



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.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  GF Gluten Free
-  DF Dairy Free
-  LC Low Carb (under 20g serving)
-  MP Meal Prep/Freezer Friendly
-  HP High Protein (over 20g per serving)
-  V Vegetarian
-  Q Quick (under 30 mins)
-  N Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Zucchini & Kale Breakfast Bake	BREAKFAST Zucchini & Kale Breakfast Bake	BREAKFAST Avocado and Smoked Salmon Toast	BREAKFAST Avocado and Smoked Salmon Toast	BREAKFAST Avocado and Berry Smoothie	BREAKFAST Breakfast Patties	BREAKFAST Breakfast Patties
LUNCH Mini Sweet Potato Chicken Pesto Pizza	LUNCH Mini Sweet Potato Chicken Pesto Pizza	LUNCH High Protein Turkey Salad	LUNCH High Protein Turkey Salad	LUNCH Thai Chicken Soup	LUNCH Thai Chicken Soup	LUNCH Zucchini Pancakes
SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie	SNACK E.g. Flourless Kidney Bean Brownie, Lime & Cranberry Energy Balls, Orange Bread, Avocado and Berry Smoothie
DINNER Beef and Carrot Stew	DINNER Beef and Carrot Stew	DINNER Spicy Thai Chicken Curry	DINNER Spicy Thai Chicken Curry	DINNER Baked Pork Meatballs with Ginger and Fish Sauce	DINNER Meal Out – Enjoy!	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

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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
- ☐ _____
- ☐ _____
- ☐ _____

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



GF

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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



Q



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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.



A top-down photograph of a vibrant pink smoothie in a glass jar, topped with a dusting of brown powder. The jar sits on a white wooden surface. Scattered around are fresh berries (blackberries and raspberries), a wooden spoon with more powder on it, and a piece of burlap fabric. A white text box is overlaid on the right side of the image.

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



GF

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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



09953857

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



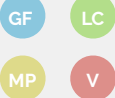
ZUCCHINI PANCAKES



Makes: 12
Prep: 10 mins
Cook: 20 mins



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



05730957

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.



A close-up photograph of a light blue bowl filled with a creamy turkey salad. The salad contains chunks of white turkey meat, small green cucumber cubes, and dried red cranberries. To the left of the bowl, a piece of rustic, golden-brown bread with a white flour dusting is visible on a wooden surface. The background is a neutral, light-colored wooden table.

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



02246420

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 made from a slice of sweet potato, topped with green pesto, melted cheese, and pieces of cooked chicken. In the background, a white bowl containing more pesto and a metal spoon are visible on a light-colored wooden surface.

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
- $\frac{1}{3}$ cup (60g) basil (green) pesto
- $\frac{1}{2}$ 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 ($\frac{1}{4}$ 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.



A top-down photograph of a rustic meal. A large, round, terracotta-colored bowl is filled with a thick, orange-brown stew. The stew contains visible chunks of meat and vegetables. To the left of the bowl, a wooden cutting board holds a sprig of fresh thyme and several dark blueberries. A wooden spoon with a smooth, curved head lies on a light-colored, textured cloth that has dark stripes. The entire scene is set against a background of light-colored, weathered wooden planks.

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



04686354

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



GF

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LC

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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



06609122

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



GF

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HP



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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



09265998

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.

