

JULY PLANT-BASED RECIPE PACK

TIGHTEN *up*



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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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	Rise & Shine Strawberry Smoothie	Berry Spinach Salad	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Healthy Vegan Shepherd's Pie
Tue	Pumpkin Spice Smoothie	Berry Spinach Salad	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Spicy Chorizo Soft Tacos
Wed	Rise & Shine Strawberry Smoothie	Italian Lemon Orzo Soup	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Spicy Chorizo Soft Tacos
Thu	Overnight Blueberry Lemon Oats	Italian Lemon Orzo Soup	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Jackfruit Sliders
Fri	Avocado Smash Tomato Toasts	Stuffed Zucchini Boats	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Jackfruit Sliders
Sat	Avocado Smash Tomato Toasts	Stuffed Zucchini Boats	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Meal Out - Enjoy!
Sun	Greek Tofu Bowl	Moroccan Couscous Salad	Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats	Pesto Chickpea Pasta

Weekly Shopping List

Fruits & Vegetables	Protein, Dairy, Herbs & Baking Goods	Seeds, Grains, Legumes & Spices	Cans, Condiments & Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 1 pack blueberries • 1 pack strawberries • 1 pack raspberries • 1 orange • 2 bananas • 7 lemons • 3 limes <p>Vegetables</p> <ul style="list-style-type: none"> • 1 red onion small • 1 large container baby spinach • 1 mini cucumber • 7 medium yellow onions • 3 stalks celery • 5 carrots • 1 large avocado • 4 bulbs of garlic • 1 large vine ripened tomato • 20 sundried tomatoes • 4 red capsicums • 1 yellow capsicum • 2 medium zucchinis • 5 radishes • 3 cups (227g) mushrooms of choice • 1 large bag of shredded coleslaw mix • 5 medium white potatoes • 1 pack of mixed greens • 1 pack of kalamata olives <p>Frozen Foods</p> <ul style="list-style-type: none"> • frozen blueberries • frozen strawberries • frozen mango • frozen raspberries • frozen peas <p>Dried</p> <ul style="list-style-type: none"> • pack of dates (soft) 	<p>Protein & Dairy</p> <ul style="list-style-type: none"> • soy milk • plant-based milk of choice (soy or almond) • 400g pack of extra firm tofu • 300g pack of silken tofu <p>Baking Goods</p> <ul style="list-style-type: none"> • 1 small loaf whole grain sourdough bread • 8 medium corn or wheat tortillas • 8 whole wheat dinner buns • vanilla extract • monk fruit sweetened or sugar-free chocolate chips <p>Fresh Herbs</p> <ul style="list-style-type: none"> • large bunch parsley • 200g basil • mint • coriander • rosemary • thyme 	<p>Grains</p> <ul style="list-style-type: none"> • quinoa • orzo pasta • quick oats • whole rolled oats • couscous • dried chickpea spaghetti or pasta of choice • granola (optional) <p>Nuts, Seeds & Legumes</p> <ul style="list-style-type: none"> • small bag pecans • tahini • hemp seeds • ground flax seeds • almond butter • raw walnuts (1 cup) • dried green or brown lentils • raw cashews <p>Dried Spices</p> <ul style="list-style-type: none"> • Italian seasoning • bay leaf • black salt and pepper • pumpkin pie spice blend • Greek seasoning • nutritional yeast • Moroccan spice blend • ground cumin • mild chili powder • cayenne pepper • smoked paprika • ground cinnamon • onion powder • garlic powder 	<p>Oils</p> <ul style="list-style-type: none"> • avocado oil • extra virgin coconut oil • olive oil <p>Sweeteners</p> <ul style="list-style-type: none"> • liquid stevia extract • maple syrup • agave syrup <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • 1 x 400g can chickpeas • 3L vegetable stock or stock cubes • 1 can fava beans • 1 small jar tomato puree • 1 x 400g young jackfruit in brine • coffee (to make 1 tbsp. of dark coffee) • lemon poppy seed dressing or store-bought dressing • salsa • balsamic vinegar • vegan BBQ sauce • apple cider vinegar • tomato sauce • Salt



Rise & Shine Strawberry Smoothie

Serves 2

2 cups (470g) coconut yogurt
3 cups (300g) frozen or fresh strawberries
2 tbsp. almond butter
2 tsp. hemp seeds
1 cup (240ml) soy or almond milk
10 drops liquid stevia extract

What you need to do

1. Place all the ingredients into a blender and blend until smooth.
2. **Optional:** Serve with a sprinkle of hemp seeds and a sliced strawberry for garnish.

Tip: To increase protein, add protein powder.

GF DF V O N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	403	21	47	11

*Nutrition per serving





Pumpkin Spice Smoothie

Serves 2

2 ripe bananas (can freeze for a creamier smoothie)

2 ½ cups (360ml) soy milk

2 tbsp. hemp seeds

¾ tsp. pumpkin pie spice blend

2 soft dates

½ cup (45g) quick oats

What you need to do

1. Place all the ingredients into a blender and blend until smooth. Serve immediately.
2. **Optional:** Sprinkle with pumpkin pie spice blend before serving.

Tip: To increase protein, add protein powder.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	368	12	54	16

*Nutrition per serving





Overnight Blueberry Lemon Oats

Serves 2

- 1 cup (190g) frozen blueberries
- 1 cup (90g) whole rolled oats
- 2 cups (480ml) plant-based milk of choice
- 1 lemon
- 12 drops liquid stevia extract
- 1 tbsp. hemp seeds
- 1 tbsp. flax meal (ground flax seeds)

Optional toppings:

- ¼ cup (45g) blueberries
- 2 tbsp granola of choice

What you need to do

1. Zest the lemon. Mix the frozen blueberries, whole rolled oats, plant-based milk, liquid stevia extract, hemp seeds, lemon zest, and flax meal together in a container with a lid. Place in the fridge overnight. In the morning, serve the oats into 2 bowls.
2. **Optional:** Top with fresh blueberries and granola.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	319	14	56	13

*Nutrition per serving



Avocado Smash Tomato Toasts

Serves 2

3 slices whole grain
sourdough bread
1 large avocado
½ lemon (juiced)
1 small clove garlic, crushed
1 large vine ripened tomato
9 fresh basil leaves
pinch of salt & pepper

What you need to do

1. Cut the avocado in half, remove the stone and scoop the flesh out into a small bowl. Add the salt, pepper, garlic and lemon juice into the bowl with the avocado. Mash the ingredients together with a fork until well combined and set aside.
2. Place the bread into a toaster and toast until browned. While the toast is toasting, slice the tomato into large slices and cut each of the slices in half.
3. To assemble the toast, place the avocado mixture onto the toasted bread, top with tomato and basil leaves. Cut one toast in half and serve 1½ slices per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	332	17	36	11

*Nutrition per serving



Greek Tofu Bowl

Serves 2

½ small onion

½ red capsicum

5 sundried tomatoes
(rehydrate in boiling water)

6 kalamata olives

½ tbsp. olive or avocado oil

¼ cup (12g) chopped parsley

1 x 400g pack extra firm tofu,
drained & pressed

1 ½ tbsp. Greek seasoning

½ lemon (juiced)

2 cups (60g) mixed greens

pinch of salt & pepper to taste

What you need to do

1. Chop the pepper and onion and slice the olives and sundried tomatoes. Set aside.
2. Pour the oil into a frying pan and place over a medium heat. Crumble the tofu into the pan with your hands, then add in the Greek seasoning, parsley, red pepper, onion, olives, lemon juice, and sundried tomatoes. Stir well and cook for 3 minutes. Season to taste with salt and pepper and add more Greek seasoning if required.
3. Place a cup of mixed greens and half of the Greek tofu into each bowl. Serve immediately.



GF	DF	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
7 mins	5 mins	307	7	24	29

*Nutrition per serving



Berry Spinach Salad

Serves 3

- 1 cup (185g) cooked quinoa
- 2 cups (400g) fresh mixed berries of choice
- 4 cups (120g) baby spinach
- ¼ red onion
- 1 mini cucumber or ⅛ large cucumber
- 4 tbsp. lemon poppyseed vinaigrette or dressing of choice

Spicy pecans:

- ½ cup (65g) whole pecans
- 1 tbsp. maple syrup
- ⅛ tsp. cayenne pepper (add less to make less spicy or omit)
- ½ tsp. ground cinnamon
- pinch of salt & pepper

What you need to do

1. Preheat the oven to 180°C. Mix the maple syrup, cayenne pepper, cinnamon, salt and pepper into a medium sized bowl. Add the pecans into the maple syrup mixture, stir until coated and place them onto a baking tray lined with baking parchment. Place the tray into the oven and bake for 8 minutes.
2. To make the salad, slice the cucumber and red onion into thin slices. If needed, slice the berries in half.
3. To serve, split the spinach between two large bowls. Top with equal amounts of cooked quinoa, berries, cooled spicy pecans, sliced cucumbers and sliced onions per bowl. Drizzle with dressing of choice. Serve immediately.

Note: Nutrition info with dressing

GF DF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	8 mins	412	22	48	13

*Nutrition per serving





Italian Lemon Orzo Soup

Serves 2

½ cup (100g) orzo pasta, dried
1 x 400g can chickpeas, drained
3 carrots
3 stalks celery
1 medium cooking onion
2 handfuls baby spinach
8 cups (2L) vegetable stock
4 cloves garlic, crushed
1 tbsp. avocado oil
½ tsp. salt
⅛ tsp. pepper
¼ cup lemon juice
½ tsp. Italian seasoning
1 bay leaf
2 tbsp. tahini
¼ cup chopped parsley

Optional garnish:

⅛ cup (5g) chopped parsley
½ lemon

What you need to do

1. Dice the carrots, onion, and celery. Pour the avocado oil into a large soup pan and place over a medium-high heat. Add the onions and sauté for 1 minute. Next add in the celery, carrots and garlic, and continue to sauté for a further minute.
2. Pour in the vegetable stock, and add the chickpeas, bay leaf, tahini paste, lemon juice, orzo pasta, Italian seasoning, parsley, salt and pepper.
3. Bring the soup to the boil and then reduce the heat to a simmer. Allow the soup to simmer gently for 15-18 minutes, until the pasta and vegetables are soft. Just before serving add in the spinach and stir until wilted. Serve immediately.
4. **Optional:** Garnish with a squeeze of fresh lemon juice and sprinkle over some freshly chopped parsley.

GF DF V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	331	16	45	13

*Nutrition per serving



Stuffed Zucchini Boats

Serves 2

- 1 cup (185g) cooked quinoa
- 2 medium zucchinis
- ½ small onion, diced
- ½ small red capsicum, diced
- 2 cloves garlic, minced
- ½ cup (60g) raw walnuts
- ½ tbsp. nutritional yeast
- ⅓ tsp. salt & pepper
- 1 lemon (juiced)
- ¼ cup (12g) chopped fresh parsley

What you need to do

1. Preheat the oven to 180°C.
2. Pour the walnuts, half of the lemon juice, onions, garlic, capsicum, salt, pepper, nutritional yeast, and parsley into a food processor. Pulse until the walnuts are broken into small pieces.
3. Add the cooked quinoa into the food processor with walnut mixture and pulse a few times to combine. Set aside.
4. Slice both the zucchinis in half, lengthwise and cut off the stem top. Scoop out the soft centre of the zucchinis to make room for the filling.
5. Place the walnut quinoa mixture evenly into the zucchini boats and press down on the mixture slightly. Pour the leftover lemon juice over the boats (optional - omit if preferred). Place the boats onto a baking tray and bake in the oven for 25 minutes, or until the zucchinis are tender in the middle.
6. Serve hot or make the night before for a quick cold lunch.

Tip: For easy assembly, cook the quinoa the right before, cool and store in the fridge until ready to use.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	25 mins	314	22	25	11

*Nutrition per serving





Moroccan Couscous Salad

Serves 2

½ cup (75g) dried couscous
½ tsp. extra virgin coconut oil
¾ cup water
¼ cup (45g) green or brown lentils
2 cups (480ml) water
½ red pepper, chopped
4 large mint leaves, chopped
pinch of salt & pepper
5 radishes, sliced
¼ cup raspberries
1 orange, peeled and chopped

Dressing:

1½ tsp. Moroccan spice blend
2 tbsp. olive oil
3 tbsp. lime juice (freshly squeezed)
1 tsp. maple syrup
1 clove garlic, minced
pinch of salt & pepper

What you need to do

1. Pour the lentils and 2 cups of water into a medium sized saucepan. Place the pan over a medium-high heat and bring the water to the boil. Reduce the heat to low, cover with a lid, and let the lentils simmer gently for 20 minutes.
2. In a separate saucepan, bring ¾ cup of water to the boil. Add in coconut oil and a pinch of salt and pepper. Pour in the couscous, cover the pan with a lid and remove the pan from the heat. Let the pan sit for 5 minutes, then fluff up the couscous with a fork.
3. To make the dressing, mix all ingredients together in a bowl and set aside.
4. When the lentils have cooked, drain and rinse with cold water. Place the couscous and lentils onto a platter or into a bowl. Top with the fruit, vegetables, mint, and salad dressing. Serve.

Tip: To save time, swap the dressing for a store-bought dressing of choice

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	20 mins	341	18	41	7

*Nutrition per serving





Healthy Vegan Shepherd's Pie

Serves 6

Filling:

- 2 small onions or 1 large, chopped
- 4 cloves garlic, crushed
- 2 large carrots, diced
- 2 tbsp. tomato puree
- 1 cup (135g) frozen peas
- ¾ cups (135g) dried green lentils
- 1 tbsp. olive oil
- ½-¾ tsp. salt
- ⅓ tsp. freshly ground pepper
- 1 tbsp. balsamic vinegar
- 1 tsp. fresh thyme
- 1 tsp. fresh rosemary
- 2 cups (480ml) vegetable stock

Potato topping:

- 5 medium white potatoes, diced
- 2 tbsp. olive oil
- 2 cloves fresh garlic, crushed
- ½ tsp. freshly thyme, chopped
- 3-4 tbsp. vegetable stock
- ½ tsp. salt & pinch of pepper

What you need to do

1. Preheat the oven to 180°C.
2. Meanwhile, prepare all the vegetables and herbs and set aside.
3. Pour 1 tablespoon of olive oil into an ovenproof frying pan. Place over a medium heat and sauté the onions for 2 minutes. Add in the rosemary, thyme, carrots, and garlic. Sauté for a further 30 seconds and add in the tomato puree and sauté for another 30 seconds. Deglaze the pan by adding in 2 tablespoons of vegetable stock and stir well.
4. Pour in the balsamic vinegar, 2 cups vegetable stock, and the green lentils (rinsed and drained) to the pan. Bring to the boil, cover, and allow to simmer for 15 minutes. Remove the lid, add in the garden peas and let simmer for further 10 minutes, uncovered, until mixture has thickened and the lentils are soft.
5. Meanwhile, place the potatoes into a large saucepan of boiling water and cook for 20 minutes or until the potatoes are soft. Drain the potatoes in a colander then place them back into the pan. Add in the oil, vegetable stock, salt, pepper, garlic, and fresh thyme. Mash the potatoes until smooth. Set aside.
6. Once the lentil and vegetable filling has thickened, top with the mashed potatoes. Spread the potatoes evenly over the lentils and place the pan into the oven on the top oven rack. Bake for 10 minutes, or until the top has turned golden brown.

Tip: To reduce carbohydrate, replace the potatoes with a large head of cauliflower.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	30-35 mins	328	8	55	12

*Nutrition per serving





Spicy Chorizo Soft Tacos

Serves 4

- ½ medium onion
- 3 cups (225g) sliced mushrooms of choice
- 1 tbsp. avocado oil
- pinch of salt & pepper
- 1 cup (255g) canned fava beans, drained & rinsed
- ½ cup (55g) raw chopped walnuts
- 3 cloves garlic, bruised & peeled
- 2 tbsp. ground cumin
- 2 tbsp. mild chili powder
- ⅛ tsp. cayenne pepper
- ¼ tsp. smoked paprika powder
- ½ lime, juiced
- pinch of salt & pepper
- 1 tbsp. agave syrup

Toppings:

- 8 medium corn or wheat tortillas
- 1 cup (260g) salsa
- 2 cups raw shredded coleslaw mix (e.g. cabbage, carrot, radish, apple)
- 1 cup (50g) fresh coriander

What you need to do

1. Preheat the oven to 180°C. Chop the onion and set aside.
2. Pour the avocado oil into a frying pan and place over a medium heat. Add in the mushrooms, chopped onions and a pinch of salt and pepper. Sauté for 4 minutes, stirring often. When mushrooms are starting to soften, remove from the heat and set aside.
3. Add in the fava beans, walnuts, garlic, mild chili powder, cayenne pepper, smoked paprika, ground cumin, lime juice, salt, pepper, agave syrup, cooked mushrooms and onions into a food processor. Pulse until the mixture clumps together (resembling a minced taco meat texture).
4. Pour the chorizo vegan taco mixture onto a lined baking sheet. Bake in the oven for 10 minutes stirring 3 times at 3 minute intervals. Warm up the taco tortillas of choice, for the last 5 minutes of chorizo cooking time, by wrapping them in foil and placing them into the oven.
5. To serve, place the shredded coleslaw mix, coriander and vegan chorizo taco filling onto a platter. Serve with a side bowl of salsa, and warmed tortillas. Everyone can add desired toppings to their chorizo filling.

Tip: To reduce carbohydrates, omit the tortillas and serve over a bed of greens like a taco salad.

Note: 2 tacos per person

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	420	18	53	16

*Nutrition per serving





Jackfruit Sliders

Serves 4

8 whole wheat dinner buns

Jackfruit:

½ cup (225g) store-bought tomato sauce or substitute for homemade sauce

¼ tsp. onion powder

¼ tsp. garlic powder

1 tsp. balsamic vinegar

1 tsp. maple syrup

2 tbsp. vegan BBQ sauce

3 cloves garlic, crushed

1 ¼ tsp. mild chili powder

pinch of salt & pepper

1 x 400g young jackfruit in brine (canned, boxed or fresh)

1 small onion

1 tsp. avocado oil

Coleslaw:

6 cups (600g) shredded coleslaw mix from store (e.g. grated green, red cabbage, grated carrots)

¼ cup (60ml) avocado oil

¼ cup (60ml) apple cider vinegar

2 cloves garlic, minced

1 tbsp. maple syrup

pinch of salt & pepper

Optional:

½ cup (25g) chopped coriander for garnish

What you need to do

1. Place the tomato sauce, onion powder, garlic powder, balsamic vinegar, maple syrup, BBQ sauce, garlic, chili powder, salt and pepper into a small bowl. Mix well to combine and set aside.
2. Drain the jackfruit and shred with a fork into a medium sized bowl. Slice the onions and place into the bowl with the jackfruit. Set aside.
3. Blend the avocado oil, apple cider vinegar, crushed garlic, maple syrup, salt and pepper in a blender until smooth. Pour the store-bought coleslaw mixture into a large bowl. Pour the dressing over coleslaw and mix well. Set aside.
4. In a frying pan, heat 1 teaspoon of avocado oil over a medium heat. Sauté the onions and jackfruit for 1-2 minutes, until the onions start to soften. Pour in the sauce and spice sauce. Continue to cook for 5 minutes, stirring often, until jackfruit is heated through.
5. Serve the hot jackfruit on a bun topped with a tablespoon of coleslaw. Serve 2 sliders per plate with a small bowl of coleslaw.
6. **Optional:** Garnish with some freshly chopped coriander leaves.

Tip: To reduce carbohydrate, replace the buns with large leaves of lettuce.

Note: 4 servings is equivalent to 8 small sandwiches

GF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	8 mins	478	16	59	10

*Nutrition per serving





Pesto Chickpea Pasta

Serves 6

8 ½ cups (2L) water
340g dried chickpea spaghetti (spaghetti noodles of choice)
½ cup (70g) raw cashews
2 tbsp. nutritional yeast
160g fresh basil (leave a few whole leaves for garnish)
3 cloves garlic, peeled & bruised
¼ tsp. salt
pinch of pepper
3 tbsp. lemon juice (freshly squeezed)
9 sundried tomatoes (rehydrated)
¼ cup (60ml) + 2 tbsp. olive oil
3 tbsp. water
2 small red capsicums
1 small yellow onion

What you need to do

1. Bring 2 litres of water to a boil in a large saucepan. Place the chickpea pasta into the water and cook over a medium heat as per instructions on the box.
2. While the pasta is cooking, place the basil leaves with stems removed (save a few basil leaves for garnish), cashews, sundried tomatoes, lemon juice, salt, pepper, olive oil, water, garlic and nutritional yeast into a food processor. Blend until smooth. If the pesto is too thick add in a little more oil or water to achieve desired consistency.
3. Slice the peppers and onion and place into a frying pan with 1 tablespoon of water and sauté until peppers and onions are slightly soft.
4. Once the pasta has cooked, drain the spaghetti and pour back into the same saucepan. Add in the pesto and on a low heat, toss to heat the pasta and pesto .
5. Serve in a pasta bowl topped with the sauteed peppers and onions. Garnish with a few fresh leaves of basil.

Tip: To reduce carbohydrates, replace the chickpea pasta with zucchini noodles.

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	400	23	41	18

*Nutrition per serving





Mango Raspberry Coconut Pops

Serves 8 popsicles

1 cup (250g) frozen raspberries

1 cup (140g) frozen mango

1 cup (235g) + 1 ½ cup (350g) coconut yogurt

2 tbsp. maple syrup

½ tsp. vanilla extract

2 tbsp. maple syrup

What you need to do

1. Blend the frozen mango, raspberries, maple syrup and 1 cup of coconut yogurt in a blender until smooth. Set aside.
2. In a separate bowl, mix the 1½ cups of coconut yogurt, maple syrup, and vanilla extract. Set aside.
3. Take the popsicle molds and layer the coconut yogurt and blended raspberry mango mixture into the molds. Place in the popsicle sticks and freeze for between 6 and 8 hours. Run warm water over the popsicle mold for easy removal.

Tip: To increase protein substitute the coconut yogurt for soy yogurt

GF	DF	LC	MP	V
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Prep	Freeze	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	6-8 hrs	92	3	17	1

*Nutrition per serving





Chocolate Coffee Pudding

Serves 4

1 cup (170g) monk fruit sweetened or sugar-free chocolate chips

1 tsp. extra virgin coconut oil

300g silken tofu (unsweetened)

1 tbsp. espresso or dark brewed coffee

½ tsp. vanilla extract

Optional garnish:

shaved chocolate

berries

What you need to do

1. Melt the coconut oil and chocolate chips in a small saucepan over a medium heat, stirring often. Once the chocolate chips have almost melted, remove the pan from the heat, and keep stirring until smooth.
2. Place the silken tofu, coffee, vanilla extract, and melted chocolate into a blender. Blend until smooth. You may have to scrape down sides and blend a few times to fully incorporate all the chocolate.
3. Pour the mixture into a container with a lid, place in the fridge for 1-2 hours to firm up and allow the flavours to meld together. When ready to eat, divide between 4 small bowls.
4. **Optional:** Place the chocolate pudding into a piping bag, using a flower tip to add in a pretty detail when serving. Top with the shaved chocolate and a berry garnish.
5. Keep in the fridge for up to 6 days.

GF	DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	214	16	26	8

*Nutrition per serving

