



November Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

www.paulwallacefitness.co.uk



Contents & Key

- 6 Fig & Banana Oatmeal
- 8 Chocolate Strawberry Overnight Oats
- 10 Smoked Salmon Toast
- 12 Sweet Potato & Corn Pancakes
- 14 Slow Cooker Asian Citrus Shredded Chicken
- 16-21 Quick Pickles 3 Ways
- 22 Asian Chicken Instant Soup
- 24 Chicken Poke Bowl
- 26 Salmon Poke Bowl
- 28 Slow Cooker Spaghetti Meatballs
- 30 Chicken Shawarma
- 32 Potato Quiche
- 34 Nut & Seed Power Bars
- 36 Zucchini Bread
- 38 Flourless Chocolate Muffins

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

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chocolate Strawberry Overnight Oats	Asian Chicken Instant Soup	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Potato Quiche
Tue	Sweet Potato & Corn Pancakes	Asian Chicken Instant Soup	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Slow Cooker Spaghetti Meatballs
Wed	Sweet Potato & Corn Pancakes	Slow Cooker Spaghetti Meatballs	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Chicken Shawarma
Thu	Fig & Banana Oatmeal	Chicken Poke Bowl	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Chicken Shawarma
Fri	Smoked Salmon Toast	Chicken Poke Bowl	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Slow Cooker Spaghetti Meatballs
Sat	Chocolate Strawberry Overnight Oats	Salmon Poke Bowl	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Meal Out - Enjoy!
Sun	Fig & Banana Oatmeal	Salmon Poke Bowl	E.g. Nut & Seed Power Bars, Zucchini Bread, Flourless Chocolate Muffins	Potato Quiche



Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 5 bananas • 4 figs • pack of strawberries • 1 tomato • 3 limes • 2 avocados • 1 orange • 1 lemon <p>Vegetables</p> <ul style="list-style-type: none"> • 2 red onions • 1 white onion • 1 lb. (12 oz.) (790g) sweet potatoes • 12 oz. (340g) white potato • red cabbage • root ginger • bulb of garlic • 2 cucumbers • 4 carrots • 2 heads broccoli • 1 bell pepper • bunch spring onions • pack cherry tomatoes • bunch radishes • pack lambs lettuce • 1 zucchini (courgette) <p>Dried</p> <ul style="list-style-type: none"> • pack medjool dates 	<p>Meats</p> <ul style="list-style-type: none"> • 3 lbs. (1.4kg) boneless skinless chicken breasts • 1.6 lb. (730g) chicken thighs, boneless, skinless • 1 lb. (450g) lean ground pork, 5% fat • 1 lb. (450g) lean ground beef 10% fat <p>Fish, Seafood</p> <ul style="list-style-type: none"> • 3 oz. (85g) smoked salmon • 1 lb. (450g) salmon fillet <p>Cold</p> <ul style="list-style-type: none"> • almond milk, unsweetened • Greek yogurt • soft cream cheese • 17 eggs • feta cheese • Parmesan cheese • cheddar cheese 	<p>Grains</p> <ul style="list-style-type: none"> • rolled oats • all purpose flour • quinoa • corn flour • rice • rice vermicelli noodles • spaghetti <p>Nuts, Seeds</p> <ul style="list-style-type: none"> • almonds • chia seeds • sesame seeds • pumpkin seeds • sunflower seeds • flaxseeds <p>Baking</p> <ul style="list-style-type: none"> • cocoa powder • baking powder • vanilla extract • baking soda (bicarbonate of soda) <p>Fresh Herbs</p> <ul style="list-style-type: none"> • dill • cilantro (coriander) • parsley • basil • chives <p>Dried Herbs, Spices</p> <ul style="list-style-type: none"> • black pepper • cayenne pepper • Chinese five spice powder • ground cumin • bay leaves • mustard seeds • red pepper flakes (chilli flakes) • paprika • ground turmeric • ground cloves • ground cinnamon • garlic granules • onion granules 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • coconut oil • sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • honey • maple syrup <p>Boxed, Canned, Condiments</p> <ul style="list-style-type: none"> • jar capers • jar jalapeno peppers • chicken broth (or stock cubes) • tamari sauce • hoisin sauce • Sriracha sauce • mirin • rice wine vinegar • apple cider vinegar • red wine vinegar • vegetable bouillon cubes (vegetable stock cubes) • mayonnaise • tomato paste (tomato puree) • panko breadcrumbs • 2x 14 oz. (400g) cans chopped tomatoes • 1x 7 oz. (200g) can sweetcorn • Dijon mustard • peanut butter <p>Misc, Other</p> <ul style="list-style-type: none"> • salt • sliced bread • dried seaweed (nori) • bar 85% dark chocolate





Fig & Banana Oatmeal

Serves 4

3 ¼ cups (780ml) water

¼ tsp. salt

2 cups (180g) rolled oats

1 cup (240ml) almond milk,
unsweetened

For the toppings:

2 tbsp. coconut sugar

2 bananas, sliced

4 fresh figs, quartered

2 tbsp. honey

What you need to do

1. In a saucepan, combine the water and salt. Place over a high heat and bring to a boil, then add in the oats. Reduce the heat to low and simmer gently, stirring occasionally until the oatmeal becomes creamy, around 5 minutes. Add in the almond milk and stir until well combined and warmed through.
2. Divide the oats between 4 bowls and top with the coconut sugar, sliced bananas, figs and honey.



DF	LC	MP	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	7 mins	312	4	67	7	8

*Nutrition per serving





Chocolate Strawberry Overnight Oats

Serves 2

- 1 cup (90g) rolled oats
- 3 tbsp. cocoa powder, unsweetened
- ¼ cup (70g) Greek yogurt
- 1 ¼ cup (300ml) almond milk, unsweetened
- 1 tbsp. honey
- 1 tsp. chia seeds
- 4 strawberries, sliced

What you need to do

1. Place all the ingredients (apart from the strawberries) in a container, mix until well combined and cover with a lid. Place the container in the refrigerator to chill for 2 hours or overnight.
2. When ready to eat, divide the oats between 2 bowls and top with sliced strawberries. Serve cold.

MP V N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2 hrs	289	7	47	11	9

*Nutrition per serving





Smoked Salmon Toast

Serves 2

4 slices bread, toasted
4 tbsp. soft cream cheese
1 medium tomato, sliced
3 oz. (85g) smoked salmon
1 small red onion, sliced
1 tbsp. capers
2 tbsp. dill, chopped

What you need to do

1. Toast the bread and spread each slice with the soft cheese. Now top each slice of toast with the tomatoes, smoked salmon, onion, capers and dill and serve immediately.

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	307	15	29	14	3

*Nutrition per serving





Sweet Potato & Corn Pancakes

Serves 6

- 1 lb. (450g) sweet potatoes
- 7 oz. (200g) canned sweetcorn
- 1 ¼ cup (150g) all purpose flour
- 1 tsp. baking powder
- 6 eggs
- salt & pepper
- ½ cup (50g) feta cheese, crumbled
- 2 tbsp. olive oil
- 6 pickled jalapeño peppers
- 2 limes
- 1 avocado, cubed
- 3 tbsp. fresh cilantro (coriander), chopped

What you need to do

1. Clean the sweet potatoes and pierce the skin with a fork. Place the potatoes in the microwave and cook on high for 8-10 minutes until tender.
2. Place the sweetcorn (along with the brine from the can) in a large bowl. Add in the flour, baking powder and 2 eggs. Season with salt and pepper and stir to combine.
3. Once the potatoes are ready, break them up into pieces and add to the batter, along with half of the feta cheese and mix well.
4. Heat a little amount of olive oil in a large non-stick frying pan or skillet, over a medium heat, then spoon 4 tablespoons of the batter into the pan. Cook for 2 to 3 minutes on each side until golden. Repeat the process until all the batter has been used up.
5. Make a jalapeño sauce by placing the jalapeños, along with a little of the brine from the jar, into a blender. Add the lime juice and blitz until smooth. Place the cubed avocado in a bowl and drizzle with the jalapeño sauce.
6. Using the same skillet, fry the remaining 4 eggs and then assemble the pancakes.
7. Divide the pancakes between 4 plates, top with a fried egg and the avocado and jalapeño sauce. Crumble over the remaining feta cheese and serve with a lime wedge and freshly chopped cilantro.

DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	375	17	47	12	8

*Nutrition per serving





Slow Cooker Asian Citrus Shredded Chicken

Serves 8

3 lbs. (1.4kg) boneless skinless chicken breasts

½ tsp. salt

½ tsp. pepper

2 cups (480ml) chicken broth

juice of 1 orange

4 tbsp. tamari sauce

4 tbsp. rice wine vinegar

2 tbsp. hoisin sauce

1 tbsp. sesame oil

2 tsp. Chinese five spice powder

What you need to do

1. Season the chicken with salt and pepper and place in the base of a slow cooker.
2. In a bowl, whisk together all the remaining ingredients and pour into the slow cooker, covering the chicken.
3. Cook the chicken on high for 3 hours. Once chicken has cooked, shred the chicken with two forks and mix together with the cooking liquor.



GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	3 hrs	246	6	5	40	1

*Nutrition per serving





Quick Pickled Red Onions

Serves 8

2 red onions, thinly sliced
½ cup (120ml) apple cider vinegar
½ cup (120ml) water
¾ tsp. salt
2 tbsp. honey
2 tsp. ground cumin
1 clove garlic, cut in half
2 bay leaves

What you need to do

1. Place the onion in a small pot along with the vinegar, water, salt, honey and cumin. Place the pot on the stove over a medium heat and bring to a simmer. Stirring the mixture, simmer for 1 minute then remove from the stove and set aside to cool.
2. Place the onions and liquid into a jar, add in the garlic and bay leaves and fit with a lid. Store the pickles in the refrigerator for up to 2 weeks.



GF DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	32	0	7	0	1

*Nutrition per serving





Quick Pickled Cabbage

Serves 8

- ½ small head red cabbage, thinly sliced
- 1 tbsp. root ginger, sliced
- ½ tsp. mustard seeds
- 1 clove garlic, peeled
- 1 cup (240ml) rice wine vinegar
- ½ tbsp. coconut sugar
- ½ tbsp. salt

What you need to do

1. Place the sliced cabbage, ginger, mustard seeds and garlic in a glass jar.
2. Pour the vinegar into a small pot with the sugar and salt and bring to a boil.
3. Now pour the warm vinegar into the jar with the cabbage and set aside to cool for 10 minutes. Cover the jar with a lid and store in the refrigerator for up to 2 weeks.



GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	19	0	5	1	1

*Nutrition per serving





Japanese Pickled Cucumber

Serves 8

- 1 cucumber, thinly sliced
- 2 tsp. salt
- 2 cups (480ml) water
- 1 tsp. dried seaweed
- 2 tsp. rice wine vinegar
- 2 tsp. mirin
- 2 tsp. tamari sauce
- 1 tsp. sesame seeds

What you need to do

1. Place the sliced cucumbers into a small bowl and sprinkle with the salt, set aside for 10 minutes to allow the salt to draw the water out of the cucumber.
2. Place the dried seaweed in a small bowl with the water and set aside for 10 minutes.
3. Drain any excess water out of the cucumber and seaweed and place both into a jar. Add in the remaining ingredients and mix well. Cover the jar with a lid and store in the refrigerator for up to 2 weeks.



GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	5 mins	9	0	2	1	0

*Nutrition per serving





Asian Chicken Instant Soup

Serves 4

4 portions of **Slow Cooker Asian Citrus Shredded Chicken**

4 tsp. tamari sauce

4 tsp. Sriracha sauce

4 tsp. lime juice

½ cup (45g) broccoli florets, chopped

2 carrots, cut into matchsticks

1 bell peppers, sliced

4 tbsp. spring onions, sliced

4 vegetable bouillon cubes

8.8 oz. (250g) vermicelli rice noodles

2 tbsp. fresh cilantro (coriander), chopped, to serve

What you need to do

1. Prepare 4 x 1 liter mason jars. Divide the **Slow Cooker Asian Citrus Shredded Chicken** into the base of each jar.
2. Now add the tamari and Sriracha sauces along with the lime juice.
3. Layer the vegetables into the jars and place a bouillon cube in each jar. Finally, finish by dividing the vermicelli noodles evenly between each jar and store in the refrigerator until ready to serve.
4. When ready to serve, pour boiling water in to fill the jar and carefully stir contents. Take care to ensure that the bouillon cube is completely dissolved. Set the jar aside for 5 minutes before serving.
5. Pour the contents of the jar into a large bowl, top with the fresh cilantro and serve immediately.

Tip: Make the **Slow Cooker Asian Citrus Shredded Chicken** in advance.

GF	DF	MP	HP	V
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	546	8	69	43	4

*Nutrition per serving





Chicken Poke Bowl

Serves 4

2 cups (340g) dried quinoa

4 portions of **Slow Cooker Asian Citrus Shredded Chicken**

1 cup (150g) cherry tomatoes, halved

2 carrots, cut into ribbons

1 cucumber, chopped

8 radishes, sliced

4 portions of **Quick Pickled Red Onions**

4 handfuls lambs lettuce

fresh cilantro leaves (coriander), to garnish

What you need to do

1. Cook the quinoa according to instructions on packaging, then set aside to cool slightly.
2. Now assemble the poke bowl by first dividing the cooked quinoa between 4 bowls. Top the quinoa with a portion of Slow Cooker Asian Citrus Shredded Chicken, as well as all the other vegetables and pickles. Garnish with fresh cilantro and serve immediately.

Tip: Make the **Slow Cooker Asian Citrus Shredded Chicken** and **Quick Pickled Red Onions** in advance.

GF	DF	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	430	7	64	28	4

*Nutrition per serving





Salmon Poke Bowl

Serves 4

For the salmon:

1 lb. (450g) salmon filet, skinless, cut into ¾-inch cubes

4 tbsp. tamari sauce

1 tsp. rice wine vinegar

1 tsp. Sriracha sauce

1 tsp. sesame oil

For the Sriracha sauce:

2 tbsp. Sriracha sauce

2 tbsp. mayonnaise

Other:

4 portions of **Japanese Pickled Cucumber**

4 portions of **Quick Pickled Cabbage**

4 tbsp. wakame

2 cups (320g) cooked white rice

1 avocado, flesh cut into cubes

1 tbsp. sesame seeds, for garnish

What you need to do

1. Cook the rice according to instructions on packaging, set aside to cool slightly.
2. To make the salmon, combine the chopped salmon, tamari, vinegar, Sriracha and sesame oil in a medium size bowl. Cover and place in the refrigerator until needed.
3. For the sauce, whisk together the Sriracha and mayonnaise in a small bowl.
4. Now assemble 4 bowls by placing a serving of rice in each bowl as a base. Divide the salmon mixture, pickled vegetables and avocado between the bowls. Spoon over the Sriracha mayonnaise and sprinkle over the sesame seeds. Serve immediately.

Tip: Make the **Japanese Pickled Cucumber** and **Quick Pickled Cabbage** in advance.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	5 mins	528	22	51	21	4

*Nutrition per serving





Slow Cooker Spaghetti Meatballs

Serves 8

¼ cup (60g) tomato paste
 3 tbsp. water
 1 cup (50g) panko breadcrumbs
 ½ bunch parsley, finely chopped
 1 cup (100g) Parmesan, grated
 ½ medium onion, coarsely grated
 2 large eggs, lightly beaten
 2 tbsp. milk, whole or plant based
 2 garlic cloves, chopped
 2 tsp. red wine vinegar
 1 tsp. red-pepper flakes (chili flakes)
 ¾ tsp. salt
 ½ tsp. black pepper
 1 lb. (450g) lean ground pork, 5% fat
 1 lb. (450g) lean ground beef 10% fat
 2x 14 oz. (400g) cans chopped tomatoes
 2 sprigs fresh basil, plus extra for serving
 1 lb. (450g) spaghetti, dried

What you need to do

1. In the base of a slow cooker, whisk together the tomato paste and water.
2. In a medium bowl, combine the panko breadcrumbs, parsley, Parmesan cheese, grated onion, eggs, milk, garlic, vinegar and red-pepper flakes. Season with salt and black pepper.
3. Add the ground pork and beef to the panko mixture and combine using your hands. Form into walnut sized meatballs and place them gently into the slow cooker. Cover the meatballs with the chopped tomatoes and add the basil sprigs. Place the lid on the slow cooker and cook on low for 4 hours.
4. When ready to serve, cook the spaghetti according to the instructions on the packaging.
5. Increase the slow cooker heat to high, transfer the meatballs to a bowl and discard the basil. Add the drained pasta to the sauce and toss to coat evenly. Season to taste with salt and pepper.
6. Add the meatballs back into the slow cooker and stir gently to combine. Serve with some grated Parmesan cheese and fresh basil leaves.

DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein (g)	Fibre(g)
20 mins	4 hrs 30 mins	548	21	54	33	3

*Nutrition per serving





Chicken Shawarma

Serves 6

For the chicken:

2 tbsp. cornflour
1 tbsp. salt
1 tsp. ground cumin
1 tsp. paprika
1 tsp. turmeric
½ tsp. ground cloves
1 tbsp. cayenne pepper
1 tsp. ground cinnamon
2 tbsp. olive oil
1.6 lbs. (750g) chicken thighs,
boneless, skinless

For the salad:

1 broccoli, chopped
1 cup (230g) Greek yogurt
1 tbsp. Dijon mustard
1 tsp. salt
2 tbsp. parsley, chopped

What you need to do

1. Preheat the oven to 360°F (180°C). Grease a loaf tin.
2. Mix together the cornflour, salt, cumin, paprika, turmeric, cloves, cayenne pepper and cinnamon.
3. Place the oil in a large bowl, then add the chicken and stir until covered. Add the spice mix and stir to coat the chicken.
4. Layer the pieces of spiced chicken into the loaf tin and press down, then place the tin into the oven and bake for 40 minutes.
5. In the meantime, make the broccoli salad. Place the broccoli in a large bowl. Make the salad dressing by combining the yogurt, Dijon mustard, salt and parsley together. Pour the salad dressing over the broccoli, mix well and set aside.
6. Once the chicken has cooked, take it out from the oven and set aside to rest for 10 minutes. Now remove the chicken from the loaf tin and slice. Serve immediately with the broccoli salad.

DF	LC	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	272	11	12	32	3

*Nutrition per serving





Potato Quiche

Serves 6

1 egg, beaten, for brushing

For the base:

12 oz. (340g) white potato, unpeeled

12 oz. (340g) sweet potato, unpeeled

1 tsp. salt

1 tsp. paprika

1 tsp. garlic granules

3 tsp. onion granules

4 tbsp. all purpose flour

1 egg

For the filling:

3 eggs

½ cup (120ml) milk, plant based or whole

1 cup (115g) cheddar cheese, shredded

2 tbsp. chives, chopped

salt & pepper

What you need to do

1. Preheat the oven to 360°F (180°C). Grease a 9 ½ inch (24cm) round tart or pie tin.
2. Grate both potatoes and squeeze out as much moisture as possible. Place the grated potato in a bowl, add in the salt, paprika, garlic and onion granules, and flour and mix well. Now add the egg and mix again.
3. Transfer the mixture into the tin and press down into the base and sides. Place the tin in the oven and bake for 25–30 minutes.
4. Remove the tin from the oven and again press the potato mixture down into the base and sides. Brush the potato base and sides with the beaten egg and place back into the oven for 5 minutes.
5. In the meantime, make the filling by whisking the eggs and milk together. Add in the cheese and chives, season with salt and pepper and mix well.
6. Pour the egg mixture onto the baked potato base and return to the oven. Bake for a further 20 minutes till the centre is just set but still a little wobbly.
7. Remove the tin from the oven, place onto a wire cooling rack and set aside to cool for 30 minutes to set before serving.

DF	MP	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	50 mins	255	11	28	12	1

*Nutrition per serving





Nut & Seed Power Bars

Serves 16

- 2 cups (185g) rolled oats
- ½ cup (75g) almonds, chopped
- ½ cup (60g) pumpkin seeds
- ½ cup (60g) sunflower seeds
- 2 tbsp. flaxseeds
- ½ tsp. salt
- ¾ cup (230ml) maple syrup
- 6 Medjool dates, chopped
- 2 tbsp. coconut oil

What you need to do

1. Preheat the oven to 350°F (180°C). Line a 8-inch (20cm) square baking pan with baking paper.
2. In a large bowl, stir together the oats, almonds, seeds and salt. Set aside.
3. In a small pot combine the maple syrup and dates. Place the pot on the stove and bring to a boil over medium-high heat. Reduce the heat and simmer gently for about 10 minutes until the dates have softened and the syrup has thickened slightly.
4. Remove the dates from the heat and mix in coconut oil, mash the dates with a fork. Add the date syrup to the oat mixture and stir well until combined. Transfer the mixture into the baking pan and firmly press into the base.
5. Place the pan in the oven and bake until firm and browned, around 45-50 minutes.
6. Remove the pan from the oven and set aside for 10 minutes, then remove the bars from the pan, place on a wire rack and set aside to cool completely.
7. Once cooled, cut into bars, place in an airtight container and store at room temperature for up to 5 days.



DF	MP	V	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	198	9	27	5	3

*Nutrition per serving





Zucchini Bread

Serves 10

9 oz. (250g) zucchini
(courgette)

¾ cup (185g) coconut sugar

½ cup (120ml) olive oil

2 eggs

1 tsp. vanilla extract

1 ½ cups (190g) all purpose
flour

2 tsp. baking powder

2 tsp. ground cinnamon

½ tsp. salt

¼ tsp. baking soda

What you need to do

1. Preheat the oven to 350°F (180°C). Line a loaf tin with baking paper.
2. Grate the zucchini, using the large holes of the grater, then set aside.
3. In a large bowl, combine the sugar, oil, eggs, and vanilla extract. Beat vigorously with a whisk until creamy. Now stir in the grated zucchini.
4. In a medium bowl, stir together the flour, baking powder, cinnamon, salt and baking soda. Add the flour mixture to the zucchini and stir until combined. Transfer the batter into the loaf tin.
5. Place the tin in the oven and bake for 35-40 minutes until the bread is firm and a toothpick inserted in the middle comes out clean.
6. Set the tin aside to cool for 10 minutes then remove the loaf from the tin onto a wire cooling rack and cool completely before slicing and serving.

DF MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	246	12	35	2	3

*Nutrition per serving





Flourless Chocolate Muffins

Makes 12

3 bananas, chopped
1 tbsp. lemon juice
2 eggs
4 tbsp. honey
7 oz. (200g) peanut butter,
natural
4 tbsp. cocoa powder,
unsweetened
1 tsp. baking soda
3 oz. (85g) 85% dark chocolate,
chopped

What you need to do

1. Preheat the oven to 350°F (180°C). Line a muffin tin with paper muffin cups.
2. Place the chopped bananas into a bowl and drizzle with lemon juice. Add in eggs, honey, peanut butter and mash everything together with a fork. Next add the cocoa powder and baking soda and whisk together.
3. Divide the mixture between each of the muffin cups and sprinkle with the chopped chocolate.
4. Place the tray into the oven and bake for around 18 - 20 minutes. Remove the tray from the oven and place the muffins onto a wire rack to cool completely before serving.

GF	MP	V	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein (g)	Fibre(g)
10 mins	20 mins	207	13	20	6	3

*Nutrition per serving

