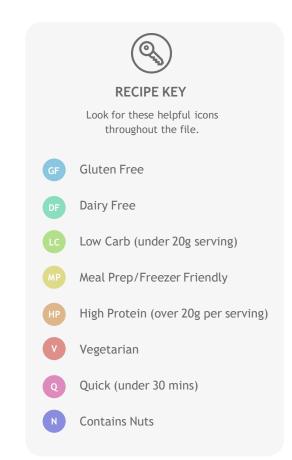
# JANUARY RECIPE PACK

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

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# SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Raspberry and Coconut Muesli Bircher	Raspberry and Coconut Muesli Bircher	Egg and Tuna Toast with Honey Mustard	Egg and Tuna Toast with Honey Mustard	Simple Chickpea and Tuna Salad	BLT Breakfast Salad	BLT Breakfast Salad
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Malaysian Chicken Soup	Malaysian Chicken Soup	Leftover Chicken Alla Diavola	Simple Chickpea and Tuna Salad	Lamb and Chickpea Stuffed Peppers	Lamb and Chickpea Stuffed Peppers	Power Salad
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
One-Pot Sea Bass and Thai Rice	Chicken Alla Diavola	Sesame Almond Chicken with Miso Pumpkin Puree	Sesame Almond Chicken with Miso Pumpkin Puree	Slow Cooker Korean Beef	Meal Out - Enjoy!	Slow Cooker Korean Beef

# WEEKLY SHOPPING LIST

### FRUIT & VEGETABLES

### Fruit

- 1x apple
- 2x bananas
- 70g blueberries
- 2x lemons
- 4x limes
- 🔘 ½ papaya
- 250g raspberries
- 1 portion of seasonal fruit (for the green pancakes)

### Vegetables

- 🔵 rocket
- baby spinach
- 1x broccoli
- 200g) broccolini
- 300g cherry tomatoes
- O 2x garlic
- root ginger
- 400g green beans
- lettuce
- bunch spring onions (approx. 10)
- 750g pumpkin
- radishes
- 5x red capsicums
- 2x red chillies
- 1x red onion
- 500g sweet potato
- 500g white potato
- Herbs
- mint
- parsley
- rosemary
- coriander

### MEAT, FISH, DAIRY & PLANT BASED

### Meats

- 500g chicken tenderloins (breast)
- 1.2 kg chicken legs
- 230g chicken thighs
- 250g ground lamb mince
- 60g pancetta
- 1.3 kg stewing beef
- Fish and Seafood
- 400g sea bass fillets
- O Dairy

feta cheese

- ) butter
- large Greek vanilla yoghurt
- raspberry yoghurt
- Dairy-free
- 7x eggs
- ) coconut milk
- O almond milk
- occonut yoghurt
- Frozen
  - edamame beans
- )
- D \_\_\_

  - \_\_\_\_\_

SEEDS, BAKING & SPICES

### Grains

### 🔘 basmati rice

- 🔵 quinoa
- rolled oats
- Nuts & Seeds
- pumpkin seeds
- sesame seeds
   Baking
- self-rising flour
- ground almonds/almond meal baking powder
- baking soda
- 🔿 coconut flour
- cornstarch
- vanilla extract
- Spices
- chilli flakes
- Chinese five spice mix
- ground cinnamon
- Moroccan spice mix
- onion powder
- o paprika
- ground turmeric
- sea salt flakes
- D
- ) \_
- \_\_\_\_\_

# CANS, CONDIMENTS & MISC

Oils

- sesame oil
- 🔵 coconut oil
- olive oil
- $\bigcirc$  extra virgin olive oil
- Sweeteners
- xylitol
- O honey
- coconut sugar
- Boxed, Cans & Condiments

○ 1x 400g can lite coconut milk

3x 400g cans chickpeas

- beef stock
- chicken stock
  1x 400g can coconut milk

cocktail gherkins

① 1x can tuna in oil

almond butter

Dijon mustard

) fish sauce

Other

bread

apple juice

mayonnaise

white miso paste

rice wine vinegar

tamari soy sauce

Thai red curry paste

vanilla protein powder

Sriracha sauce

1x can tuna in brine

apple cider vinegar

tomato paste

# RASPBERRY AND COCONUT MUESLI BIRCHER

# **RASPBERRY AND COCONUT MUESLI BIRCHER**



Serves: 6 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 355 kcal 7g Fats 56g Carbs 13g Protein 8g Fibre

### WHAT YOU NEED

- 3 cups (270g) rolled oats
- 1 apple, cored and coarsely grated
- 1 cup (280g) Greek style vanilla yoghurt
- 1 cup (250ml) apple juice
- <sup>3</sup>⁄<sub>4</sub> cup (185ml) coconut milk
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 cup (280g) raspberry yoghurt , to serve

# For the raspberry jam:

- 250g raspberries, quartered
- 2 tbsp. coconut sugar
- 1 tbsp. lemon juice

### WHAT YOU NEED TO DO

Combine the oats, grated apple, vanilla yoghurt, apple juice, coconut milk, vanilla extract and cinnamon in a bowl. Cover the bowl and place in the fridge to soak overnight.

Meanwhile, to make the raspberry jam, combine the raspberries, sugar and lemon juice in a saucepan. Place over a medium heat, and cook, stirring occasionally, for 7-8 minutes, until it has a jam like consistency. Remove from the heat and set aside to cool.

Divide the jam among serving jars or glasses. Top with the oat mixture and raspberry yoghurt and serve immediately. Store covered in the refrigerator for up to 3 days.







# **GREEN PANCAKES**

# **GREEN PANCAKES**



Serves: 4 Prep: 15 mins Cook: 50 mins



Nutrition per serving: 436 kcal 4g Fats 86g Carbs 7g Protein 14g Fibre

# WHAT YOU NEED

- 1 ¼ cups (435ml) almond milk
- 1 egg
- 1 ripe banana, coarsely chopped
- 85g spinach
- 2 cups (300g) self-rising flour
- 1/4 cup (55g) coconut sugar
- 1/4 tsp. baking soda
- 2 tbsp. coconut oil, melted
- ½ cup (140g) coconut yoghurt , to serve
- 1 cup seasonal fruit, to serve

# WHAT YOU NEED TO DO

Place the milk, egg, banana and spinach into a blender and blitz until smooth.

Combine the flour, sugar and baking soda in a large bowl. Make a well in the centre, and add the smoothie mixture. Whisk until well combined and a smooth batter has formed. Cover and set aside for 30 minutes to rest.

Heat a large non-stick frying pan over medium-low heat and brush it with a little coconut oil. Pour ¼ cup (60ml) of the batter into the pan, and cook for 1-2 minutes or until bubbles appear on the surface. Then flip the pancake and cook for a further 1 minute on the other side, or until lightly coloured. Repeat this process with the remaining batter to make 16 pancakes.

Divide the pancakes among the serving plates (4 per serving). Top with yoghurt and fruit to serve.





# EGG AND TUNA TOAST WITH HONEY MUSTARD



# EGG AND TUNA TOAST WITH HONEY MUSTARD



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 211 kcal 7g Fats 18g Carbs 18g Protein 2g Fibre

# WHAT YOU NEED

- 2 slices bread
- 1 tsp. butter
- handful rocket
- 145g can tuna in brine, drained
- 1 egg, boiled to your liking
- 1 tbsp. Dijon mustard
- 1/2 tbsp. honey
- 1/4 small onion, sliced
- salt and pepper

# WHAT YOU NEED TO DO

Boil the egg to your liking. Toast the bread and spread with the butter.

Top the toast with rocket, pieces of tuna and egg slices.

Mix the mustard with the honey and drizzle over the egg. Finally top with the sliced onion and season with salt and pepper, to taste. Serve immediately.







# **BLT BREAKFAST SALAD**

# **BLT BREAKFAST SALAD**



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 399 kcal 33g Fats 6g Carbs 19g Protein 1g Fibre

### WHAT YOU NEED

- 125g pancetta, chopped
- ½ lettuce, leaves torn
  1 cup (150g) cherry
- tomatoes, halved
- 1/4 small onion, sliced
- 3 tbsp. mayonnaise
- 2 tsp. lemon juice
- 1 clove garlic, crushed
- 2 boiled eggs, quartered
- salt and pepper

### WHAT YOU NEED TO DO

Chop the pancetta into small cubes and place in a non-stick frying pan. Heat the pancetta over a low heat for about 10 minutes, until the fat has melted and the pancetta starts to brown.

In the meantime, boil the eggs to your liking. Mix the mayonnaise, crushed garlic and lemon juice to make the salad dressing.

To serve, arrange the lettuce on 2 plates, add the halved cherry tomatoes and sliced onion. Season with salt and pepper. Top with the browned pancetta and boiled egg, then drizzle with the dressing and serve immediately.







# **POWER SALAD**

# **POWER SALAD**



Serves: 4 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 338 kcal 10g Fats 43g Carbs 14g Protein 10g Fibre



# WHAT YOU NEED

- 400g can chickpeas, rinsed, drained
- 1 cup (170g) quinoa, rinsed, drained
- 1 broccoli, trimmed, cut into florets
- 1 cup (155g) frozen edamame beans, cooked
- 1 cup (150g) cherry tomatoes, halved
- 4 radishes, sliced
- handful fresh mint leaves, plus extra, to serve
- 2 tbsp. pumpkin seeds
- 2 tbsp. apple cider vinegar
- 2 tbsp. extra virgin olive oil
- 1 tbsp. honey
- 1/2 cup (70g) blueberries
- salt and pepper

### WHAT YOU NEED TO DO

Preheat the oven to 200°C. Line a baking tray with baking paper and spread the chickpeas over the tray. Rub the chickpeas with 1 tablespoon of olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 minutes until golden.

Meantime, cook the quinoa according to the instructions on the packaging and drain well. Cook the broccoli until just tender and drain well.

Combine the cooked grains, broccoli, edamame, tomato, radish, mint and pumpkin seeds in a large bowl. Season with salt and pepper.

Whisk together the vinegar, oil and maple syrup in a small bowl. Add the dressing to the salad and gently toss to combine. Top with the roasted chickpeas, blueberries and extra mint leaves and serve immediately.





# SIMPLE CHICKPEA AND TUNA SALAD

# SIMPLE CHICKPEA AND TUNA SALAD



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 196 kcal 6g Fats 18g Carbs 15g Protein 5g Fibre

### WHAT YOU NEED

- 400g can chickpeas, rinsed, drained
- 145g can tuna in olive oil
- 30g cocktail gherkins, sliced
- $\frac{1}{2}$  red capsicum, diced
- 1/4 red onion, diced
- 2 eggs, cooked, chopped
- 1 tbsp. parsley chopped, to serve
- salt and pepper

### WHAT YOU NEED TO DO

Combine all ingredients, including the oil from the tuna, in a bowl and mix well. Season well to taste with salt and pepper and serve sprinkled with fresh parsley.







# LAMB AND CHICKPEA STUFFED PEPPERS

# LAMB AND CHICKPEA STUFFED PEPPERS



Serves: 4 Prep: 15 mins Cook: 60 mins



Nutrition per serving: 468 kcal 26g Fats 32g Carbs 22g Protein 9g Fibre





### WHAT YOU NEED

- 4 capsicums
- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- 3 tsp. Moroccan spice mix
- 1 tsp. ground paprika
- <sup>1</sup>/<sub>2</sub> tsp. dried chilli flakes
- 250g lamb mince
- 4 tbsp. tomato paste
- 400g can chickpeas, rinsed, drained
- 100g feta cheese, crumbled
- 2 tbsp. parsley, chopped
- salt and pepper

### WHAT YOU NEED TO DO

Preheat the oven to 200°C. Grease a large roasting tray.

Cut the capsicums in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the capsicum halves, cut-side up, in the tray.

Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.

Stir in the Moroccan spice mix, paprika and chilli. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.

Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tinfoil and bake for 45 minutes or until the peppers are tender.

Divide between 4 serving plates. Serve immediately with freshly chopped parsley.





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# MALAYSIAN CHICKEN SOUP



Serves: 4 Prep: 10 mins Cook: 35 mins



Nutrition per serving: 407 kcal 13g Fats 53g Carbs 19g Protein 1g Fibre



# WHAT YOU NEED

- 1 tsp. coconut oil
- 1 tbsp. red curry paste500g potatoes, peeled,
- bug potatoes, peeled, chopped
- 4 cups (1l) chicken stock
- ¾ cup (180ml) coconut milk, can
- 500g sweet potatoes, peeled, chopped
- 2 chicken thighs (230g), skinless, boneless, chopped
- 2 tbsp. fish sauce
- 1 lime, juiced
- chilli flakes, to serve
- 4 tbsp. coriander, chopped, to serve

# WHAT YOU NEED TO DO

In a large saucepan, heat the coconut oil and the curry paste for 1-2 minutes, stirring constantly with a wooden spoon.

Add the potatoes and chicken stock to the pan and bring to boil. Now turn the heat down and simmer for 10-15 minutes until the potatoes are tender. Take the pan off the heat and blend the soup in a food processor or with a hand blender until smooth.

Now, return the soup to the pan.

Add the sweet potatoes and coconut milk and bring to the boil. Add the chicken to the soup and cook for 15 minutes until the sweet potatoes are tender, stir occasionally.

When ready to serve, add in the fish sauce and lime juice. Serve with chilli flakes and fresh chopped coriander.





# ONE-POT SEA BASS AND THAI RICE

# **ONE-POT SEA BASS AND THAI RICE**



Serves: 4 Prep: 10 mins Cook: 45 mins



Nutrition per serving: 511 kcal 16g Fats 57g Carbs 31g Protein 9g Fibre





### WHAT YOU NEED

# For the paste:

- 30g coriander, leaves picked, stalks reserved
- 1 thumb-sized pieces ginger, peeled
- 2 cloves garlic, peeled
- 1 red chillies, deseeded
- 1 tbsp. sesame oil
- 3 tbsp. tamari soy sauce
- 1 lime, juice and zest
- 200ml can coconut milk

# For the rice:

- 200g basmati rice
- 4 x 100g sea bass fillets, skin scored
- 2 cups (200g) green beans
- 4 spring onions, finely sliced
- 1 red chilli, deseeded, sliced
- 1 lime, to serve

# WHAT YOU NEED TO DO

Preheat the oven to 200°C.

Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.

Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.

To serve, divide between 4 plates, sprinkle with the spring onions, chilli and remaining coriander leaves. Serve immediately.



# SESAME ALMOND CHICKEN WITH MISO PUMPKIN PUREE

# SESAME ALMOND CHICKEN WITH MISO PUMPKIN PUREE



Serves: 4 Prep: 15 mins Cook: 35 mins



Nutrition per serving: 453 kcal 19g Fats 28g Carbs 39g Protein 7g Fibre





### WHAT YOU NEED

- 750g pumpkin, peeled, cut into cubes
- 1 tbsp. olive oil
- 1/2 cup (55g) almond meal
- 2 tbsp. corn flour
- 1 tbsp. sesame seeds
- 1/2 tsp. Chinese five spice mix
- <sup>1</sup>/<sub>3</sub> cup (80ml) light coconut milk
- 500g chicken tenderloins
- 2 tsp. coconut oil
- 2 tsp. white miso paste
- 200g broccolini
- 200g green beans
- lemon wedges, to serve
- salt and pepper

### WHAT YOU NEED TO DO

Preheat the oven to 200°C. Line 2 baking trays with baking paper. Place the pumpkin on one of the trays and rub with 1 tablespoon of olive oil. Place the tray in the oven and bake the pumpkin for 25 minutes or until tender.

Meanwhile, combine the almond meal, cornflour, sesame seeds and Chinese five spice mix in a large dish. Place the coconut milk in a separate dish. Taking 1 tenderloin at a time, dip it into the coconut milk to coat, and then dip the chicken into the almond mixture to coat. Place on the earlier prepared tray. Repeat this process with the remaining chicken tenderloins.

Heat the coconut oil in a large non-stick frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side, until cooked through.

Cook the broccolini and green beans in slightly salted water for around 5-7 minutes, until tender.

Place the roasted pumpkin and miso paste in a food processor and blitz until smooth. Season to taste with salt and pepper.

Serve the chicken with the pumpkin puree, cooked beans and broccolini, and lemon wedges.



# **CHICKEN ALLA DIAVOLA**

# CHICKEN ALLA DIAVOLA



Serves: 6 Prep: 15 mins Cook: 45 mins + 1 hr



Nutrition per serving: 518 kcal 42g Fats 2g Carbs 33g Protein 0g Fibre





### WHAT YOU NEED

- 6 chicken legs (1.2kg)
- 1 tbsp. ground black pepper
- 1 tsp. chilli flakes
- 4 tbsp. olive oil
- 1⁄4 lemon
- 4 garlic cloves, crushed
- 2 sprigs rosemary
- salt

### WHAT YOU NEED TO DO

Place the chicken legs on a roasting tray and drizzle with lemon juice, then rub with salt, pepper, chilli flakes, crushed garlic, and olive oil.

Add chopped rosemary sprigs and set aside to marinade for about 1 hour.

Preheat the oven to 180°C. Place the chicken in the oven and bake the chicken for 25 minutes, then turn over and bake for a further 20 minutes until golden brown. Once cooked, pour the roast juices over the chicken.

Divide the chicken into 6 portions and serve immediately with your favourite side dishes, e.g. potatoes, salad.



# SLOW COOKER KOREAN BEEF

# **SLOW COOKER KOREAN BEEF**



Serves: 8 Prep: 10 mins Cook: 8.5 hrs



Nutrition per serving: 316 kcal 10g Fats 18g Carbs 38g Protein 1g Fibre



## WHAT YOU NEED

- 1.3 kg stewing beef, cut into chunks
- 2 tbsp. cornstarch
- 1 tbsp. sesame seeds
- 6 spring onions, thinly sliced

### For the sauce:

- 1 cup (240ml) beef stock
- ½ cup (120ml) tamari soy sauce
- ½ cup (100g) coconut sugar
- 4 cloves garlic, minced
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 1 tbsp. ginger, grated
- 1 tsp. Sriracha sauce
- $\frac{1}{2}$  tsp. onion powder
- 1/2 tsp. black pepper

### WHAT YOU NEED TO DO

In a large bowl, mix together all the sauce ingredients and stir well to combine.

Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.

Once the beef has finished cooking, mix the cornstarch and  $\frac{1}{4}$  cup water and stir into the slow cooker to thicken the sauce.

Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.

Serve immediately, garnished with green onions and sesame seeds.

### Serving suggestion:

- Rice
- Steamed vegetables





# PAPAYA AND TURMERIC SMOOTHIE

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# PAPAYA AND TURMERIC SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 286 kcal 4g Fats 48g Carbs 13g Protein 3g Fibre

# WHAT YOU NEED

- ½ medium papaya 150g peeled, chopped
- 1 banana
- 1 ½ cup (350ml) coconut milk, carton
- $\frac{1}{2}$  tsp. ground turmeric
- 1/2 lime, juice
- 2 tbsp. honey
- 1 scoop (25g) vanilla protein powder
- 1 cup ice

## WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 4 glasses and serve immediately.







# CINNAMON ROLL PROTEIN BARS

# **CINNAMON ROLL PROTEIN BARS**



Makes: 16 Prep: 15 mins Chill: 30 mins



Nutrition per serving: 108 kcal 6g Fats 8g Carbs 5g Protein 1g Fibre





### WHAT YOU NEED

- <sup>1</sup>/<sub>2</sub> cup (45g) protein powder
- 1 cup (90g) rolled oats
- 1 tsp. ground cinnamon
- 2 tbsp. coconut oil, melted
- 1/2 cup (100g) almond butter
- 1/4 cup (60g) honey
- 1/2 tsp. vanilla extract
- sea salt flakes to garnish

### WHAT YOU NEED TO DO

Place the protein powder, cinnamon and rolled oats into a food processor and blitz together until the oats turn into powder.

Add the melted coconut oil, almond butter, honey and vanilla extract into the food processor and blitz again until it forms a sticky dough. If it feels too dry, add 1 tablespoon of water and blitz again.

Line a 20x30cm baking tin with parchment paper and scoop the protein bar mixture into the tray, pressing it down with a spoon. Sprinkle with sea salt flakes and place in the freezer for 30 minutes.

Cut the mixture into 16 protein bars and store in an airtight container, in the fridge for up to 7 days.



# KETO LEMON MUG CAKE

# **KETO LEMON MUG CAKE**



Serves: 1 Prep: 5 mins Cook: 2 mins



Nutrition per serving: 468 kcal 35g Fats 19g Carbs 14g Protein 10g Fibre

# WHAT YOU NEED

- 2 tbsp. butter, melted, cooled
- 1 egg
- 1 tsp. grated lemon rind
- 1/4 cup (25g) coconut flour
- 1 tbsp. ground almonds
- 2 tsp. xylitol
- 1/2 tsp. baking powder
- 2 tbsp. almond milk
- 1 tbsp. lemon juice
- 2 tbsp. Greek yoghurt , to serve

# WHAT YOU NEED TO DO

Whisk together the melted, cool butter, egg and lemon rind in a small bowl. Add the flour, almond, xylitol, baking powder, milk and juice. Stir well to combine.

Transfer the mixture into a 1 cup (240ml) sized heat proof mug and microwave on high for 2 minutes. Remove from the microwave and set aside for 30 seconds.

Top with the coconut yoghurt and serve immediately.





