cheese, butter and milk to the pasta and combine until it has formed a smooth and creamy sauce.
- 03** Stir in the cooked chicken and season to perfection with a pinch of salt and black pepper before serving immediately.

Orzo is a rice-shaped pasta that you can cook and serve in much the same way you do rice. That is, you can boil it until the liquid is absorbed, cook it risotto-style, or use the pilaf method.

- CALS: 381
- PROTEIN: 26g
- Per serving

# DESSERTS





**VIRGIN**

If raspberry  
liqueur  
isn't your thing  
this can  
be easily traded  
for a  
tsp of vanilla  
extract.





# RASPBERRY AND CHOCOLATE MOUSSE

SERVES 8

TOTAL TIME: 20 minutes

## INGREDIENTS

- 1 tablespoon raspberry liqueur
- 1 tablespoon milk
- $\frac{3}{4}$  teaspoon gelatine
- 85 grams baking chocolate, roughly chopped
- 4 eggs, separated
- 4 tablespoons sugar
- 1 teaspoon vanilla extract
- A pinch salt

Gelatin is made from animal collagen, but if you're a vegetarian or vegan, you can still make delicious desserts using alternatives such as Agar, Carrageen or vegetable gums

- CALS: 126
- PROTEIN: 4g
- Per serving

## METHOD

- 01** Begin by whisking together the liqueur, milk and gelatine in a small bowl before leaving to set.
- 02** Meanwhile, create a bain-marie by placing a glass bowl atop a saucepan half filled with boiling water. Place the chocolate in the glass bowl and gently whisk until it has completely melted and there are no lumps.
- 03** Put the chocolate to one side and place another glass bowl atop the saucepan. In the bowl, combine the egg yolks, 3 tablespoons of sugar and a pinch of salt. Whisk constantly until the sugar dissolves and then add the gelatine mixture and melted chocolate. Continue to whisk until the gelatine dissolves before removing from the heat
- 04** In a large bowl, beat the egg whites until they form stiff peaks. Once the eggs have reached this consistency, fold them into the chocolate mixture and then divide between 8 ramekins. Refrigerate the chocolate mousses for at least 2 hours before serving and garnish with fresh raspberries or whipped cream.





# CHOCOLATE AND AVOCADO TRUFFLES

SERVES 25

TOTAL TIME: 20 minutes

## INGREDIENTS

- 1 avocado, stoned, peeled and mashed
- 2 tablespoons maple syrup
- 170 grams dark chocolate, melted
- 4 tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 50 grams desiccated coconut

## METHOD

- 01** Begin making this healthy sweet treat by combining the maple syrup, melted chocolate, cocoa powder and mashed avocado in a large bowl. Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.
- 02** Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.
- 03** Once the truffles have hardened, remove from the fridge and enjoy. Any leftover truffles can be kept in the fridge for up to four days in an airtight container.

- CALS: 56
- PROTEIN: 1g
- Per serving





# SPEEDY BLUEBERRY MUFFINS

SERVES 1

TOTAL TIME: 5 minutes

## INGREDIENTS

- 1 tablespoon coconut flour
- 1 tablespoon almond flour
- 1 tablespoon oat flour
- 2 tablespoons granulated sweetener choice
- ½ teaspoon baking powder
- Pinch cinnamon
- 1 large egg
- 1 tablespoon mashed banana or pumpkin
- 1 tablespoon semi-skimmed milk or dairy alternative
- 2-3 tablespoons frozen blueberries

## METHOD

- 01** In a small bowl, combine all the dry ingredients and mix well.
- 02** Add the egg, mashed banana, milk and mix until fully incorporated. Fold in the blueberries making sure you can see a few poking out the top.
- 03** Microwave for 50 seconds (850w).

Although using a concoction of different flours, you can create a nice muffin base mix from the dry ingredients, store it in an airtight container and experiment with some different flavour combinations.

- CALS: 393
- PROTEIN: 15g
- Per serving





# NO BAKE PEANUT BUTTER PROTEIN BARS

SERVES 12

TOTAL TIME: 25 minutes

## INGREDIENTS

- 130 grams natural smooth peanut butter
- 30 grams honey
- 75 grams vanilla whey protein powder
- 60 grams oat flour
- 30 grams chocolate chips

- CALS: 123
- PROTEIN: 8g
- Per serving

## METHOD

- 01** In a large bowl mix the peanut butter and honey. Add in the protein powder and oat flour until it forms a large, slightly dry ball of dough.
- 02** Place a large piece of cling film over an 8 x 8 inch baking tray so that it hangs over the sides and press the mixture into the tray flattening with your hands so it goes right to the edges.
- 03** Place the tray into the freezer for around 20 minutes. Whilst the mix is cooling, melt the chocolate chips in the microwave. Remove the tray from the freezer and using the cling film lift it out and onto a chopping board. Cut evenly into 12 bars and either drizzle or coat them all with the chocolate mix. The bars can be stored in an airtight container in the fridge or freezer.

Oat flour itself can be quite pricey for what it is. Simply pulse regular oats in a blender or food processor until it's a powderlike consistency.



# HAPPY HEALTHY YOU

Recipe Reservoir

