

SLENDERIZ
PROGRAMME
RECIPES

Try them out for a delicious body transformation journey!

VOLUME

When measuring liquid, cooking measurements are quite straightforward:

Metric	Imperial	US Cups
250 ml	8 fl oz	1 cup
180 ml	6 fl oz	3/4 cup
150 ml	5 fl oz	2/3 cup
120 ml	4 fl oz	1/2 cup
75 ml	2 1/2 fl oz	1/3 cup
60 ml	2 fl oz	1/4 cup
30 ml	1 fl oz	1/8 cup
15 ml	1/2 fl oz	1 tablespoon

WEIGHT

Check this chart for basic imperial to metric conversions:

Imperial	Metric
1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
15 oz	425g
1 lb	450g

TABLESPOON CONVERSION

1 dessertspoon = 2 teaspoons
3 teaspoons = 1 tablespoon
1 teaspoon = 5 ml
2 teaspoons = 10 ml
1 tablespoon = 15 ml
2 tablespoons = 30 ml
3 tablespoons = 45 ml
4 tablespoons = 60 ml
5 tablespoons = 75 ml
6 tablespoons = 90 ml
7 tablespoons = 105 ml

TABLESPOONS TO US CUPS

1 tablespoon = 1/16 cup
2 tablespoons = 1/8 cup
4 tablespoons = 1/4 cup
5 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
10 tablespoons = 2/3 cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup

WEIGHT OF COMMON INGREDIENTS

PLAIN FLOUR AND ICING SUGAR

US Cups	Metric	Imperial
1/8 cup	15g	1/2 oz
1/4 cup	30g	1 oz
1/3 cup	40g	1 1/2 oz
1/2 cup	65g	2 1/4 oz
2/3 cup	85g	3 oz
3/4 cup	95g	3 1/4 oz
1 cup	125g	4 1/2 oz

PORRIDGE OATS

US Cups	Metric	Imperial
1/8 cup	10g	1/3 oz
1/4 cup	20g	3/4 oz
1/3 cup	30g	1 oz
1/2 cup	45g	1 1/2 oz
3/4 cup	60g	2 1/4 oz
1 cup	85g	3 oz

BUTTER AND MARGARINE

US Cups	Metric	Imperial
1/8 cup	25g	1 oz
1/4 cup	60g	2 oz
1/3 cup	75g	3 oz
1/2 cup	110g	4 oz
2/3 cup	150g	5 1/4 oz
3/4 cup	180g	6 1/4 oz
1 cup	225g	8 oz



QUICK CONVERSIONS

- 1 cup chopped walnuts or pecans = 125g
- 1 cup walnut or pecan halves = 100g
- 1 cup desiccated coconut = 75g
- 1 tablespoon baking powder = 15g
- 1 tablespoon salt = 18g

COOKING OIL	SMOKE POINT TEMPERATURE
Avocado oil	270 C
Coconut Oil	250 C
Olive Oil	190 C
Rapeseed Oil (Canola)	200 C
Safflower Oil	160 C
Sunflower Oil	110 C
Vegetable Oil - Blends	150 C

It is preferable to use coconut oil where possible when cooking to avoid the smoke around the food during high temperature cooking.

NOTE: All the recipes are "Slenderiiz approved" and some of the recipes are marked as "maintenance" recipes as they are slightly higher calorie and higher GI, therefore are better to use towards the end of the transformation journey.



-  GF = Gluten-free
-  VEGETARIAN = Contains eggs
-  V = Vegan
-  DF = Dairy Free
-  NF = Nut Free

BREAKFAST RECIPES FOR THE SLENDERIIZ PROGRAMME



EGG CREPES AND JACK FRUIT BREAKFAST ROLLS



INGREDIENTS:

CREPES

- 2 large eggs
- ¼ tsp. salt
- 1 cup buckwheat flour OR unbleached all-purpose gluten-free flour
- 1 ¼ cups almond milk
- Melted coconut oil, for cooking

MUSHROOM SPINACH FILLING

- 3 ½ tbsp. coconut oil
- 4 cups shiitake mushrooms, sliced
- 2 tbsp. minced shallots
- 1 ½ tsp. minced garlic
- 1 ½ tsp. fresh thyme leaves
- 1 tsp. minced fresh rosemary leaves
- 1/2 lemon, juiced
- 7 cups baby spinach
- salt & freshly ground black pepper (to taste)
- 1/2 cup shredded Jack Fruit

DIRECTIONS

Crepes

1. Combine the eggs, salt, flour & almond milk in a blender until well mixed and let stand for 1 hour. The mixture should then be the consistency of heavy cream.
2. Heat a non-stick skillet over medium-high heat. Brush with the melted coconut oil,

PREP TIME: 15 minutes

COOK TIME: 10 minutes

SERVINGS: 4 servings



then pour 1/4 cup of batter into the skillet, swirling the pan to coat the bottom evenly. Fully cook until golden on one side, then flip and cook 30 seconds more. Remove to a plate and continue with the remaining batter to make a total of 8 crepes.

Mushroom Spinach Filling

1. Heat 2 tbsp. (30 ml) of coconut oil in a large skillet over medium-high heat, then add the mushrooms and cook until reduced in size, stirring occasionally for about 5 minutes. Add in shallots, garlic, thyme, rosemary, the remaining 1 ½ tbsp. of coconut oil and Jack Fruit, and stir to combine for about 3 minutes. Season with salt and pepper, and squeeze in the lemon juice. Add the spinach and let it wilt. Stir to mix, then remove from heat.
2. Assemble the crepes by placing a heaped tablespoon of the mixture on the crepe and rolling it up like a wrap.

POWER BOOST OVER-NIGHT “OATS” LAYERED WITH QUINOA FLAKES (AS THE OATS), COCONUT YOGHURT, BLACK BERRIES 🌱🍃🍷

INGREDIENTS:

BASE OVERNIGHT OATS

- 1/2 cup Quinoa Flakes (or oats)
- 1/2 cup dairy-free milk (almond milk or coconut milk)
- 1/4 cup dairy-free yoghurt
- 1 tbsp. chia seeds
- 1 scoop of PureNourish

PB&J

- 2 tbsp. fresh raspberries (crushed)
- 1 tbsp. almond butter
- 1 tsp. chopped pistachios

CARROT CAKE

- 1/4 cup shredded carrot
- 1 tbsp. shredded coconut
- 1 tbsp. raisins
- 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon

STRAWBERRY PROTEIN

- 1/4 cup small diced strawberry
- 1 scoop PureNourish Protein Powder
- 1 tbsp. sliced almonds
- 1/2 tsp. vanilla extract

BANANA BREAD (THE BANANA BREAD FLAVOUR IS BEST AS A MAINTENANCE AS THE BANANA IS HIGHER GI)

- 1/2 banana mashed
- 2 tbsp. chopped walnuts
- 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon
- pinch of ground flaxseed

SPICED PEAR (THE PEAR FLAVOUR IS BEST AS A MAINTENANCE AS THE PEAR IS HIGHER GI)

- 1/2 pear diced
- 1 tbsp. chopped pecans
- 1/2 tsp. cinnamon
- pinch of nutmeg

PINA COLADA (THE PINA COLADA FLAVOUR IS BEST AS A MAINTENANCE AS THE PINEAPPLE IS HIGHER GI)

- 1/4 cup small diced pineapple
- 1 tbsp. shredded coconut
- 1/4 tsp. vanilla extract

*note: use coconut milk in the base recipe

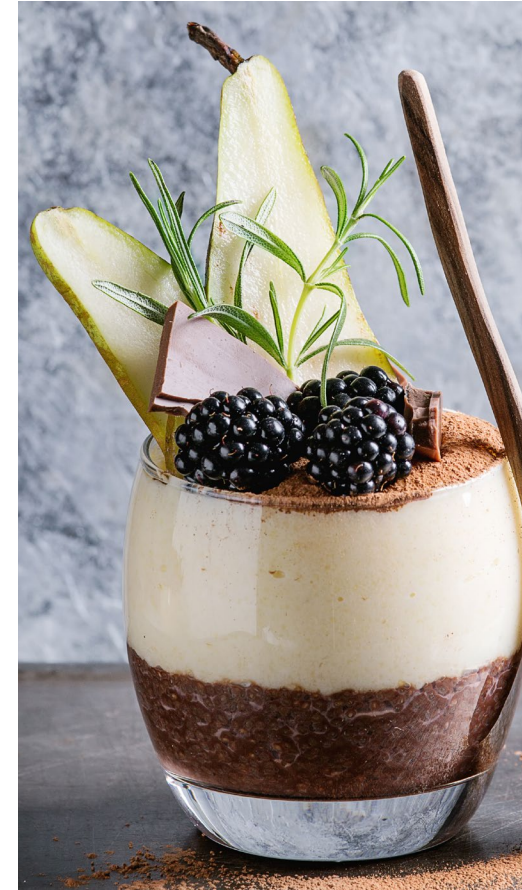
PREP TIME: 5 minutes

CHILL TIME: 8 hours

SERVINGS: 1 serving

DIRECTIONS

1. Add all the ingredients into a sealable jar or bowl and give it a stir until it's all combined.
2. Let it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours. This will yield a creamier consistency.
3. Top your overnight oats with your favourite toppings and enjoy!



EGG FLORENTINE



INGREDIENTS:

- 1 tbsp. coconut oil
- 1/4 cup finely diced onion
- 6 ounces fresh baby spinach
- salt and pepper
- pinch of crushed red pepper flakes
- 2 large eggs

DIRECTIONS

1. Heat oil in a medium non-stick skillet over medium heat. Add the onion and spinach and cook until spinach cooks down, for about 3 minutes.
2. Season with salt and pepper and crushed red pepper flakes.
3. Push the spinach aside to make 2 open areas. Crack the eggs into the open areas. Place a lid on the skillet and cook until egg whites are set.

PREP TIME: 5 minutes
COOK TIME: 7 minutes
SERVINGS: 2 servings



BAKED EGG “CUPS” 8 DIFFERENT WAYS

INGREDIENTS:

BASE (CLASSIC) RECIPE - START HERE FOR ALL OF THE FLAVOURS

- 12 large eggs
- Himalayan sea salt and freshly ground pepper to taste

OPTIONAL TOPPINGS

- Fresh or Dried Herbs: oregano, basil, parsley, rosemary

FOR THE CAULIFLOWER EGG CUP

- 1 cup cauliflower rice

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVINGS: 12 egg cups

DIRECTIONS

1. Preheat oven to 190°C and grease or line a 12-cup muffin pan with silicone muffin liners.

Base Recipe

2. Line the bottom and sides of each muffin tin with meat or veggie slices of your choice - feel free to mix and match or make all the egg cups the same.

For over-easy eggs

3. Crack an egg into each muffin tin. Season with salt and pepper. Add optional toppings.

FOR THE SWEET POTATO EGG CUP

- 24 shaved sweet potato ribbons (use a mandolin or a vegetable peeler)

FOR THE CARROT EGG CUP

- 24 shaved carrot ribbons

FOR THE COURGETTE EGG CUP

- 24 shaved courgette ribbons (use a mandolin or a vegetable peeler)

4. Bake for 12-15 minutes or until eggs are firm. Remove and serve hot.

For omelette styled baked eggs:

5. Crack the eggs in a large measuring cup (feel free to swap out some whole egg with egg whites, if preferred). Season with salt, pepper and herbs of your choice. Pour mixture into muffin cups, dividing evenly amongst each cup.

6. Bake for 12-15 minutes or until eggs are firm. Remove and serve hot.



All These can be frozen in the silicone muffin cups and great for a breakfast on the go, or in a lunch box.

POWER BOOST & PURE NOURISH PALEO (NO GRAIN) GRANOLA 🌱 🍷 🏠

INGREDIENTS:

- 3 cups unsweetened coconut flakes
- 2 scoops of PureNourish protein powder
- 1 scoop of Power Boost protein powder
- 1 ½ cups sliced almonds
- 1 cup shelled raw pumpkin seeds (pepitas)
- 1/2 cup sesame seeds
- 1/2 cup raw sunflower seeds
- 2 tbsp. chia seeds (optional)
- 3/4 tsp. kosher salt
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground cardamom
- 1/2 cup maple syrup
- 2 tbsp. coconut oil
- 1 tsp. vanilla extract
- OPTIONAL - add 2 scoops of Giving Greens

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVINGS: 12 portions

DIRECTIONS

1. Preheat oven to 150°C. Line a rimmed baking sheet with parchment paper.
2. Toss coconut, almonds, pumpkin seeds, sesame seeds, sunflower seeds, chia seeds, if using, salt, cinnamon, and cardamom in a large bowl.
3. Cook maple syrup, oil, and vanilla in a small pot over medium heat, stirring occasionally, until hot and easily pourable, for about 1 minute. Pour over coconut mixture and stir to combine. Spread mixture evenly on prepared baking sheet and bake, stirring once halfway through, until golden-brown and crisp, for about 20-25 minutes.
4. Now toss in the PureNourish and Power Boost (and Giving Greens if using) let it all cool.



GIVING GREENS SMOOTHIE BOWL



INGREDIENTS:

FOR SMOOTHIE

- ½ cup almond milk
- 1 cup frozen blueberry
- 2 scoops of Giving Greens
- 1 scoop of Power Boost (optional)
- ¼ medium avocado
- ½ cup ice

FOR TOPPING

- Fresh blueberries
- Pumpkin seeds
- Hemp seeds
- Goji berries
- Chopped Brazil nuts

PREP TIME: 10 minutes

SERVINGS: 2 portions

DIRECTIONS

1. Place the milk, avocado and Giving Greens, Power Boost powder in a high-power blender and process until smooth.
2. Add the frozen blueberries and ice, and process until thick and creamy.
3. Transfer the smoothie in a bowl and top with fresh blueberries, pumpkin seeds, goji berries, hemp seeds and chopped Brazil nuts or your favourite toppings.



CAULIFLOWER TOAST WITH VEGGIE BACON OR TURKEY BACON



INGREDIENTS:

- 5 cups cauliflower florets
- 1 cup shredded Vegan cheese (optional)
- 1 large egg, beaten
- ¼ tsp. ground pepper
- ½ tsp. salt

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVINGS: 4 portions

DIRECTIONS

1. Place oven racks in upper and lower thirds of oven. Preheat to 220°C. Line one large baking sheet with parchment paper.
2. Place cauliflower in a food processor. Process until finely grated. Transfer to a microwave-safe bowl.
3. Cover loosely and microwave on High for 3 minutes. Let cool slightly.
4. Transfer the cauliflower to a clean kitchen towel and wring out excess moisture.
5. Return to the bowl and stir in vegan-cheese, egg, pepper and salt until thoroughly combined. Using about 1/4 cup of the cauliflower mixture for each, create eight separate 3-inch squares on the prepared baking sheet.
6. Bake until the toasts are browned and crispy around the edges which takes about 22 to 25 minutes.
7. Serve the cauliflower toast with veggie bacon or turkey bacon



Cauliflower "Toast": Try these toasts made from cauliflower rice, egg and vegan cheese. Make a big batch to keep in your freezer for an easy breakfast or healthy base for a sandwich any time.

VEGAN CAULIFLOWER TOASTS



INGREDIENTS:

- 1 cauliflower head
- 2 chia “eggs” (egg replacement) (2 tbsp. chia seeds, 3 tbsp. water)
- 1 tsp. onion powder
- (optional) 1 tsp. garlic powder/minced garlic
- 2 heaping tbsp. of nutritional yeast
- Tsp. salt/tsp. pepper

DIRECTIONS

1. In a food processor, “rice” up the cauliflower - simply place in processor and grind.
2. Place cauliflower in a pot with 1/2 cup water to soften.
3. Drain cauliflower, removing as much water as possible with a cheese cloth.
4. In a bowl, combine cauliflower, and rest of the ingredients.
5. Bake at 200-230°C for 30-45 minutes.

TOFU SCRAMBLE



INGREDIENTS:

- 1 small onion, diced
- 1 small green bell pepper, diced
- 1 block tofu, drained and pressed
- 2 tbsp coconut oil
- 1 clove garlic, crushed
- 1 tbsp tamari
- ½ tsp turmeric
- ½ tsp black pepper
- 2 tbsp nutritional yeast flakes

PREP TIME: 5 minutes

COOK TIME: 20 minutes

SERVINGS: 2 servings

DIRECTIONS

1. Prepare the tofu. Like most tofu recipes, the scramble will taste best by pressing the liquid out of the tofu first.
2. Once it has been well pressed, slice the tofu into approximately 1-inch cubes.
3. Crumble the tofu slightly using either hands or a fork to get the right consistency for a scramble.
4. Heat the coconut oil in a large skillet or frying pan and sauté the chopped onion, pepper, and crumbled tofu for 3 to 5 minutes, stirring frequently.
5. Add the turmeric powder, black pepper and tamari and reduce the heat down to medium. Allow tofu to cook 5 to 7 more minutes, stirring frequently and adding a bit more oil if needed.
6. Add the nutritional yeast and stir to combine, making sure the tofu is well coated.
7. Serve with chopped salad.



Try it with guacamole, tahini, or some vegan cream cheese!

SCRAMBLED EGGS AND AVOCADO WITH A GARNISH OF CUCUMBER AND TOMATO 🌱 🍷

INGREDIENTS:

- 4 eggs
- ½ tsp salt
- ½ tsp black pepper
- 1 avocado, diced (hard avocado is better)
- 1 tbsp coconut oil for frying

PREP TIME: 5 minutes
COOK TIME: 12-15 minutes
SERVINGS: 2 servings

DIRECTIONS

1. In a bowl, beat eggs. Add salt and pepper; stir in avocado. In a skillet over medium heat, add 1 tbsp coconut oil. Add egg mixture; cook and stir gently until the eggs are completely set.
2. Serve with chopped salad from Slenderiiz® approved food list.



TURKEY BACON “CUP” WITH OMELETTE 🌱

INGREDIENTS:

- 12 pieces turkey bacon (2 pieces of bacon to make 1 cup)
- 6 eggs
- 2 tbsp chopped chives
- ½ tsp nutritional yeast
- ½ tsp salt
- ½ tsp pepper
- Coconut oil for oiling sides of muffin tin

PREP TIME: 10 minutes
COOK TIME: 30 minutes
SERVINGS: 4 servings

DIRECTIONS

1. Preheat oven to 350F (180C).
2. Use coconut oil to oil the bottoms and sides of 12-cup muffin tin.
3. Line each muffin cup with 1 1/2-2 pieces of turkey bacon. Overlap the pieces to create a cup.
4. Top each muffin cup with one egg. Season with nutritional yeast, salt and pepper to taste.
5. Bake for 20-25 minutes or until egg whites are set.
6. Top each egg cup with a pinch of chives. Let cool for 5 minutes before running a knife along the inside of the cups to loosen the edges. Remove from tins.



SLENDERIIZ® PURENOURISH™ AND POWER BOOST™ WITH DAIRY-FREE YOGURT LAYER

INGREDIENTS:

- 2 cups of non-dairy yogurt
- 2 scoops of PureNourish™
- 2 scoops of Power Boost™
- 1 cup of blueberries
- 1 cup of strawberries, chopped

PREP TIME: 10 minutes
SERVINGS: 2 servings



DIRECTIONS

1. Split the non-dairy yogurt into to 2 bowls (1 cup in each bowl).
2. Add the PureNourish™ to 1 bowl and the Power Boost™ to the other bowl and mix well.
3. Get a glass container and alternate 1 tbsp of PureNourish™ yogurt mix, then 1 tbsp blueberries, then 1 tbsp Power Boost™ yogurt mix, then 1 tbsp chopped strawberries and continue to layer until glass is full.
4. Refrigerate and enjoy.

SMOKED SALMON WITH SLENDERIIZ® GIVING GREENS® AND NON-DAIRY YOGURT

INGREDIENTS:

- Smoked salmon (100g per person)
- ½ cucumber, make into sticks (1/4 cucumber per person)
- 4 sticks of celery, cut into slices
- 1 cup of non-dairy yogurt
- 2 scoops of Giving Greens®
- 20g fresh coriander, chopped
- ½ tsp paprika
- Salt & pepper to taste

PREP TIME: 10 minutes
SERVINGS: 2 servings

DIRECTIONS

1. Arrange smoked salmon on a plate.
2. Prepare cucumber and celery sticks by washing and chopping into finger length slices
3. Mix 1 cup of dairy free yogurt with 2 scoops of Giving Greens®, chopped coriander, paprika and add salt and pepper to taste.
4. Mix together and split into 2 bowls (one for each plate) to use as a dip for crudites.



LOW CARB GLUTEN-FREE “PANCAKES” WITH BLUEBERRIES



INGREDIENTS:

- ½ cup almond flour
- 2 tbsp coconut flour
- 1 tsp cinnamon
- ½ tsp baking powder
- 1 tsp xylitol (optional)
- 3 eggs
- ¼ cup of non-dairy milk
- ¼ cup blueberries
- Coconut oil for frying

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVINGS: 2 servings



DIRECTIONS

1. In a high-speed blender, add your ingredients, except blueberries, and mix until a thick batter remains.
2. Pour your batter into a large mixing bowl and stir through your blueberries. Let your batter sit for 5-10 minutes to thicken. If the batter is too thick, add a little milk of choice.
3. Preheat a large non-stick pan over low-medium heat. Ensure the pan is greased with coconut oil. Once hot, pour 1/4 cup portions of the batter onto the pan and cover immediately. Allow pancakes to cook for 2-3 minutes, until the edges go golden, before flipping and repeating.
4. Once cooked, serve immediately, or cool completely before refrigerating/freezing for later.

SWEET & SAVOURY EGG CREPE ROLLS



INGREDIENTS:

EGG CREPES

- 6 eggs
- ¼ cup non-dairy milk
- 1 tsp salt
- Pepper to taste

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVINGS: 2 servings

DIRECTIONS

1. Whisk together the eggs and non-dairy milk until well beaten.
2. Heat a large, non-stick frying pan over medium-high heat and wipe the pan with a little coconut oil and kitchen towel.
3. Pour in a small amount of the egg mixture, swirling pan to coat the entire bottom of the pan. Allow to cook for 1 minute then carefully flip over and cook on the other side. Remove and continue with the remaining egg mixture.

FILLING IDEAS FOR THE EGG CREPES

Sweet

- Strawberry and PureNourish™ with non-dairy yogurt
- Banana and Power Boost™ with non-dairy yogurt
- Kiwi with Giving Greens® with non-dairy yogurt
- Pineapple and cinnamon, chopped fresh ginger and cardamom
- Apple, pecans and cinnamon

Savoury

- Mushroom and chicken
- Smoked salmon, mustard, and lettuce
- Bacon, lettuce and tomato
- Spinach and tofu
- Asparagus, spinach, and turkey bacon



LUNCH RECIPES FOR THE SLENDERIIZ PROGRAMME



BROCCOLI SOUP WITH “BROCCOLI CROUTONS” & “MICRO SPROUTS” AS A GARNISH



INGREDIENTS:

CREAMY VEGAN BROCCOLI SOUP

- 1/4 cup (60 ml) coconut oil
- 5 cups (360 grams) broccoli, chopped (approx. 2 heads)
- 2/3 cup (100 grams) chopped carrots (approx. 2 carrots)
- 2/3 cup (100 grams) chopped celery (approx. 2 ribs)
- 2/3 cups (100 grams) chopped onion, (approx. 1 onion)
- 2 cloves garlic, minced
- 6 tbsp. (65 grams) gluten-free coconut flour
- 4 cups (1000 ml) vegetable broth
- 2 cups (500 ml) non-dairy milk (I recommend cashew)
- 3/4 cup (185 ml) canned coconut milk (or sub with more non-dairy milk)
- 1/4 cup (20 grams) nutritional yeast flakes
- 1 tsp. (5 ml) lemon juice
- 1/2 tsp. (2.5 ml) salt, to taste
- Black pepper, to taste

BROWND BROCCOLI “CROUTONS”

- 1 cup (70 grams) broccoli florets
- 1 tbsp. (15 ml) coconut oil
- Salt, to taste

PREP TIME: 15 minutes

COOK TIME: 35 minutes

SERVINGS: 8 cups

DIRECTIONS

Creamy Vegan Broccoli Soup

1. In a medium saucepan, heat vegan butter or coconut oil over medium heat. Add the broccoli, carrot, celery, onion, and garlic. Sauté until onion is translucent and just tender, for about 5 minutes.
2. Sprinkle vegetables with flour. Cook for 1-2 minutes, stirring often.
3. Gradually add vegetable broth and non-dairy milk, stirring constantly to prevent lumps. Add the coconut milk and nutritional yeast. Simmer soup over medium-low heat for 10-15 minutes, or until the vegetables are tender.
4. Blend the soup to your liking. It's recommended puréeing $\frac{1}{2}$ to $\frac{2}{3}$ of the soup smooth.

5. If desired, adjust consistency with vegetable broth or non-dairy milk. Stir in white wine vinegar. Taste and adjust seasoning with salt, pepper and vinegar.

Browned Broccoli “Croutons”

1. In a separate saucepan or skillet, heat coconut oil over medium heat.
2. Add the broccoli florets and sprinkle with salt. Sauté until just nearly tender. Turn the heat up to high and continue to cook, stirring sporadically, until the broccoli has a nice golden-brown edge on at least 1 side. Remove from heat and set aside.



Use rice milk instead of cashew for a nut-free version!

AUBERGINE RAGU ON CAULIFLOWER RICE



INGREDIENTS:

- 2 tbsp. coconut oil
- 1 small aubergine, cut into 1cm dice
- 1 red onion, finely sliced
- 2 garlic cloves, crushed
- 2 tomatoes, diced
- 250g pre-cooked puy lentils
- Small handful basil leaves
- 100 ml water

CAULIFLOWER RICE

- 1 large head cauliflower

DIRECTIONS

Aubergine Ragu

1. Heat 1 tbsp. oil in a large frying pan. Add the aubergine, season and fry for 10 minutes, stirring regularly, until golden. Tip onto a plate and set aside. Add the remaining 1 tbsp. oil along with the onion and fry for 5 minutes, then add the garlic and fry for 3 more minutes. Stir in the diced tomatoes and cook for a further 2 minutes.
2. In the meantime, cook the cauliflower rice and set aside.
3. Return the aubergine to the pan, then tip in the lentils. Add 100 ml of water. Simmer gently until everything is warm, then stir through most of the basil.
4. Serve the ragu over the cauliflower rice with the remaining basil leaves scattered on top.

PREP TIME: 15 minutes
COOK TIME: 35 minutes
SERVINGS: 4 servings

COOKING TIP:

How long does cauliflower rice last?

Raw Cauliflower Rice

We find that if you turn cauliflower into cauliflower rice and leave it in the fridge for a few days, it develops a strong and unpleasant sulphur smell. So, it's best to use it right away or freeze it. Store raw cauliflower rice in the freezer up to 1 month.

Cauliflower Rice

1. Wash and thoroughly dry cauliflower, then remove all greens.
2. If using a box grater, cut the cauliflower into large chunks and use the medium-sized holes to grate into "rice." If using a food processor, cut into small pieces and use the grater attachment to grate the cauliflower into "rice."
3. *Optional:* Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.
4. Once you have your cauliflower rice, it's easy to cook (or enjoy raw)! Simply sauté in a large skillet over medium heat in 1 tbsp. oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper).



Cooked Cauliflower Rice

Cooking cauliflower rice prevents it from developing a funky smell as quickly. Cooked cauliflower rice keeps for approximately 4 days in a sealed container in the fridge. Use cauliflower rice in recipes that call for rice, such as stir-fries or fried rice or boiled rice. Store leftovers in the refrigerator up to 4 days.

MEDITERRANEAN QUINOA SALAD



INGREDIENTS:

QUINOA SALAD

- 2 cups quinoa cooked (about 1 cup uncooked)
- 1 red bell pepper, chopped
- 1/2 cucumber, chopped
- 1 cup chickpeas
- 1/2 small red onion, finely chopped
- 1/2 cup kalamata olives, cut in half
- 1/4 cup sundried tomatoes, finely chopped
- 1/3 cup fresh basil, finely chopped
- 1/4 cup crumbled VEGAN-feta cheese (optional)

LEMON OREGANO DRESSING

- 2 tbsp. lemon juice
- 1 tbsp. apple cider vinegar
- 1/3 cup olive oil
- 1 tbsp. Dijon mustard
- 1/2 tsp. dried or fresh oregano
- 1/2 tsp. garlic powder
- 1/4 tsp. ground cumin
- Salt & pepper to taste

PREP TIME: 15 minutes

COOK TIME: 15 minutes (for quinoa if didn't buy ready-cooked)

SERVINGS: 4 servings

DIRECTIONS

1. To prepare the salad, mix all the ingredients together in a large bowl.
2. Mix all the salad dressing ingredients together in a small jar. Cover with the lid and shake until incorporated.
3. Pour half the salad dressing onto the quinoa salad and give it a taste. If you like more dressing, add more. Otherwise, reserve leftover dressing for other salads.

GREEK SALAD



INGREDIENTS:

- ½ cucumber
- 1 head of cos lettuce, ripped into bitesize chunks
OR use 100g rocket leaves
- Vegan feta (Violife feta or SWAP for avocado)
- Cold-pressed extra virgin olive oil
- 2 large tomatoes
- 10 big olives (pitted)
- Handful of fresh flat leaf parsley, chopped
- 1 small red onion, sliced thinly
- 100g tin of chickpeas, rinsed and drained
- Salt & pepper to taste

PREP TIME: 10 minutes

SERVINGS: 2 servings

DIRECTIONS

1. Wash, rinse and prepare all ingredients.
2. Add all ingredients in a bowl and drizzle with olive oil, salt and pepper and toss.



NIÇOISE SALAD (BOILED EGG NIÇOISE & TUNA NIÇOISE)

INGREDIENTS:

VINAIGRETTE

- 1/3 cup lemon juice
- 3/4 cup extra virgin olive oil
- 3 tbsp. finely chopped shallot
- 2 tbsp. finely chopped fresh basil
- 1 tbsp. finely chopped fresh thyme
- 2 tsp. finely chopped fresh oregano or tarragon
- 1 tsp. Dijon mustard
- Salt and freshly ground black pepper

SALAD

- 2 grilled or otherwise cooked tuna steaks* (8 oz each) or 2-3 cans of tuna (for Vegetarian Grilled, marinated Tofu)
- 6 hard-boiled eggs, peeled and quartered lengthwise
- 1 ¼ pounds small new potatoes
- Salt and freshly ground black pepper
- 2 medium heads lettuce, torn into bite-sized pieces
- 3 small ripe tomatoes, cored and cut into wedges
- 1 small red onion, thinly sliced
- ½ pound green beans, trimmed and cut into 2-inch pieces
- ¼ cup niçoise olives
- 2 tbsp. capers, rinsed

DIRECTIONS

1. Make vinaigrette: in a jar, place the oil, lemon juice or vinegar, shallots, herbs, and mustard. Cover with a lid and shake until well blended. Add salt and pepper to taste.
2. Marinate onion slices in some of the vinaigrette:
3. Place onion slices in a small bowl and sprinkle with 3

PREP TIME: 20 minutes
COOK TIME: 25 minutes
SERVINGS: 6 servings



4. Cook the potatoes, cut, and dress with vinaigrette:
5. Place potatoes in a large pot and cover with 2 inches of water. Add 1 tablespoon of salt. Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10 to 12 minutes or so, until the potatoes are fork tender. Drain.
6. While the potatoes are still warm, cut them into halves or quarters, depending on the size of the potatoes.
7. Place them in a bowl and dress them with about 1/4 cup of the vinaigrette.
8. Boil the green beans in salted water:
9. While the potatoes are cooking, fill a medium sized pot halfway with water, and add 2 teaspoons of salt. Bring to a boil on high heat. Add the green beans to the boiling water.
10. Cook until tender but still firm to the bite, about 3-5 minutes (depending on the toughness of the beans).
11. Drain and either rinse with cold water to stop the cooking, or shock for half a minute in ice water.
12. Arrange on a bed of lettuce.
13. Arrange bed of lettuce on a serving platter. Cut tuna into 1/2-inch thick slices. Mound tuna (or Tofu) in centre of lettuce. Sprinkle the tomatoes and onions around it.
14. Arrange the potatoes and green beans in mounds at the edge of the lettuce.
15. Arrange hard boiled eggs, olives on the lettuce bed.
16. Drizzle everything with the remaining vinaigrette:
17. Sprinkle with capers if using.
18. Serve immediately, slightly warm or at room temperature.

FALAFELS AND TABOULI BOWL WITH TAHINI DRESSING



INGREDIENTS:

FALAFEL

- 1 can chickpeas, drained and mashed into a paste
- 1/2 cup ground flaxseeds
- 1 handful parsley leaves, finely chopped
- 2 tsp. granulated garlic or 2 crushed garlic cloves
- 2 tsp. cumin
- 3 Tbsp. coconut oil
- Sea salt, to taste

TAHINI DRESSING

- 2 Tbsp. tahini
- 1/2 Tbsp. granulated garlic or 1 crushed garlic clove
- 2 large limes, juiced
- 1/4 cup olive oil
- Salt and pepper, to taste
- 2 tsp. black sesame seeds, optional

DIRECTIONS

1. For the falafel, add everything to a large bowl and mix until completely combined. Using your hands shape into small balls, and bake in a 200°C oven until crispy on the outside, for about 25-30 minutes.
2. For the tahini, in a medium bowl, whisk together the tahini, garlic and lime juice. Drizzle in the olive oil continuing to whisk until the tahini loosens and the sauce becomes smooth. Add salt and fresh cracked black pepper to taste. Then add the sesame seeds.
3. For the tabouli, add the chopped onions, tomato, cucumber and herbs to a bowl. Sprinkle with lime juice and a little olive oil. Salt to taste and serve over salad.

TABOULI

- 1/4 white onion, finely chopped
- Handful cherry tomatoes, halved
- 1 mini cucumber, cut into small cubes
- Handful fresh basil chopped
- Handful mint, finely chopped
- Juice of 1/2 lime
- Drizzle of olive oil
- Sea salt, to taste

PREP TIME: 20 minutes

COOK TIME: 25 minutes

SERVINGS: 4 servings



BAKED RATATOUILLE



INGREDIENTS:

VEGGIES

- 2 aubergines
- 6 large tomatoes
- 2 yellow courgettes
- 2 courgettes

SAUCE

- 2 tbsp. coconut oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- Salt, to taste
- Pepper, to taste
- 28 oz can of crushed tomatoes (795 g)
- 2 tbsp. chopped fresh basil, from 8-10 leaves

HERB SEASONING

- 2 tbsp. chopped fresh basil, from 8-10 leaves
- 1 tsp. garlic, minced
- 2 tbsp. chopped fresh parsley
- 2 tsp. fresh thyme
- Salt, to taste
- Pepper, to taste
- 4 tbsp. coconut oil

PREP TIME: 20 minutes

COOK TIME: 25 minutes

SERVINGS: 8 servings

DIRECTIONS

1. Preheat the oven for 375°F (190°C).
2. Slice the aubergine, tomatoes and yellow & green courgettes into approximately 1/16-inch (1-mm) rounds, then set aside.
3. Make the sauce: Heat the coconut oil in a 12-inch (30-cm) oven-safe pan over medium-high heat. Sauté the onion, garlic and bell peppers until soft, for about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.
4. Arrange the sliced veggies in alternating patterns (e.g.: aubergine, tomato, yellow courgette, green courgette) on top of the sauce from the outer edge to the middle of

the pan. Season with salt and pepper.

5. Make the herb seasoning: In a small bowl, mix together the basil, garlic, parsley, thyme, salt, pepper and coconut oil. Spoon the herb seasoning over the vegetables.

6. Cover the pan with foil and bake for 40 minutes.

Uncover, then bake for another 20 minutes until the vegetables are softened.

7. Serve while hot as a main dish or side. The ratatouille is also excellent the next day -cover with foil and reheat in the oven at 350°F (180°C) for 15 minutes.

8. Enjoy!



SMOKED MACKEREL PATE & SALAD AS A GARNISH



INGREDIENTS:

- 2 smoked mackerel fillets (or smoked salmon)
- 1 lemon (rind and juice)
- 100ml non-dairy Greek yogurt
- 1 spring onion, chopped finely
- 2 sprigs of chives, chopped thinly
- Salt and pepper to taste
- 1 scoop Giving Greens® (optional)

PREP TIME: 15 minutes

SERVINGS: 2 servings



GIVING GREENS® GUACAMOLE SERVED WITH STEAMED WHITE FISH

INGREDIENTS:

- White fish of your choice (Tilapia, Cod, Monk Fish all work well)

GUACAMOLE:

- 2 avocados, smashed
- 2 tomatoes, chopped roughly
- 1 small red onion, finely diced
- 1 clove of garlic, crushed or chopped finely
- ½ tsp cumin powder
- Small handful of parsley, chopped finely
- Small handful of coriander, chopped finely
- 1 small red chilli (seeds removed), chopped finely
- 2 scoops Giving Greens®
- Salt and pepper to taste
- 1 tbsp extra virgin cold pressed olive oil

DIRECTIONS

1. Steam fish until cooked thoroughly.
2. Make the guacamole by preparing ingredients and mix together.
3. Serve guacamole with steamed fish and season with salt and cracked pepper.

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVINGS: 2 servings



COURGETTE & CORIANDER “FRITTERS” SERVED TAMARI & APPLE CIDER VINEGAR DIPPING SAUCE 🌱 V 🍷

INGREDIENTS:

- 4 medium courgettes
- 3 tbsp ground chia seeds
- 2 tbsp lemon juice
- 3 spring onions, finely chopped
- 40 large mint leaves, finely chopped
- 3 garlic cloves, finely grated
- 1½ tsp salt (more salt if not using capers)
- Generous amount of black pepper
- 2 heaped tbsp capers, drained and finely chopped (optional)
- 1 cup of gram flour (chickpea flour) (gluten-free)
- 1 cup water (might need a little more water to make a thick batter, depending on how much moisture is in the courgettes).
- Coconut oil for frying

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVINGS: 4 servings (make 16 small fritters – can be frozen)



DIRECTIONS

1. Grate the courgettes with course-size grater.
2. Place the courgette in a tea-towel and then ring out all the moisture. The drier the courgette, the better.
3. Mix the gram flour and water and add the salt, pepper, lemon juice, chia seeds, garlic and mix well.
4. Add the courgettes, mint, spring onions and capers and mix well. Decide whether you need a little more water.
5. In a fry pan, heat the coconut oil, then when hot, add a heaped tbsp of the batter and fry until golden, then flip over until both sides are golden.
6. Serve and eat or freeze the extra fritters.

STIR-FRY TEMPEH WITH GREENS



INGREDIENTS:

- 1 head of bok choy
- 1 small onion
- 1 tsp Dulse seaweed flakes
- 1 clove of garlic, chopped
- 100g of spinach
- Salt and pepper to taste
- 1-inch fresh ginger chopped
- 1 tbsp tamari
- Juice and rind of 1 lemon
- Tempeh block cut into bite-size chunks
- Coconut oil for frying

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVINGS: 2 servings

DIRECTIONS

1. Prepare the ingredients.
2. In a wok or fry pan, heat 1 tbsp oil and fry the onion, garlic, and ginger for about 1 minute.
3. Then add the tempeh and fry for 1 minute.
4. Then add the greens, tamari, lemon, dulse flakes, salt and pepper to taste.



MUSSELS WITH ASIAN BROTH



INGREDIENTS:

- 1 kg mussels, debearded, from sustainable sources
- 4 spring onions
- 2 cloves of garlic
- ½ a bunch of fresh coriander
- 1 stick of lemongrass
- 1 fresh red chilli
- Coconut oil
- 1 x 400 ml tin of reduced fat coconut milk
- 1 tbsp fish sauce
- 1 lime

DIRECTIONS

1. Wash the mussels thoroughly, discarding of any that are not tightly closed.
2. Trim and finely slice the spring onions, peel and finely slice the garlic. Pick and set aside the coriander leaves, then finely chop the stalks. Cut the lemongrass into 4 pieces, then finely slice the chilli.
3. In a wide saucepan, heat a little groundnut oil and soften the spring onion, garlic, coriander stalks, lemongrass and most of the red chilli for around 5 minutes.

PREP TIME: 10 minutes
COOK TIME: 10 minutes
SERVINGS: 2 servings

4. Add the coconut milk and fish sauce and bring to the boil, then add the mussels and cover the pan.
5. Steam the mussels for 5 minutes, or until they've all opened and are cooked. Discard any unopened mussels.
6. Finish with a squeeze of lime juice, then sprinkle with coriander leaves and the remaining chilli to serve.



CUCUMBER “BOATS” FILLED WITH SHRIMP, TOFU & TUNA

INGREDIENTS:

- CUCUMBER BOATS**
- 2 large cucumbers
 - salt & pepper

FILLINGS

- Tin tuna mixed with red onion, olive oil and chopped tomato
- Mackerel pate (see above recipe)
- Tofu scramble (see above recipe)
- Greek Salad (see above recipe)
- Watermelon diced
- Salsa
- Guacamole
- Shrimp or crayfish
- Hummous
- Sauerkraut

PREP TIME: 15 minutes
SERVINGS: 4 servings

DIRECTIONS

1. Wash cucumbers and cut them in half lengthwise.
2. Using a melon ball scoop or a spoon, scoop out and discard seeds. Now you have cucumber boats, look at different fillings below.



DINNER RECIPES FOR THE SLENDERIIZ PROGRAMME



BROCCOLI FRIED “RICE” WITH GRILLED FISH WITH HERBS (PESCATARIAN OPTION) OR WITH GRILLED CAULIFLOWER STEAK (VEGAN OPTION) 🌱 V 🐟 🍴

INGREDIENTS:

- 2 heads broccoli
- 1 tbsp. coconut oil
- Himalayan salt for seasoning
- Black pepper for seasoning

DIRECTIONS

1. Use a knife to cut the broccoli into 1-inch sized florets.
2. Select one of the three techniques below to breakdown florets into rice-sized pieces.
 - a) *Knife:* Use a chef’s knife to finely chop the florets into smaller rice sized pieces.
 - b) *Food Processor:* Add florets $\frac{3}{4}$ full into a food processor and pulse until small pieces form, scraping the sides of the bowl as needed. Work in batches if needed.
 - c) *Blender:* Add florets to a blender and process on medium-high speed until small pieces form, about 15 to 60 seconds, scraping the sides of the container. Work in batches if needed.

Cooking (2-Ways)

- Sauté Method:** 1. Heat a large sauté pan over medium heat. Add oil, once hot add the broccoli rice in one layer.
2. Allow rice to cook until it becomes bright green and tender, for about 2 to 3 minutes. Season with salt and pepper as desired.
- Steaming Method:** 1. Add broccoli to a microwave safe bowl. Add 1 tablespoon of oil and stir to combine.

2. Cover bowl tightly with plastic wrap and microwave for 2 minutes. Mix and cook for 1-2 minutes until the broccoli rice is bright green and tender. Season with salt and pepper as desired.

FOR PESCATARIAN OPTION - SERVED WITH PAN FRIED FISH



INGREDIENTS:

- 2 x 6-ounce fish fillets, 1/2 to 1-inch thick
- Salt and ground black pepper
- 3 tbsp. coconut oil
- 2 sprigs fresh thyme, tarragon, chives or another herb
- 1 tbsp. chopped flat-leaf parsley, optional
- Lemon wedges

PREP TIME: 5 minutes

COOK TIME: 5-10 minutes

SERVINGS: 2 servings

DIRECTIONS

1. Pat fillets dry with a paper towel. Season on both sides with salt and pepper.
2. Heat a 10-inch non-stick or cast-iron skillet over high heat.



When the pan is hot, add the oil. Place the fillets in the pan, skin side down (if applicable), laying them down away from your body. If fillets have skin, press down gently with a spatula for about 20 seconds to prevent curling.

3. Lower heat to medium and let sizzle until fish is golden and caramelized around edges, about 2 to 3 minutes. Carefully flip fillets and add a drizzle more olive oil and thyme to pan. Use a spoon to baste the fish with the oil. Continue basting until golden all over and cooked through, 45 to 90 seconds more, depending on the thickness of your fish. Serve immediately with chopped parsley (if using) and lemon wedges.

Notes:

1 head of broccoli yields
4 cups florets (227g).

FOR VEGAN OPTION - CAULIFLOWER STEAKS



INGREDIENTS:

- 1 large head cauliflower (about 2 pounds)
- 1 tsp. coconut oil, as needed for greasing the pan
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. paprika
- 1/2 tsp. fine sea salt

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVINGS: 3 steaks of cauliflower

DIRECTIONS

1. Preheat the oven to 230°C and grease a baking sheet with coconut oil.
2. Remove the green leaves from the head of cauliflower and cut off any excess stem. Slice off one side of the cauliflower, right at the edge of the stem in the centre. (Reserve the extra cauliflower scraps for another use.)
3. Cut the cauliflower into slabs, right through the centre of the stem, that are roughly 3/4 to 1-inch thick. You should be able to get 2 to 3 steaks per large head of cauliflower. Be careful not to cut the steaks too thin, or they could fall apart.
4. Place the 3 cauliflower steaks on the baking sheet and drizzle them lightly with olive oil on both sides. Season evenly with the garlic powder, onion powder, paprika and salt on both sides. (we recommend you use a brush or rub the seasoning in with your hands to make sure every nook and cranny of the

cauliflower is well seasoned.) You can mix the seasonings in a small bowl first to make a seasoning mix, or just sprinkle each one over the cauliflower individually to avoid having an extra dish to clean later.

5. Place the pan in the oven for the cauliflower to roast for 15 minutes. When the timer goes off, use a spatula to flip over each steak, and then return the oven to roast until fork-tender, for about 10 to 15 minutes more. The steaks should be golden on both sides, and the centre stem should be easily pierced by a fork.



SPICY MOROCCAN “MEAT” BALLS WITH GARDEN SALAD – (MEAT & VEGETARIAN OPTION/ V, IF USING VEGGIE MINCE FOR THE MEAT BALLS)



INGREDIENTS:

- 1 tbsp. coconut oil
- 350g minced beef or minced chicken or vegan mince, formed into small meat balls
- 1 large onion, sliced
- 100g dried apricots, halved
- 1 small cinnamon stick
- 400g tin chopped tomatoes
- 1 clove of garlic, crushed
- 25g toasted sliced almonds
- handful coriander, roughly chopped

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVINGS: 4 servings

DIRECTIONS

1. Heat the oil in a large deep-frying pan, then fry the meatballs for 10 mins, turning occasionally until cooked through. Scoop out of the pan and set aside, then cook the onion for 5 mins, until softened.
2. Add the dried apricots, cinnamon stick, tomatoes and half a can of water to the pan, then bring to the boil and

simmer for 10 mins. Remove the cinnamon stick. Return the meatballs to the pan and coat well with the tomato sauce.
3. Serve sprinkled with the almonds and coriander.



FRESH GARDEN SALAD



INGREDIENTS:

- 2 lettuces, such as cos or iceberg
- Handful one other salad leaf, such as watercress, rocket
- Soft herbs, such as chervil, tarragon, parsley, chives

FOR THE DRESSING

- 1 garlic clove, crushed
- 1 spring onion, roughly chopped
- Handful parsley
- Few sprigs of rocket
- 2 tbsp. apple cider vinegar
- ½ tsp. Dijon mustard
- 6 tbsp. olive oil



PREP TIME: 10 minutes

SERVINGS: 4 as a side salad

DIRECTIONS

1. Wash and dry the lettuce, leaves and herbs. Tear larger leaves into bite-size pieces and tip all the greenery into a large salad bowl.
2. Put the garlic, onion, parsley and watercress or rocket into a mini chopper or food processor. Blitz until finely chopped. Add the vinegar, mustard, salt and pepper and blitz briefly. Add the oil and blitz until thickened. Drizzle over the salad and toss until the leaves are just coated. You might not need all the dressing, but it will keep in the fridge for a few days.

BEEF CACCIATORE (MEAT OPTION) OR BEAN & SWEET POTATO CACCIATORE (V)

FOR MEAT OPTION

INGREDIENTS:

- 1 lb beef, cut into thin slices
- 1/4 cup coconut oil
- 1 onion, chopped
- 2 red bell peppers, chopped
- 1 orange bell pepper, chopped
- salt and pepper to taste
- 1 cup tomato sauce
- Your choice of pasta (regular or gluten free), cooked or prepared rice

PREP TIME: 15 minutes

COOK TIME: 40 minutes

SERVING: 6 servings

DIRECTIONS

1. Add coconut oil to a pot, heat on medium and then add meat and brown well. Add onions and sauté for 1 minute. Add peppers and sauté for 2 minutes. Add tomato sauce and salt and pepper to taste.
2. Bring to a simmer. Cover and cook until meat is tender, for about 40 minutes.
3. Remove most of the sauce with the peppers (leave the meat in the pot) and puree in a food processor. Add back to the pot and simmer for an additional 5 minutes, stirring continually.
4. Serve with your choice of pasta (can use gluten free pasta or rice as well).



FOR VEGAN OPTION

INGREDIENTS:

- ¼ cup coconut oil, plus more as needed
- 1-pound portobello mushrooms, sliced
- Salt and black pepper
- 1 large red onion, halved and sliced
- 1 red bell pepper, cored and sliced
- 1 cup green olives, pitted if desired
- 1 tbsp. chopped garlic
- ½ tsp. crushed red pepper, or to taste
- 1 x 28 ounce can whole tomatoes, undrained
- 1 pound sweet potatoes, halved if large
- 1 tbsp. chopped fresh oregano, or 1 tsp. dried oregano, crushed
- 1 cup frozen fava beans, lima beans or edamame

PREP TIME: 20 minutes

COOK TIME: 30 minutes

SERVING: 4 servings

DIRECTIONS

1. In an extra-large skillet heat 1/4 cup oil over medium-high. Add mushrooms. Sprinkle with salt and black pepper. Reduce heat to medium-low. Cover and cook for 5 minutes undisturbed. Uncover. (If mushrooms haven't released liquid, cover and cook 1-2 minutes more.) Increase heat to medium-high. Cook uncovered for an extra 10

minutes or until skillet is dry and mushrooms are crisp. Set aside.

2. Add onion and bell pepper to skillet with additional oil if needed; season with salt and pepper. Cook over medium 3 to 5 minutes or until vegetables begin to soften, stirring occasionally. Add olives, garlic and crushed red pepper. Cook until fragrant, less than a minute. Add tomatoes, sweet potatoes, and oregano. Bring to boiling; reduce heat. Simmer, covered, 20 to 30 minutes or until sweet potatoes are tender.
3. Add mushrooms and fava beans to pot. Stir to coat. Simmer 5 to 10 minutes or until beans are cooked.

BAKED LEMON & GARLIC SALMON (PESCATARIAN OPTION) OR LEMON & GARLIC TOFU (VEGAN OPTION) SERVED WITH COURGETTE NOODLES IN HEMP PESTO

BAKED LEMON & GARLIC SALMON (OR LEMON & GARLIC TOFU)

INGREDIENTS:

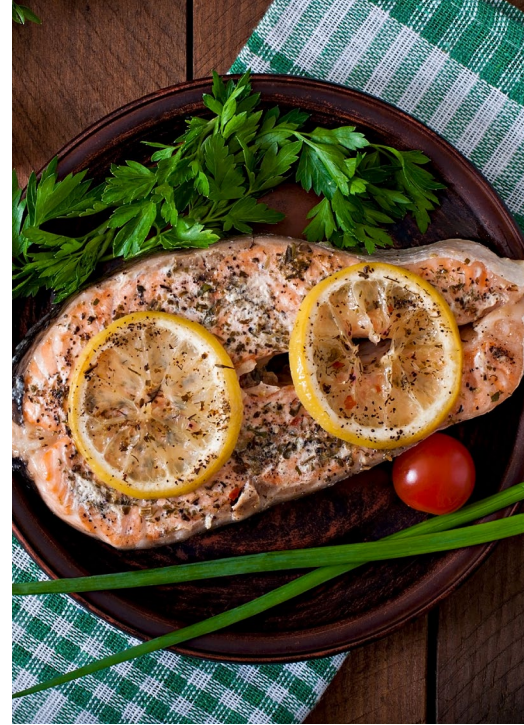
- 1.25 pounds salmon fillets (or tofu)
- 3 medium lemons (2 squeezed + 1 sliced)
- 2 tsp. lemon zest
- 3-4 garlic cloves minced
- 2 tbsp. Coconut oil
- 1 tsp. Himalayan crystal salt
- 1/2 tsp. freshly ground black pepper - plus additional to taste
- Finely chopped fresh parsley

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVINGS: 4 servings

Salmon fillets (or tofu) marinated in a lemon garlic sauce and then baked to perfection and served with the courgette noodles. The directions given below also apply to the vegan option, simply change the salmon for tofu.

DIRECTIONS

1. Preheat the oven to 200°C and grease a baking dish that can fit all pieces of salmon with some oil.
2. Whisk lemon juice, garlic, oil, salt and pepper to a bowl. Place the salmon fillets into a Ziploc bag and pour over the lemon marinade.
3. Seal the bag and move the pieces of salmon to get them evenly coated with the marinade. Let marinate for at least 30 minutes.
4. Now layer the lemon slices into your prepared the dish and arrange the salmon on top.



5. Bake the salmon for about 12-15 minutes until cooked through (depending on the thickness of your salmon).
6. Once done, lay a few slices of lemon on top of your cooked salmon and switch the oven to the broil setting. Broil for 3 minutes until the top is nicely golden and crisp.
7. Remove from the oven, garnish with parsley and serve.

COURGETTE NOODLES

INGREDIENTS:

- 3 medium courgettes

PREP TIME: 15 minutes
COOK TIME: 1 minute
SERVINGS: 2 servings

DIRECTIONS

1. Choose the type of noodle you would like to make and follow the directions for each option below.

a) For curly “spaghetti” noodles using a countertop spiralizer: Clamp the spiralizer to your countertop. Trim off the tip of the Courgette and secure it between the blade and the teeth of the spiralizer. Turn the handle to make the noodles.

b) For straight “angel hair” noodles using a julienne peeler: Simply hold the courgette with one hand and pull the julienne peeler across the courgette to make strips.

c) For “fettucine” noodles using a mandolin and a knife: Slice thin courgette planks with the mandolin, and then cut those planks into fettuccine-sized strips.

d) For “pappardelle” noodles using a regular vegetable peeler: Use the peeler to simply peel thin strips of courgette.

6. Serve the courgette noodles raw with a warm sauce (the heat of the sauce will gently cook the noodles without making them mushy). Or heat a skillet to medium heat, brush with olive oil, add the noodles and heat 1 minute, or until just warmed through. Remove and serve with desired sauces and toppings.

VEGAN HEMP SEED PESTO

INGREDIENTS:

- 2 cups (or large handfuls) fresh basil
- 2 cloves garlic
- 1/4 cup Hemp Seeds
- 1/3 cup nutritional yeast
- 1/3 cup coconut oil (or extra virgin olive oil)
- Salt & pepper

PREP TIME: 5 minutes

COOK TIME: 5 minutes

SERVINGS: 4 servings

DIRECTIONS

1. Wash and dry basil leaves.
2. Add all ingredients to a food processor or blender. Mix until well-combined, adjusting salt and pepper to taste. If a thinner consistency is desired, add a splash of water or extra olive oil and blend again.
3. Store in a glass container in fridge. Use on pastas, grain bowls, salads, pizzas, cauliflower toasts, and more!



MOROCCAN VEGETABLE, BEAN & LENTIL TAGINE (VEGAN OPTION) OR BAKED CHICKEN DRUMSTICKS & THIGHS WITH VEGETABLES TAGINE (MEAT OPTION)

MOROCCAN VEGETABLE LENTIL TAGINE



INGREDIENTS:

- 2 cups pre-cooked lentils
- 1 onion chopped
- 3 cloves of garlic chopped
- 2 carrots chopped
- 2 plum tomatoes chopped
- 1 tbsp. each Paprika and Cumin
- ½ tsp. each Cayenne Pepper and Ground Cinnamon
- 1 tsp. of Saffron or 1/2 tsp. Turmeric
- 1 bay leaf
- 1 whole cinnamon stick
- 1 inch of fresh minced ginger
- 2 tbsp. tomato puree
- 1 cup Vegetable Stock
- 4 tbsp. pitted green olives
- 1/4 cup of raisins
- 1 lemon
- Salt & pepper
- Fresh Mint (optional)

DIRECTIONS

1. Precook and rinse lentils (if not bought pre-cooked). Mix all spices together in a bowl.
2. Fry garlic and onion in oil for 5-7 minutes till translucent

PREP TIME: 10 minutes
COOK TIME: 30 minutes
SERVINGS: 4 servings

and aromatic and then add carrots, spices and a drop of water, stir and cook for around 3 minutes. Add in your lentils and make sure they are coated in the spice mix. Add tomatoes, tomato puree and hot vegetable stock.

3. Simmer on a low heat for 20-30 minutes, the longer the better, keep stirring!
4. Add raisins and olives. Leave for a further 10-15 minutes, in the last 5 minutes add some chopped fresh mint if using it.
5. Season with salt and pepper, squeeze lemon over and enjoy!

MOROCCAN SPICED MARINATED CHICKEN (CHICKEN CAN BE REPLACED WITH TEMPEH, TOFU OR FISH)

INGREDIENTS:

- 2 cloves garlic, peeled
- 2 tbsp. cumin seeds
- 2 tsp. ground coriander
- 1 tsp. ground cinnamon
- A pinch of chilli powder (more or less to taste)
- A good pinch of sea salt
- A good pinch of freshly ground pepper
- 2 limes, juice and zest
- 1 large handful fresh coriander and/or fresh mint
- A little trickle of coconut oil
- 4 chicken legs (fish or tofu)

DIRECTIONS

1. Place everything in a food processor apart from the oil and chicken.
2. Whizz till smooth. If you don't have a food processor, finely chop the herbs and garlic and mix everything in a pestle and mortar or just in a bowl.
3. Drizzle a splash of oil, just enough to loosen everything a little.
4. Rub the marinade into the chicken (or tofu/tempeh/fish). Lift the skin of the chicken and tuck some of the marinade under it, too. Pop in

PREP TIME: 10 minutes
COOK TIME: 30 minutes
SERVINGS: 4 servings



- the fridge for at least 2 hours or up to a day.
5. Roast in a 200°C/Gas 6 oven for 30 mins, or till the juices run clear when you prick the fattest part of the leg with a knife. Let the meat rest for 15-30 mins before serving. Same applies to tofu, or fish or tempeh.

MEAT, FISH & VEGETABLE SOUVLAKI WITH DIFFERENT MARINADES (VEGAN, PESCATARIAN & MEAT OPTION) 🌱 🐟 🍗

INGREDIENTS:

- 1 pound cubed lamb, chicken or firm tofu
- 1/3 cup coconut oil
- 1/4 cup apple cider vinegar
- 1/3 cup lemon juice
- 4 garlic cloves, minced
- 1 tbsp. oregano
- 1 ½ tsp. salt
- 1 ½ tsp. black pepper, freshly ground
- 1 tsp. paprika

DIRECTIONS

1. Make the marinade by mixing together all the ingredients, except the meat. Pour over the cubed meat and toss until all the meat is coated in the marinade. Cover with plastic wrap and place in the fridge for 2-3 hours.
2. Set grill to medium high heat.
3. Thread the meat onto wooden skewers.
4. Place the skewers on the grill and cook a couple minutes and then flip.
5. Chicken should be cooked

PREP TIME: 15 minutes (+ 2h marinate time)

COOK TIME: 15 minutes

SERVINGS: 4 servings

until the internal temperature is 73°C. Lamb should be cooked to desired doneness (60°C for medium rare, 65°C for medium, and 70°C for well done). Firm Tofu until hot and golden brown.
6. Serve with Greek salad (see lunch options).



LETTUCE WRAPPED FISH WITH CITRUS BUTTER SERVED WITH COURGETTE, TOMATO & PESTO BAKE (BOTH VEGAN & PESCATARIAN OPTIONS) 🌱🐟🥗

INGREDIENTS:

- 1 Cos or Romaine lettuce (you need 4 large outer leaves)
- 2 thick pieces white fish fillets, skinned (or tofu or tempeh)
- 25g coconut oil, coconut butter or Vegan margarine if you're using Tofu
- 1 shallot, finely chopped
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 lime, zested and juiced
- Salt and pepper to taste (for the seasoning of the fish)

DIRECTIONS

1. Bring a large pot of water to the boil and cook each lettuce leaf for 1 minute, then lift it out and cool it in cold water. Drain well.
2. Lay two of the leaves on a board and put another one on top of each, slightly overlapping – you need to be able to wrap the fish (or Tofu) completely. Put a piece of fish in the middle of each and season the top with salt and pepper, then fold over the lettuce, making a parcel (the lettuce should stick to itself – or use a cocktail stick).
3. Heat a little coconut oil in a pan, on a low heat, and cook the fish parcels over a low heat for about 3 minutes on each side, or until the fish parcels feel firm when you press them. Remove the pan from the heat, cover with a lid and leave while you make the

citrus butter.

4. Put a knob of coconut oil into another pan, tip in the shallot and fry for a few minutes. Add all of the zest, 1 tbsp. of the lemon and lime juices, and 2 tbsp. orange juice, then bubble everything together, quickly, and season with salt and pepper.



QUINOA ASPARAGUS RISOTTO



INGREDIENTS:

- 1 10-ounce pack of spinach, pre-washed
- 1 tbsp extra virgin olive oil, cold-pressed
- 4 cloves garlic, minced
- ½ tsp red chili flakes
- 1 cup quinoa, rinsed under cold water
- 4 cups low-sodium, vegetable broth
- 10 stalks of asparagus, trimmed
- 1 lemon, zested and juiced
- Salt and pepper to taste
- Nutritional yeast to sprinkle when serving

DIRECTIONS

1. Heat a large skillet over high heat. Add the spinach to wilt for 1 minute, toss often. Turn the heat off and set aside.
2. Warm the oil in another large skillet over medium high heat. Add the oil, garlic, and red chili flakes. Cook 2 to 3 minutes until the garlic becomes fragrant but does not brown. If the garlic begins to brown, reduce the heat to low.
3. Add the quinoa and cook another minute, stirring once or twice until the garlic is

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVINGS: 4 servings

mixed in. Add the broth and bring to a slow simmer. Cook for 10 to 12 minutes until more than half of the liquid is absorbed.

4. Roughly chop the asparagus and wilted spinach. Stir it in along with the lemon zest, lemon juice, the nutmeg, and salt. Sprinkle with nutritional yeast and serve immediately.



BRAISED CHICORY WITH BEEF STEAK (1 PAN DISH)



INGREDIENTS:

- 2 Beef steaks
- Salt and pepper to taste
- 2 Red chicory bulbs, cut each in ¼
- Coconut oil

PREP TIME: 10 minutes

COOK TIME: 10-12 minutes (depending on rare to well-done venison)

SERVINGS: 2 servings

DIRECTIONS

1. Season the beef with salt and pepper.
2. Heat the coconut oil in a fry pan until hot.
3. Panfry the beef and chicory together, the juices of the beef will soften the chicory and add extra flavour.



“PIZZA” WITH A SWEET POTATO BASE AND TOPPINGS

INGREDIENTS:

- 2 small sweet potatoes
- Coconut oil
- Salt and pepper to taste
- Tomato paste
- Fresh basil
- Nutritional yeast flakes

TOPPING OPTIONS:

- Fish chunks
- Beans
- Mince meat
- Turkey bacon

PREP TIME: 10 minutes
COOK TIME: 25 minutes
SERVINGS: 2 servings



DIRECTIONS

1. Wash the sweet potatoes, keep the skins on.
2. Pre-heat oven to 180C.
3. Cut the sweet potato into ½ inch rounds and place on a baking tray on parchment paper to stop them from sticking.
4. Brush sweet potato rounds with coconut oil and season with salt and pepper.
5. Place sweet potato into an oven for 10-15 minutes.
6. Prepare your toppings, then pull out the semi-baked sweet potato (pizza bases) and layer on your toppings starting with tomato paste, fresh basil and nutritional yeast, plus other toppings of your choice. After, place back in the oven for another 10 minutes until cooked.
7. Enjoy.

FLATTENED TURKEY BREAST ROLLED WITH TURKEY BACON, FILLED WITH SUNDRIED TOMATOES, SHIITAKE MUSHROOMS, AND HERBS



INGREDIENTS:

- 150g shiitake mushrooms, finely chopped
- 1 tbsp coconut oil
- Few fresh sage leaves, roughly torn
- 4 sundried tomatoes
- 4 skinless turkey breasts
- 1 tsp wholegrain mustard
- 8 slices turkey bacon

DIRECTIONS

1. Preheat oven to 200C.
2. Melt coconut oil in a large frying pan over a high heat and cook mushrooms for about 5min, stirring frequently, or until tender and any liquid has evaporated. Add the sage and fry for a few seconds more. Set pan aside to cool.
3. Meanwhile, slice turkey breasts in half horizontally through one side (keep other side attached). Open out like a book, then bash between two sheets of greaseproof paper or clingfilm with a rolling pin to get a more even thickness.

PREP TIME: 15 minutes
COOK TIME: 30 minutes
SERVINGS: 4 servings

4. Mix mustard, sundried tomatoes and seasoning into the mushroom pan. Press a quarter of the mixture over one side of each breast, then fold over the other half to cover the stuffing. Wrap one or two pieces of turkey bacon around each breast to secure the stuffing. Put the breasts on a baking tray.
5. Cook in the oven for 20-25min until piping hot throughout. Serve with seasonal veg.



PORTOBELLO MUSHROOM FILLED WITH SPICY SALSA & SERVED WITH SALAD 🌱 🍷 🏠

INGREDIENTS:

- 4 large mushrooms (like Portobello mushrooms)
- 1 tbsp coconut oil
- 2 tomatoes, chopped finely
- 2 cloves of garlic
- 1 red chilli deseeded and chopped
- 1 small onion chopped
- Salt and pepper to taste

DIRECTIONS

1. Prepare the mushrooms by washing and removing the stems. Hollow out a little bit so the toppings sit nicely on top of the mushroom.
2. Preheat the oven to 175C.
3. In a frying pan, heat the coconut oil and fry the onion and garlic for 1 minute. Add the chopped tomatoes and red chilli, season with salt and pepper. Fry for 5 minutes until fully soft and blended.
4. Scoop the tomato (salsa) mixture on top of the mushrooms and sprinkle with cracked pepper. Place in the oven for 15 minutes or until mushrooms are soft.

PREP TIME: 10 minutes
COOK TIME: 20 minutes
SERVINGS: 2 servings



KETO SUSHI (NO RICE)

INGREDIENTS:

- 4 nori seaweed sheets
- 1 avocado
- 1 red pepper
- ½ cucumber
- 100g smoked salmon
- ½ tsp wasabi

PREP TIME: 15 minutes
SERVINGS: 4 servings

DIRECTIONS

1. Mash 1 avocado with ½ tsp wasabi.
2. Wash and finely chop red pepper and cucumber into thin sticks.
3. Lay the nori flat and spread the avocado wasabi mixture evenly over the 4 sheets.
4. Then lay the smoked salmon evenly over the nori sheets.
5. Arrange a line of cucumber and pepper sticks near 1 side of the nori sheet, which makes it easy to roll.
6. Roll up the nori sheets to make the rolls.
7. Serve with tamari.



CHICKEN BREAST STUFFED WITH ASPARAGUS

INGREDIENTS:

- 4 chicken breasts (skinless and boneless)
- 1 tsp chopped fresh sage
- 2 cloves of garlic, crushed
- 1 tsp paprika
- Salt and pepper to taste
- 12 asparagus stalks
- 4 sundried tomatoes, chopped
- 1 tbsp coconut oil

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVINGS: 4 servings

DIRECTIONS

1. Preheat Oven to 180C.
2. Create a pocket in the chicken breast by cutting each one lengthwise. Be careful not to cut all the way through.
3. Place the chicken on a clean chopping board and sprinkle with salt, pepper and paprika
4. Stuff the chicken: add 3 springs of asparagus and a couple of pieces of sun-dried tomatoes and some chopped sage in the chicken breast and close the pocket with a toothpick.
5. Heat coconut oil in a large, cast-iron skillet over medium-high heat. Then, add in the chicken and sear it until nicely golden brown, about 3-5 minutes per side.
6. Finally, bake the chicken for 15-20 minutes, or until it is cooked through and no longer pink on the inside. Enjoy!



SNACK IDEAS FOR THE SLENDERIIZ PROGRAMME



PURENOURISH SHAKE SERIES



INGREDIENTS:

BASE SHAKE WITH PURENOURISH

- 2 scoops of PureNourish with 250ml water or non-dairy milk
- Add ingredient of your choice:
 - a) Shot of espresso
 - b) Fruit (Strawberry & Banana, Blueberry & Blackberry)
 - c) Nut or seed butter
 - d) Cinnamon, Clove & Nutmeg - Chai Spiced

PREP TIME: 5 minutes

SERVINGS: 1 serving

DIRECTIONS

Blend well and enjoy!



POWER BOOST SHAKE SERIES



INGREDIENTS:

BASE SHAKE WITH POWER BOOST

- 1 scoop of Power Boost with 250ml water or non-dairy milk
- Add ingredient of your choice:
 - a) Raspberry
 - b) Coconut Yoghurt
 - c) Vanilla Bean & Banana
 - d) Nut or Seed butter with Cinnamon

PREP TIME: 5 minutes

SERVINGS: 1 serving

DIRECTIONS

Blend well and enjoy!



CRUDITÉ OF VEGETABLES WITH HOMEMADE BUTTERBEAN PATE



INGREDIENTS:

- 1 medium onion
- 1 clove garlic
- 2 tbsp. olive oil
- 1 can white beans (1 can = 15.5 oz)
- ¼ cup sundried tomatoes in oil
- ½ lemon (juiced)
- 2 tbsp. parsley, fresh (or frozen, chopped, use less if dried)
- 2 tbsp. chives, fresh (or frozen, chopped)
- 1 tbsp. water
- Salt and pepper to taste

PREP TIME: 10 minutes

COOK TIME: 5 minutes

SERVINGS: 2 servings

DIRECTIONS

1. Roughly chop the onion and garlic.
2. Fry them in oil for a couple of minutes until lightly browned. When ready, throw both into a large mixing bowl.
3. Drain and rinse the beans and place them in the bowl.
4. Juice the lemon.
5. Finally, add the lemon juice and rest of the ingredients and using a hand blender, give it all a good blend. Alternatively throw it all in a food processor instead. That's it! Serve as you like, hot wholemeal bread goes well with it.



SPICY NUT & SEED MIX



INGREDIENTS:

- 1/2 cup sesame seeds
- 1/2 cup linseeds
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup walnuts
- 1/2 tsp. flax seed oil or coconut oil
- 1/4 tsp. salt
- 1 tsp. of your favourite dried spices like paprika, jerk seasoning, curry powder, etc

DIRECTIONS

1. Add the smaller seeds to one tray.
2. Add the larger seeds and nuts to another tray.
3. Bake in the oven at 180°C for 10 - 12 minutes, watching the smaller seeds closely in case they burn.
4. When they are golden, transfer them to a bowl to stop them cooking.
5. Add the oil, salt and seasoning mix while still warm so they spread evenly through the nuts and seeds.



PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVINGS: 10 servings as a snack

POPCORN



INGREDIENTS:

RANCH POPCORN SEASONING

- ½ tsp. dried dill
- ½ tsp. dried chives
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. salt
- ¼ tsp. pepper

“DORITO” POPCORN SEASONING

- 2 tbsp. nutritional yeast
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. cumin
- ¼ tsp. paprika
- ¼ tsp. chili powder
- ¼ tsp. salt

COCONUT CURRY POPCORN SEASONING

- 1 tbsp. unsweetened shredded coconut
- ½ tsp. curry powder
- ¼ tsp. salt

MEXICAN “POWER BOOST” POPCORN SEASONING

- 1 tbsp. Power Boost
- 1 tsp. cinnamon
- ¼ tsp. salt
- Pinch of cayenne pepper

BASE

- 4 cups popped popcorn
- 1 tsp. oil (5 ml)

Notes: this is better as a Maintenance recipe as corn is higher GI.

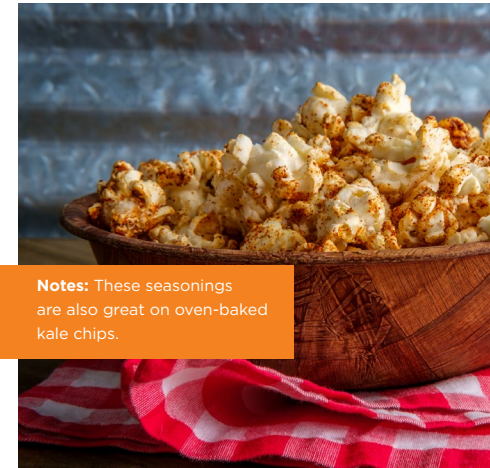
PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVINGS: 10 servings as a snack

DIRECTIONS

1. Mix: In a small bowl, combine the ingredients to your seasoning of choice.
2. Pop: Prepare popcorn in either the microwave or traditionally on the stove. Drizzle oil onto popcorn, tossing to evenly coat.
3. Serve: Sprinkle seasoning over popcorn and toss to coat once more. Serve warm.



Notes: These seasonings are also great on oven-baked kale chips.

DEVILLED EGGS WITH SHIITAKE MUSHROOM FILLING



INGREDIENTS:

- 6 eggs
- 2 shiitake mushrooms, cleaned, stemmed and chopped
- 1/4 cup minced onion
- 2 tbsp. coconut oil
- fresh dill
- Salt
- Pepper
- Paprika
- 2 tbsp. light mayonnaise

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVINGS: 12 servings as a snack

DIRECTIONS

1. Simmer the eggs for 12 minutes, or until hard boiled. Chill in ice water for 30 minutes.
2. Prepare the shiitake mushrooms, onion, dill and seasoning and mix together with mayonnaise.
3. Cut the cooled eggs in half, then scoop out the yolk and add to the shiitake mushroom mixture.
4. Blend together, then with a spoon or pipping bag, place the mixture back into the hollows of the eggs.
5. Garnish with paprika sprinkle if desired.

POWER PROTEIN BALLS WITH PURENOURISH & POWER BOOST - (CONTAINS NUTS)



INGREDIENTS:

- 120g natural peanut butter (smooth or crunchy - make sure it's sugar-free) or sub almond butter
- 85g cup maple syrup
- 2g vanilla extract
- 1 scoop of PureNourish
- 2 scoops of Power Boost
- 40g flaxseeds (either whole or milled)
- 65g rolled oats (gluten free, if desired)
- 2g cinnamon
- 14g chia seeds
- 30g unsweetened shredded coconut to roll balls into

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVINGS: makes 10-15 balls (depending on size)

DIRECTIONS

1. In the bowl of a food processor, add in the peanut butter, maple syrup, vanilla, protein powder, flaxseed, oats, cinnamon and chia seeds. Pulse together until well combined. Use a medium cookie scoop or your hands to grab dough and roll into 10 balls, place in an airtight container.
2. To make without food processor: add wet ingredients to a medium bowl, mix to combine. Add in dry ingredients and mix together until combined. Use hands to mix and work with the dough as needed. At this point you should be able to form balls that stick together. As all peanut butter/nut butter consistencies are different and depending on what protein powder you use, you may need to add in more nut butter or sweetener to help the balls stick together.
3. Store in the fridge for up to 1 week, or the freezer for up to 2 months. Enjoy!



