MOVE FORWARD
Natural Health

# HEALTHY TREATS

*Enjoy these healthy treats.*

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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 CHAI PUDDING

# MATCHA CHAI 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 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 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 mins, 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

myfitnesspal

## 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.*

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# 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

- 5/8 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
- 3/8 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

- 1/3 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 1/2 cup of coconut milk and 1/4 a cup of water. Simmer for about 15 mins, 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

myfitnesspal

## 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

myfitnesspal

## 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 mins) – 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.*

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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

myfitnesspal

## WHAT YOU NEED

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- 1/2 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 mins, 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

myfitnesspal

## 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 2/3 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.*

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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

myfitnesspal

## WHAT YOU NEED

- 1 1/2 cups (140g) rolled oats
- 1 tsp. baking powder
- 1/4 cup (60ml) honey
- 1 egg
- 1 cup (235ml) almond milk
- 1/2 cup (120g) natural peanut butter
- 8 tsp. raspberry jam

## WHAT YOU NEED TO DO

*Heat the oven to 350˚F (180C). 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.*

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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
- 1/3 cup (65g) coconut sugar
- 2 large eggs
- 5/8 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 375F (190C). 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

myfitnesspal

## WHAT YOU NEED

- 1 7/8 cups (225g) buckwheat flour
- 3 eggs
- 1 tsp. cinnamon
- 1 banana
- 1 apple, peeled, cored and chopped
- 1 ½ tsp. baking powder
- 2/3 cup (150ml) coconut or almond milk
- ½ cup (100g) 75% dark chocolate

## WHAT YOU NEED TO DO

*Preheat the oven to 370 F (190C).*

*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.*

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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

myfitnesspal

## 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 350F (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 mins. 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
- 1/2 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 360F (180C) and grease a 23cm 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.*

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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

myfitnesspal

## WHAT YOU NEED

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) 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 (180 ml) unsweetened almond milk
- 1 ¼ cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

## WHAT YOU NEED TO DO

*Preheat the oven to 350F (180C). 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 mins, until firm and golden.*

*Remove from the oven and let cool completely before serving.*

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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

myfitnesspal

## WHAT YOU NEED

**Wet ingredients:**

- 1 cup (240ml) almond milk, at room temp.
- 1/3 cup (80g) coconut oil
- 2/3 (125g) coconut sugar
- 2 tbsp. lemon juice

**Dry ingredients:**

- zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1¾ 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 lb 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).*

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# 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 360F (180C).*

*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 min until golden brown.*

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# 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

myfitnesspal

## WHAT YOU NEED

- 1/3 cup (100g) honey
- 1/4 cup (65g) peanut butter
- 1/4 cup (50g) coconut oil
- 1 tsp. vanilla extract
- pinch salt
- 1/2 cup (70g) almonds, chopped
- 2 cups (185g) rolled oats
- 3/8 cup (65g) dark chocolate, chopped

## WHAT YOU NEED TO DO

*Prepare an 8 x 8 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.*

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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.*

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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.*

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# 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 mins.*

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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

- 1/3 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 mins to allow the chocolate to set, then remove and enjoy.*

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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.*

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# 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

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## 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.*

MOVE FORWARD Natural Health

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.*

MOVE FORWARD Natural Health

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. lemon juice, 4 tbsp. yogurt and 4 tbsp. 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).*

MOVE FORWARD Natural Health

# CURRIED NUT MIX

# CURRIED NUT MIX

*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 300F (150C). 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).*

MOVE FORWARD Natural Health