



# THE MUM GYM

FITNESS FOR MUMS AND MUMS TO BE

## RECIPE PACK No. 3

*15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

[www.themumgym.com](http://www.themumgym.com)



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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



# SAMPLE WEEKLY MEAL PLANNER

## MONDAY

### BREAKFAST

Zucchini & Kale  
Breakfast Bake

### LUNCH

Mini Sweet Potato  
Chicken Pesto  
Pizza

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Beef and Carrot  
Stew

## TUESDAY

### BREAKFAST

Zucchini & Kale  
Breakfast Bake

### LUNCH

Mini Sweet Potato  
Chicken Pesto Pizza

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Beef and Carrot  
Stew

## WEDNESDAY

### BREAKFAST

Avocado and  
Smoked Salmon  
Toast

### LUNCH

High Protein  
Turkey Salad

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Spicy Thai  
Chicken Curry

## THURSDAY

### BREAKFAST

Avocado and  
Smoked Salmon  
Toast

### LUNCH

High Protein  
Turkey Salad

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Spicy Thai  
Chicken Curry

## FRIDAY

### BREAKFAST

Avocado and  
Berry Smoothie

### LUNCH

Thai Chicken  
Soup

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Baked Pork  
Meatballs with  
Ginger and Fish  
Sauce

## SATURDAY

### BREAKFAST

Breakfast Patties

### LUNCH

Thai Chicken  
Soup

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Meal Out – Enjoy!

## SUNDAY

### BREAKFAST

Breakfast Patties

### LUNCH

Zucchini  
Pancakes

### SNACK

E.g. Flourless Kidney  
Bean Brownie, Lime &  
Cranberry Energy Balls,  
Orange Bread,  
Avocado and Berry  
Smoothie

### DINNER

Baked Moroccan  
Spiced Fish

# WEEKLY SHOPPING LIST

## FRUITS & VEGETABLES

### Fruits

- 1x avocado
- 2x bananas
- 3x lemons
- 2x limes
- 2x oranges

### Vegetables

- 5x carrots
- 2x celery stalks
- 10.5 oz. (300g) cherry tomatoes
- 2x bulbs garlic
- 7 oz. (200g) green beans
- bunch spring onion
- bunch kale
- 2x stalks lemongrass
- 4 oz. (120g) mushrooms
- 2x red bell peppers
- 1x yellow bell pepper
- 5x zucchinis
- red hot chili
- 1 lb. (450g) potatoes
- 2x sweet potatoes
- 1x red onion
- 3x white onions
- root ginger
- beansprouts

### Dried

- prunes
- cranberries (9oz./260g)
- 10x dates

### Fresh Herbs:

- dill
- parsley
- coriander
- rosemary
- thyme
- 6x kaffir lime leaves

### Frozen:

- berries

## MEAT, FISH AND CHEESE

### Meats

- 2.6 lb. (1.2 kg) chicken breast
- 7oz.(200g) cooked chicken breast
- 9.8oz. (280g) cooked turkey breast
- 1 lb. (450g) lean turkey mince
- 2 lb. (900g) lean pork mince
- 1 lb. (450g) stewing beef/beef chuck

### Fish and Seafood

- 1.5 lb. (680g) sea bass fillets (4 fillets)
- 3.5 oz (100g) smoked salmon

### Cold

- cheddar cheese
- feta cheese
- 2 oz. (60g) mozzarella ball
- 2 oz. (60g) cream cheese
- 13x eggs
- large Greek yogurt
- almond milk, unsweetened

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## SEEDS, BAKING AND SPICES

### Grains

- plain flour
- almond flour
- buckwheat flour
- whole wheat flour

### Nuts & Seeds

- 70g almonds
- ground flax seeds
- desiccated coconut

### Dried Herbs and Spices

- bay leaf
- chili flakes
- chili powder
- ground coriander
- ground cumin
- dried basil
- garlic powder
- dried sage
- onion powder
- dried oregano
- dried dill
- cloves
- juniper berries
- saffron
- black pepper
- \_\_\_\_\_
- \_\_\_\_\_
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## CANS, CONDIMENTS & MISC

### Oils

- olive oil
- coconut oil

### Sweeteners

- coconut sugar
- honey

### Boxed, Cans & Condiments

- beef stock
- bread crumbs
- vermicelli noodles
- 13.5 oz (400ml) tinned coconut milk
- chicken stock
- 2x tinned red kidney beans
- tomato paste
- chili paste
- applesauce, unsweetened
- Dijon mustard
- fish sauce
- mayonnaise
- basil (green) pesto
- Kalamata olives
- red wine vinegar
- white wine vinegar
- Thai red curry paste
- red wine

### Other

- bread
- baking soda
- baking powder
- cocoa powder
- dark chocolate
- salt

# ZUCCHINI AND KALE BREAKFAST BAKE



# ZUCCHINI AND KALE BREAKFAST BAKE



Serves: 6  
Prep: 15 mins  
Cook: 30 mins



Nutrition per  
serving:  
208 kcal  
12g Fats  
13g Carbs  
13g Protein  
3g Fiber



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## WHAT YOU NEED

- 6 eggs
- ½ cup (60ml) almond milk, unsweetened
- ½ cup (60g) buckwheat flour
- ½ tsp. baking powder
- ¼ tsp. salt
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. dried dill
- 2 medium zucchinis, shredded
- 1 onion, finely chopped
- 1 cup kale (70g), chopped
- 1 cup (115g) cheddar cheese, grated

## WHAT YOU NEED TO DO

*Preheat the oven to 375°F (190°C).*

*Grease a 9x9 inch (22x22cm) baking tray with oil and set aside.*

*In a large bowl, combine all the ingredients, mixing well to combine. Pour into the baking tray and bake for 30-35 minutes, until the center is cooked and an inserted toothpick comes out clean.*

*Allow to cool before slicing. Store in the fridge, in an airtight container, for up to 4 days.*



# AVOCADO AND SMOKED SALMON TOAST



# AVOCADO AND SMOKED SALMON TOAST



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
457 kcal  
36g Fats  
23g Carbs  
14g Protein  
8g Fiber



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## WHAT YOU NEED

- 2 slices toast
- 3.5 oz. (100g) smoked salmon
- 1 avocado
- 1 clove garlic
- juice of ½ lemon
- 1 tbsp. olive oil
- 1 tbsp. dill, chopped
- 2 tbsp. mayonnaise
- 1 tbsp. Greek yogurt
- salt and pepper

## WHAT YOU NEED TO DO

*Place the 2 slices of bread into a toaster and toast.*

*Peel the garlic and cut it in half. Take one half of the garlic and rub it over each slice of toasted bread. Then grate this piece finely and use it for the guacamole. At this point you can also grate the other half of the garlic which will be used in the sauce.*

### **Guacamole:**

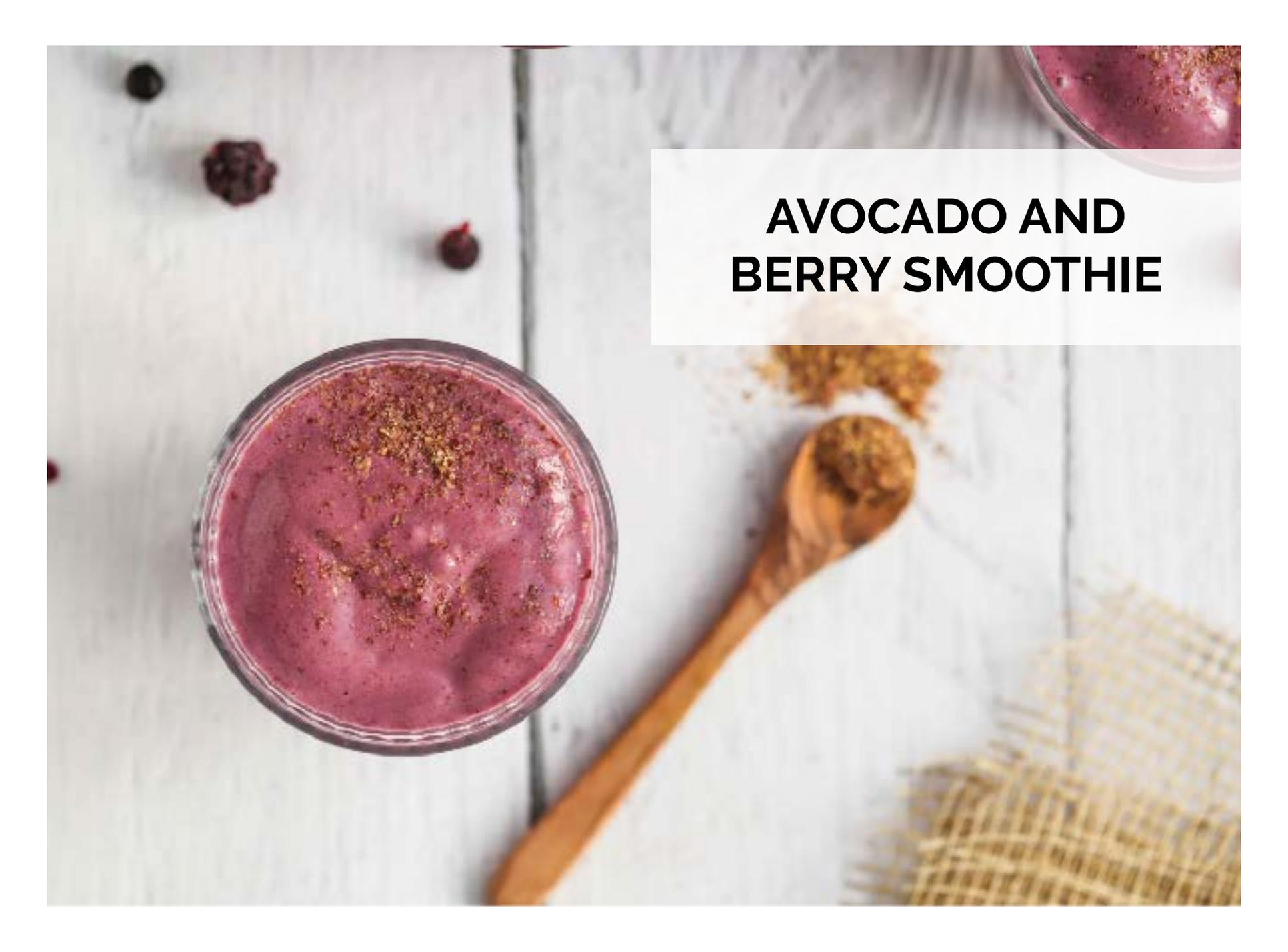
*Cut the avocado in half lengthwise, remove the stone, then remove the flesh with a spoon. Cut the flesh into cubes and place in a bowl, add in the grated garlic, sprinkle with a teaspoon of lemon juice, a teaspoon of olive oil and season with salt and pepper. Stir and partially mash everything together with a fork.*

*Spread the guacamole over the toasts. Top with pieces of smoked salmon, drizzle with lemon juice, and season with freshly ground pepper.*

### **Sauce:**

*Mix the mayonnaise with yogurt, a teaspoon of lemon juice, grated half of garlic, and season to taste with salt and pepper. Finally add a teaspoon of finely chopped dill and mix. Drizzle the sauce over the toast, and garnish with additional dill. Serve immediately.*





**AVOCADO AND  
BERRY SMOOTHIE**

# AVOCADO AND BERRY SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
166 kcal  
10g Fats  
18g Carbs  
3g Protein  
7g Fiber



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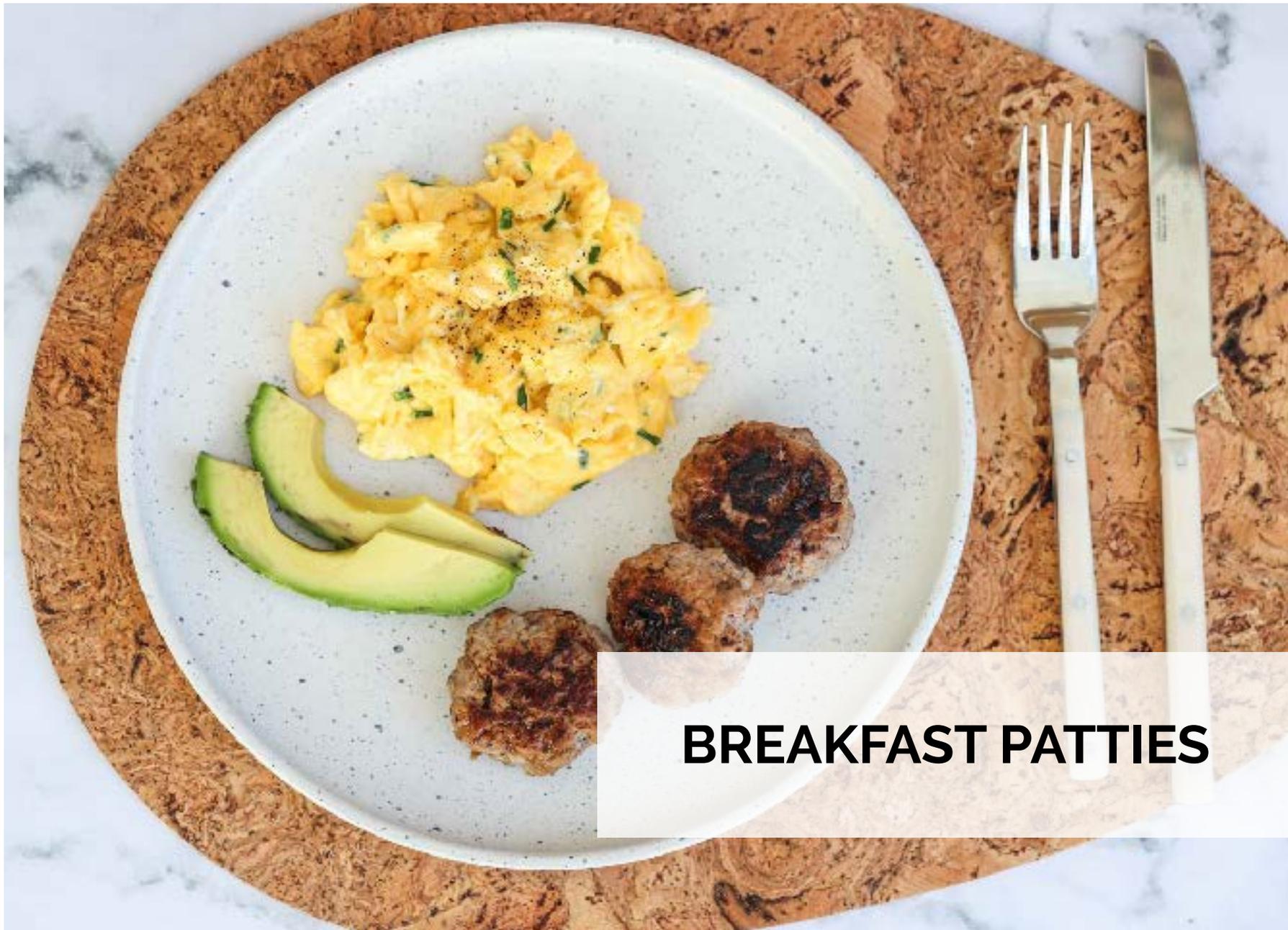
## WHAT YOU NEED

- ½ ripe avocado, flesh only
- 1 cup (125g) frozen berries
- 1 ½ cups (350ml) almond milk
- 2 tsp. honey
- 1 tbsp. ground flaxseeds

## WHAT YOU NEED TO DO

*Place all the ingredients into a high-speed blender and blend until smooth and creamy. Divide the smoothie mixture between 2 glasses and serve immediately.*





# **BREAKFAST PATTIES**

# BREAKFAST PATTIES



Makes: 16  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
110 kcal  
7g Fats  
2g Carbs  
10g Protein  
0g Fiber



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## WHAT YOU NEED

- 1 tbsp. sage
- 1 ½ tsp. salt
- 1 tsp. dried basil
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. dried oregano
- pinch of chili flakes
- ground black pepper, to taste
- 1 lb. (450g) lean pork mince
- 1 lb. (450g) turkey mince
- 1 tbsp. honey

## WHAT YOU NEED TO DO

Place all the ingredients into a large mixing bowl and use your hands to mix until well combined. Form the mixture into 16 balls and then flatten a little to form patties.

Heat a non-stick frying pan over medium-high heat. Cook the patties for 5-8 minutes on one side, until browned. Then flip them over and cook for a further 5 minutes until browned on the second side and cooked through.

**Serving suggestion:** Scrambled Eggs & Avocado

Nutrition information is for 1 patty.



# THAI CHICKEN SOUP



# THAI CHICKEN SOUP



Serves: 4  
Prep: 20 mins  
Cook: 40 mins



Nutrition per serving:  
490 kcal  
13g Fats  
46g Carbs  
47g Protein  
3g Fiber



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## WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 onion, diced
- 2 tbsp. ginger, peeled and finely chopped
- 2 lemon grass stalks, very finely chopped
- 4 cloves garlic, chopped
- 8 cups (1.9L) chicken stock
- 1 tsp. salt
- 6 kaffir lime leaves
- 1 ½ lbs. (680g) chicken breast, bite-size pieces
- 4 oz. (120g) mushrooms, sliced
- 1 tbsp. fish sauce, plus more to taste
- ½ lime, juiced, plus more to taste
- 2-3 tsp. chili paste, to taste (optional)
- 6oz. (170g) vermicelli rice noodles

### To garnish:

- coriander, chopped
- spring onions, sliced
- lime wedges
- bean sprouts

## WHAT YOU NEED TO DO

Heat the oil in a large saucepan over a medium-high heat. Add the onion and sauté for 2-3 minutes, until softened. Add in the ginger, and cook for a further 2 minutes. Next add the lemongrass and garlic and continue cooking for around 3-5 minutes.

Add in the chicken stock, salt and lime leaves. Bring to a boil, then turn down the heat and simmer gently, uncovered for around 10-15 minutes. In the meantime, cook the noodles according to instructions on the packaging.

Next add in the chicken, and simmer for a further 5 minutes, before adding the mushrooms and simmering for a further 7-8 minutes.

Finally, add the fish sauce, lime juice and chili paste. Taste for seasoning, adding more salt, lime juice, fish sauce and chili paste if required.

Serve immediately with the rice noodles and garnished with coriander, spring onions, bean sprouts and lime wedges.

**TIP:** For kaffir lime leaves, check the Asian section in the supermarket or the frozen section of the Asianmarket, if you cannot find fresh.



# ZUCCHINI PANCAKES



# ZUCCHINI PANCAKES



Makes: 12  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
236 kcal  
14g Fats  
19g Carbs  
12g Protein  
4g Fiber



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## WHAT YOU NEED

### For the pancakes:

- 3 medium zucchinis, grated
- 1 large egg, beaten
- ½ cup (60g) buckwheat flour
- ½ cup (70g) feta cheese, crumbled
- 3 spring onions, chopped
- 5 sprigs dill, chopped
- 1 tsp. baking powder
- ½ tsp. salt (plus extra ½ tsp. salt for extracting moisture from zucchinis)

### For the sauce:

- ⅔ cup (160g) Greek yogurt
- 2 cloves garlic, minced
- ½ tsp. salt
- 2 tbsp. olive oil

## WHAT YOU NEED TO DO

Place the zucchini in a colander over a large bowl, and mix with ½ teaspoon salt. Allow to drain for five minutes, then transfer onto a kitchen cloth, and squeeze to extract as much moisture as possible (the zucchini will shrink to about half the size).

In a large mixing bowl, combine the zucchini with the egg. Add the buckwheat flour, ½ teaspoon salt, feta cheese, spring onion, dill, baking powder and ½ teaspoon freshly ground black pepper. Mix well to combine thoroughly.

Heat 1 tablespoon of olive oil in a large, non-stick frying pan over medium heat. Fry the first batch of the pancakes by placing heaping tablespoons of the batter into the pan. Do not be tempted to add too many pancakes at once as they will stick together.

Fry until golden on one side for about 6-7 minutes, then turn and fry again until golden on the other side. Repeat the process with the remaining batter, adding a little oil to the pan as you go to keep the pancakes from sticking.

In a small bowl, combine the yogurt, garlic and salt. Mix well, and serve alongside the pancakes.

**TIP:** The batter should make 12 pancakes, 3 per portion.





**HIGH-PROTEIN  
TURKEY SALAD**

# HIGH-PROTEIN TURKEY SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
350 kcal  
20g Fats  
17g Carbs  
26g Protein  
3g Fiber



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## WHAT YOU NEED

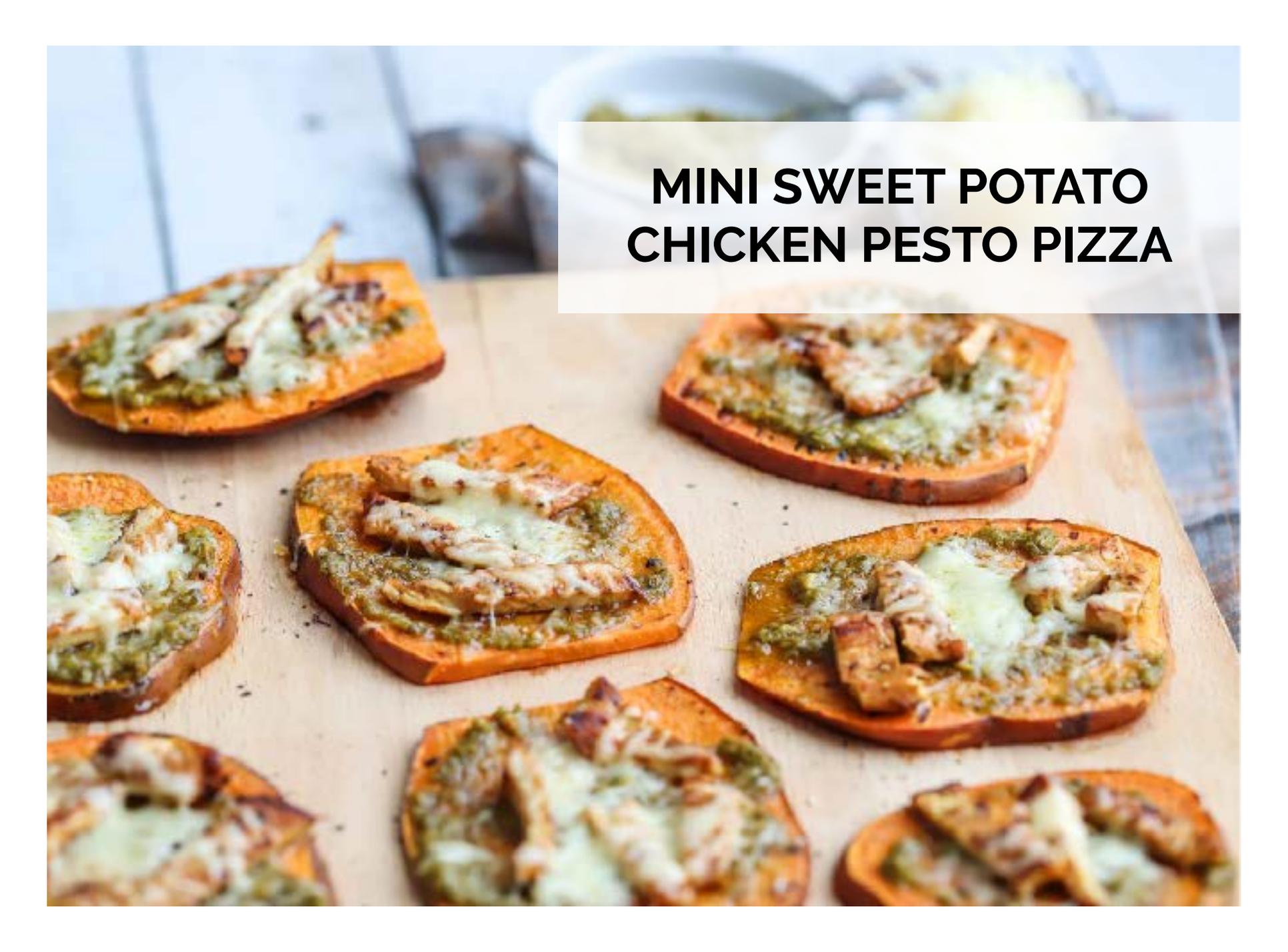
- 10 oz. (280g) cooked turkey breast, chopped
- 2 celery stalks, chopped
- 1 red onion, diced
- ½ cup (60g) dried cranberries, unsweetened
- ½ cup (70g) roasted almonds, chopped
- 4 tbsp. mayonnaise
- 4 tbsp. Greek yogurt
- 1 tbsp. lemon juice
- 2 tsp. Dijon mustard
- salt and pepper

## WHAT YOU NEED TO DO

*Place all the ingredients in a large bowl, season with salt and pepper and mix until well combined.*

*Serve the salad immediately with salad leaves, in a wrap or sandwich. Store any leftover salad in an airtight container in the fridge for 3-5 days.*



A photograph of several mini sweet potato chicken pesto pizzas arranged on a wooden cutting board. Each pizza is a slice of a sweet potato, topped with a green pesto sauce, melted white cheese, and pieces of cooked chicken. In the background, a white bowl containing more pesto is visible. The text 'MINI SWEET POTATO CHICKEN PESTO PIZZA' is overlaid in a white box in the upper right quadrant of the image.

# MINI SWEET POTATO CHICKEN PESTO PIZZA

# MINI SWEET POTATO CHICKEN PESTO PIZZA



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
265 kcal  
14g Fats  
15g Carbs  
21g Protein  
2g Fiber



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## WHAT YOU NEED

- 2 large sweet potatoes
- 1/3 cup (60g) basil (green) pesto
- 1/2 cup (55g) mozzarella, grated
- 1 tbsp. olive oil
- 7 oz. (200g) cooked chicken breast
- salt and pepper

## WHAT YOU NEED TO DO

*Preheat the oven to 375°F (190°C) and line a large baking tray with baking paper or foil.*

*Slice the sweet potatoes lengthwise (1/4 inch thick) and rub with olive oil, then season with salt and pepper.*

*Place the sweet potato slices on the baking tray and cook in the oven for 10 minutes. Remove from the oven, flip and top each slice with pesto, chicken and mozzarella cheese.*

*Return the tray to the oven and bake for a further 10 minutes or until the cheese has melted. Remove from the oven and garnish with basil leaves. Serve immediately.*





**BEEF AND  
CARROT STEW**

# BEEF AND CARROT STEW



Serves: 4  
Prep: 15 mins  
Cook: 2 hrs



Nutrition per serving:  
330 kcal  
13g Fats  
19g Carbs  
28g Protein  
4g Fiber



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## WHAT YOU NEED

- ¼ cup (30g) plain flour
- ¼ tsp. ground black pepper
- 1 lb. (450g) beef chuck, or similar stewing beef, trimmed and cubed
- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 cup (240ml) red wine
- 3 cups (700ml) beef stock
- 1 onion, peeled and chopped
- 5 carrots, peeled and cut into chunks
- 2 tsp. salt

### **Bouquet garni (secured in cheesecloth or spice bag):**

- 2 bay leaves
- 2 sprigs thyme
- 2 sprigs rosemary
- 6 juniper berries
- 3 whole cloves

## WHAT YOU NEED TO DO

Combine the flour and black pepper in a bowl. Add in the cubes of beef and toss in the flour to coat.

Heat the olive oil in a large saucepan and brown the beef on all sides. Do this in two batches if necessary as overcrowding the pan stops the beef from browning properly.

Add in the vinegar and red wine and cook over a medium-high heat for 2-3 minutes. Next add the beef stock and bouquet garni. Bring to a boil, then reduce the heat to a gentle simmer. Cover the pan and cook for about 1 ½ hours, until the beef is tender.

Add the onions and carrots and simmer, covered, for another 30 minutes adding more beef stock if it is starting to look too dry.

Once the carrots are tender, remove the bouquet garni, and season the stew with salt and pepper to taste.

**Tip:** If the stew looks too watery, remove the beef from the pan, and blend part of the stew with a hand blender until you have reached the desired consistency.

**Serving suggestion:** potatoes, rice, bread





**SPICY THAI  
CHICKEN CURRY**

# SPICY THAI CHICKEN CURRY



Serves: 4  
Prep: 15 mins  
Cook: 20 mins



Nutrition per serving:  
411 kcal  
24g Fats  
19g Carbs  
29g Protein  
2g Fiber



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, cut into pieces
- 2 tbsp. Thai red curry paste
- 13 oz. (400ml) can coconut milk
- 3 tbsp. fish sauce
- 1.5 tbsp. coconut sugar
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 7 oz. (200g) green beans, cut in half
- 2 tbsp. lime juice
- salt and pepper

## WHAT YOU NEED TO DO

*Heat the coconut oil in a large deep saucepan over medium-high heat and cook the chicken for 2-3 minutes until browned.*

*Add in the curry paste, and mix well until the chicken is coated in the paste. Next add in the coconut milk, fish sauce and sugar, mix well.*

*Add the vegetables to the pan and bring to the boil. Now, reduce the heat to low and simmer gently for 15 minutes, until the vegetables are tender.*

*Once ready, taste for seasoning, and add a little more salt, pepper and fish sauce if required. Add in the lime juice and serve with cooked rice.*

### **Note:**

*\*rice is not included within nutrition information*



# **BAKED PORK MEATBALLS WITH GINGER AND FISH SAUCE**



# BAKED PORK MEATBALLS WITH GINGER AND FISH SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 16 mins



Nutrition per serving:  
313 kcal  
19g Fats  
13g Carbs  
23g Protein  
1g Fiber



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## WHAT YOU NEED

- 2 tbsp. ginger, grated
- 3 cloves garlic, minced
- 1 red chili, diced, seeds removed
- 2 spring onion, sliced
- 1 tbsp. fish sauce
- ½ tsp. salt
- ¼ tsp. ground black pepper
- ½ cup (55g) breadcrumbs
- 1 lb. (450g) lean pork mince

## WHAT YOU NEED TO DO

*Preheat the oven to 425°F (220°C) and either grease a roasting dish or line a baking tray with baking paper.*

*In a large bowl, combine all the ingredients and mix well using your hands.*

*Roll the mixture into 12 meatballs and arrange in the roasting dish or baking tray.*

*Bake the meatballs for 16 minutes until golden and cooked through. Serve warm.*

**Serving suggestion:** cooked rice, coriander, lime



# BAKED MOROCCAN SPICED FISH



# BAKED MOROCCAN SPICED FISH



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
448 kcal  
13g Fats  
47g Carbs  
38g Protein  
7g Fiber



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## WHAT YOU NEED

- 2 cloves garlic, minced
- 1 tbsp. parsley leaves, finely chopped
- 1 tbsp. coriander leaves, finely chopped
- 1 tsp. ground cumin
- 1 tsp. chili powder
- pinch saffron, crushed
- 2 tbsp. white wine vinegar
- juice of 1 lemon
- 2 tbsp. tomato paste
- 4 sea bass fillets (1.5 lbs./ 680g)
- 1 lb. (450g) potatoes, peeled, cut into ½ inch (1.3cm) slices
- 1 red bell pepper, sliced
- 2 cups (300g) cherry tomatoes, halved
- 2 oz. (60g) Kalamata olives
- 2 tbsp. olive oil
- salt and pepper

## WHAT YOU NEED TO DO

Combine the garlic, parsley, coriander, cumin, paprika, saffron, vinegar, lemon juice and tomato paste in a dish that is big enough to marinate the fish fillets in. Add the fish fillets to the dish and coat them with the paste. Cover and set aside to marinate while you prepare the vegetables.

Place the sliced potatoes in a saucepan and cover with water. Bring to the boil, then reduce the heat and simmer for 10 minutes, then drain and set aside.

Grease a baking dish or tray with a little of the olive oil. Heat the oven to 350°F (180°C).

Spread the potatoes in the bottom of the dish, season with salt and pepper, and place fish fillets on top.

Scatter over the sliced peppers, halved cherry tomatoes and olives. Drizzle with the olive oil, any remaining marinade and season with salt and pepper.

Bake for about 30 minutes, until fish is just cooked through. Serve immediately.

**Tip:** If you have time, the fish can be marinated for longer: 2 hours at room temperature or 3 hours refrigerated.



# ORANGE BREAD



# ORANGE BREAD



Serves: 12  
Prep: 20 mins  
Cook: 50 mins



Nutrition per  
serving:  
170 kcal  
5g Fats  
31g Carbs  
2g Protein  
3g Fiber



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## WHAT YOU NEED

### Dry:

- 1 ½ cups (180g) whole wheat flour
- ⅓ cup. (60g) coconut sugar
- 1 tsp. baking soda
- ⅛ tsp. salt
- 2 tbsp. orange zest
- 1 cup (120g) cranberries, dried, unsweetened

### Wet:

- 2 eggs
- 4 tbsp. honey
- 4 tbsp. almond milk, unsweetened
- 1 cup (250g) applesauce, unsweetened
- 2 tbsp. coconut oil, melted

### Glaze:

- 2 oz. (60g) cream cheese, softened
- 1 tbsp. orange juice
- 1 tsp. orange zest
- ½ tbsp. honey

## WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C) and prepare a bread tin lined with baking paper.

Place all the dry ingredients into a medium bowl and mix to combine.

In a second large bowl whisk the eggs. Add the honey, almond milk, applesauce, and mix thoroughly. Now add in the dry ingredients and mix well. Add in coconut oil and mix again.

Pour the batter into the bread tin and bake for 45-50 minutes or until the center is fully cooked and a toothpick inserted into the center of the bread comes out clean. In the meantime, prepare the glaze.

Place the cream cheese into a bowl and heat in the microwave for 20 seconds until softened, then mix until smooth. Add the rest of the glaze ingredients, mix together and set aside.

Once baked, remove the bread from the oven and allow to cool completely before spreading the glaze over the top.

This bread can be left in an airtight container in the fridge for 3-5 days.



# LIME AND CRANBERRY ENERGY BALLS



# LIME AND CRANBERRY ENERGY BALLS



Makes: 12  
Prep: 20 mins  
Cook: 0 mins



Nutrition per serving:  
135 kcal  
11g Fats  
10g Carbs  
2g Protein  
2g Fiber



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## WHAT YOU NEED

- $\frac{2}{3}$  cup (80g) cranberries, dried, unsweetened
- 1 cup (80g) desiccated coconut
- 1 cup (95g) almond meal
- 2 tbsp. coconut oil
- 1 tbsp. honey
- 1  $\frac{1}{2}$  tsp. lime zest
- 1 tbsp. lime juice

## WHAT YOU NEED TO DO

*Place the cranberries into a food processor or high-speed blender and process until finely chopped.*

*Add the remaining ingredients and blitz until the mixture comes together. Roll into 12 balls.*

*Store the balls in an airtight container in the fridge for up to 2 weeks.*





**FLOURLESS KIDNEY  
BEAN BROWNIE**

# FLOURLESS KIDNEY BEAN BROWNIE



Serves: 12  
Prep: 15 mins  
Cook: 40 mins



Nutrition per serving:  
221 kcal  
9g Fats  
31g Carbs  
7g Protein  
7g Fiber



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## WHAT YOU NEED

### **Brownie:**

- 17 oz. (500g) tinned kidney beans, drained weight
- 10 dates, pitted
- 5 tbsp. cocoa powder, unsweetened
- 5 tbsp. honey
- 1 ½ tsp. baking powder
- 4 eggs
- 3 tbsp. coconut oil
- 2 bananas
- 10 prunes, chopped

### **Glaze:**

- 3.5 oz. (100g) dark chocolate (75%)
- 4 tbsp. almond milk

## WHAT YOU NEED TO DO

*Preheat the oven to 350°F (180°C). Line a 8x12 inch (20x30cm) baking tin with baking paper.*

*Rinse and drain the beans then place in a food processor along with the dates, cocoa, honey and baking powder. Blitz together.*

*Add in the eggs, coconut oil and bananas and blend until smooth. Finally add chopped prunes and mix with a spoon.*

*Pour the batter into the prepared baking tin and bake for 40 minutes. Remove from the oven and place on a wire rack to cool.*

### **To make the glaze:**

*Break the chocolate into cubes and place into a bowl. Add in the almond milk and melt it in a microwave for 30-60 seconds. Alternatively place the bowl over a pan of boiling water and stir until smooth. Once the brownie has completely cooled, pour the glaze over the top and allow a few minutes to set.*

