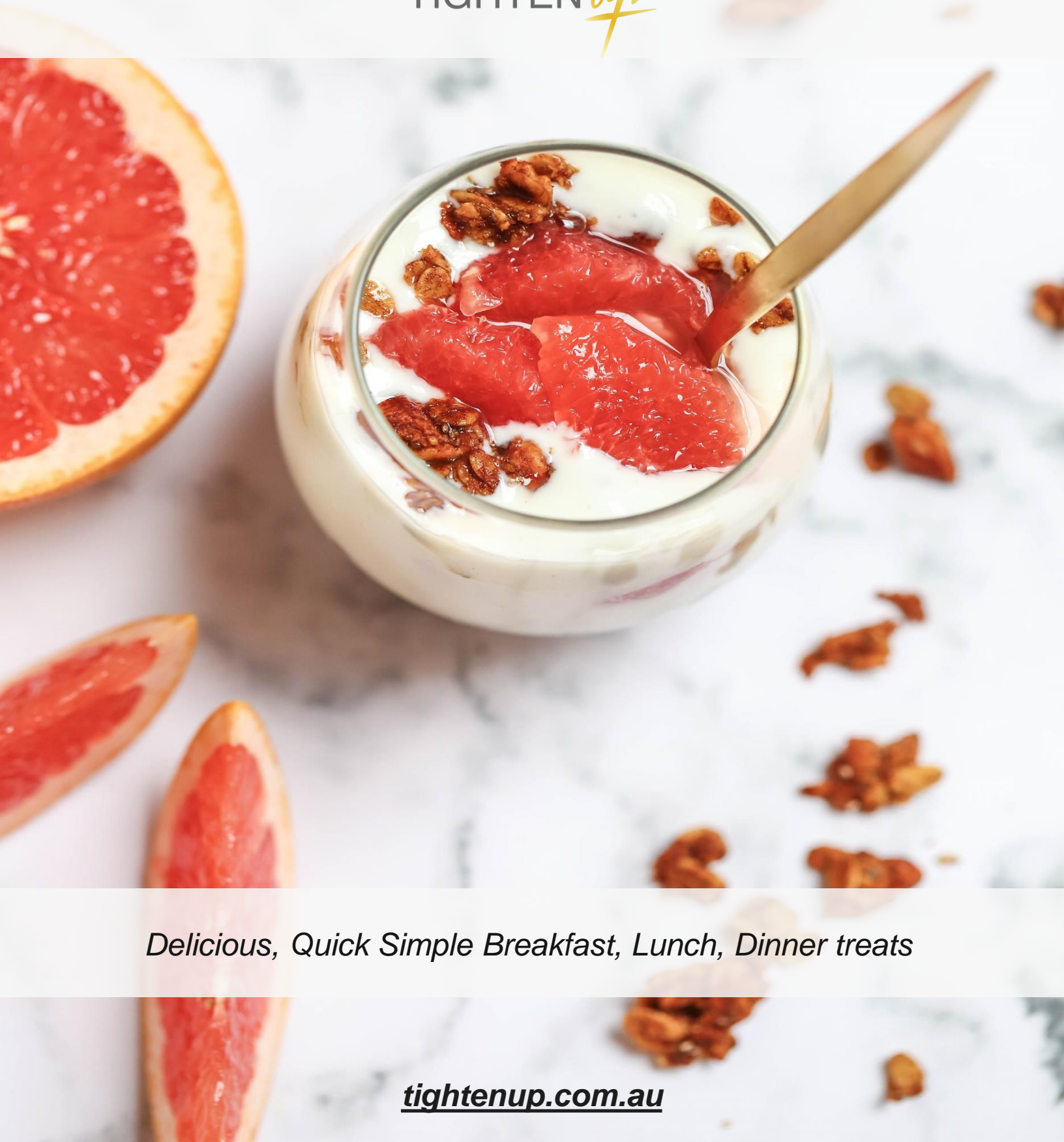


# OCTOBER RECIPE PACK

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
<b>Mon</b>	Rocket & Soft Scrambled Eggs Breakfast Salad	Nutritious Grapefruit & Couscous Salad	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Korean Style Salmon
<b>Tue</b>	High Protein Breakfast Pizza	Nutritious Grapefruit & Couscous Salad	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Indonesian Chicken Salad
<b>Wed</b>	High Protein Breakfast Pizza	Indonesian Chicken Salad	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Coconut Fish Curry
<b>Thu</b>	Grapefruit Breakfast Pots	Zucchini & Millet Burgers	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Coconut Fish Curry
<b>Fri</b>	Vanilla Peach Muffins	Zucchini & Millet Burgers	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Low Carb Baked Turkey Meatballs
<b>Sat</b>	Rocket & Soft Scrambled Eggs Breakfast Salad	Zucchini, Potato & Feta Soup	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Meal Out - Enjoy!
<b>Sun</b>	Grapefruit Breakfast Pots	Zucchini, Potato & Feta Soup	E.g. Vanilla Peach Muffins, Healthy Apple Cake, Hazelnut Granola Bars, Cinnamon Granola	Low Carb Baked Turkey Meatballs

# Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<b>Fruits</b> <ul style="list-style-type: none"> <li>• 2 lemons</li> <li>• 2 avocados</li> <li>• 3 grapefruits</li> <li>• 2 limes</li> <li>• 2 peach</li> <li>• 2 apples</li> </ul> <b>Vegetables</b> <ul style="list-style-type: none"> <li>• pack rocket</li> <li>• 2 eggplants</li> <li>• 3 zucchinis</li> <li>• 3 onions</li> <li>• 3 red chillies</li> <li>• 1 garlic</li> <li>• 1 carrot</li> <li>• 2 bunch green onions (spring onions)</li> <li>• 2 red capsicum</li> <li>• 1 green capsicum</li> <li>• mung bean sprouts</li> <li>• ginger</li> </ul>	<b>Meats</b> <ul style="list-style-type: none"> <li>• 4 chicken breasts</li> <li>• 900g ground turkey</li> </ul> <b>Fish, Seafood</b> <ul style="list-style-type: none"> <li>• 700g salmon fillets</li> <li>• 680g cod fillets, frozen</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>• 2 packs feta cheese</li> <li>• 17 eggs</li> <li>• butter</li> <li>• Parmesan</li> <li>• quark</li> <li>• large Greek yogurt</li> <li>• single cream</li> <li>• 2 mozzarella cheese</li> <li>• Parmesan cheese</li> <li>• unsweetened almond milk</li> <li>• fat free cream cheese</li> </ul>	<b>Grains</b> <ul style="list-style-type: none"> <li>• rolled oats</li> <li>• couscous</li> <li>• millet</li> <li>• puffed quinoa</li> <li>• rice</li> </ul> <b>Nuts, Seeds</b> <ul style="list-style-type: none"> <li>• almonds</li> <li>• Brazil nuts</li> <li>• sunflower seeds</li> <li>• chia seeds</li> <li>• roasted peanuts</li> <li>• sesame seeds</li> <li>• walnuts</li> </ul> <b>Baking</b> <ul style="list-style-type: none"> <li>• coconut flour</li> <li>• ground almonds</li> <li>• baking soda</li> <li>• baking powder</li> <li>• vanilla extract</li> <li>• white whole wheat flour</li> </ul> <b>Fresh Herbs</b> <ul style="list-style-type: none"> <li>• dill</li> <li>• mint</li> <li>• coriander</li> <li>• parsley</li> </ul> <b>Dried Herbs, Spices</b> <ul style="list-style-type: none"> <li>• cayenne pepper</li> <li>• black pepper</li> <li>• ground cinnamon</li> <li>• ground turmeric</li> <li>• onion powder</li> <li>• herbs de provence (or mixed herbs)</li> <li>• chilli flakes</li> <li>• curry powder</li> <li>• chai spice (or see recipe in pack to make your own)</li> </ul>	<b>Oils</b> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> <li>• sesame oil</li> </ul> <b>Sweeteners</b> <ul style="list-style-type: none"> <li>• honey</li> <li>• coconut sugar</li> </ul> <b>Boxed, Canned, Condiments</b> <ul style="list-style-type: none"> <li>• 2 tomato sauce (passata)</li> <li>• apple sauce</li> <li>• 2 liters vegetable broth (or substitute stock cubes)</li> <li>• 1 cup (250ml) chicken stock (or substitute stock cubes)</li> <li>• 400g can cannellini beans</li> <li>• breadcrumbs</li> <li>• fish sauce</li> <li>• crunchy peanut butter</li> <li>• tamari sauce</li> <li>• soy sauce</li> <li>• sweet chilli sauce</li> <li>• tomato sauce</li> <li>• 400g can full fat coconut milk</li> </ul> <b>Misc. Other</b> <ul style="list-style-type: none"> <li>• sea salt</li> </ul>

# Rocket & Soft Scrambled Eggs Breakfast Salad





# Rocket & Soft Scrambled Eggs Breakfast Salad

Serves 2

What you need to do

2 cups (60g) rocket  
2 tsp. olive oil  
2 tbsp. lemon juice  
¼ cup (40g) feta cheese, crumbled  
½ avocado, cubed  
4 eggs  
salt & pepper  
1 tbsp. butter  
cayenne pepper, to taste

1. Place the rocket in a bowl with the olive oil and lemon juice and toss to combine. Mix in the feta and avocado and divide between two bowls.
2. Heat the butter in a non-stick skillet over a medium heat. Whisk the eggs in a small bowl and season with salt and pepper. Once the butter has melted add the eggs to the pan and cook until a thin layer of cooked egg appears around the edge of the skillet. Using a rubber spatula, push the eggs around the skillet until they are fluffy and just set, this takes around 2 minutes. Take the eggs off the heat to stop them overcooking.
3. Divide the eggs between the two salad bowls and sprinkle over a pinch of cayenne pepper.



GF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	254	22	8	5	4

\*Nutrition per serving

# High Protein Breakfast Pizza





# High Protein Breakfast Pizza

## Serves 1

½ tsp. coconut oil

1 egg

5 egg whites

1 tbsp. coconut flour

¼ cup (30g) zucchini  
(courgette), grated

herbs de provence (mixed  
herbs), to taste

salt & pepper

⅓ cup (80ml) tomato sauce  
(passata)

2 tsp. Parmesan cheese, grated

## What you need to do

1. Heat the oil in a 9-inch non-stick skillet over a medium heat.
2. In a bowl, whisk together the egg, egg whites, grated zucchini, coconut flour, herbs and season to taste with salt and pepper. Pour the egg mixture into the skillet, cover with a lid and cook gently until the eggs are set.
3. Serve immediately, topped with the tomato sauce and Parmesan cheese.



GF	LC	MP	HP	V	Q
----	----	----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	263	10	13	29	5

\*Nutrition per serving



# Cinnamon Granola



# Cinnamon Granola

Serves 12

½ cup (120ml) coconut oil,  
melted

3 tbsp. honey

3 tbsp. apple sauce,  
unsweetened

## ***Dry ingredients:***

1 ½ cup (225) rolled oats

¼ cup (30g) almonds, chopped

5 Brazil nuts, chopped

¼ cup (35g) sunflower seeds

2 tbsp. chia seeds

1 tbsp. ground cinnamon

¼ tsp. salt

## What you need to do

1. Preheat the oven to 180°C. Line a baking sheet with baking paper.
2. Combine all the wet ingredients together in a large bowl. Now add the dry ingredients and mix well with a spatula until all the ingredients are well combined.
3. Pour the granola mixture onto the baking sheet, place the tray in the oven and bake for 25-30 minutes until golden brown. Remove the tray from the oven half way through and give the granola a stir, before returning the tray to the oven.
4. Remove the baking sheet from the oven and set it aside to cool completely, before breaking up the granola and placing it in an airtight storage container. Keep in a cool place for up to 2 weeks.



DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	235	15	20	4	4

\*Nutrition per serving



# **Grapefruit Breakfast Pots**



# Grapefruit Breakfast Pots

## Serves 4

1 grapefruit, peeled,  
segmented, retain any juice

2 cups (490g) quark

1 cup (240g) Greek yogurt

4 tbsp. honey

2 servings cinnamon granola  
(previous recipe)

## What you need to do

1. When segmenting the grapefruit, preserve 2 tablespoons of the grapefruit juice.
2. Mix the quark, Greek yogurt, grapefruit juice and 2 tablespoons of honey together in a bowl.
3. Divide the granola between 4 glasses and spoon over the yogurt mix. To serve, top with the grapefruit segments and drizzle over the remaining honey.



HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 mins	330	9	40	22	1

\*Nutrition per serving

# **Zucchini, Potato & Feta Soup**





# Zucchini, Potato & Feta Soup

## Serves 6

1 tbsp. olive oil  
1 tbsp. butter  
1 yellow onion, diced  
4 medium potatoes, peeled, cubed  
1 garlic clove, minced  
6 ½ cups (1.5L) vegetable broth (stock)  
⅓ tsp. ground turmeric  
salt & pepper  
2 medium zucchinis (courgettes)  
2 tbsp. fresh dill, chopped  
⅓ cup (80ml) single cream, or dairy free version  
200g feta cheese, cubed

## What you need to do

1. Heat the oil and butter together in a pot over a medium heat. Add the onion and cook until softened, stirring often, for around 5 minutes.
2. Add the potatoes to the pot and cook for a further 2-3 minutes, stirring constantly. Next add garlic and pour in the vegetable broth. Bring to the boil and add the turmeric and season to taste with salt and pepper.
3. Finally, add the zucchini, bring to a boil and then lower the heat and simmer gently for 10 minutes. Once the potatoes have softened take the pot off the heat.
4. Now stir through the dill and cream, spoon into bowls and serve with the feta cheese.

**Tip:** To add protein to this soup, serve with a portion of the shredded chicken from the Simple Shredded Chicken Recipe in this pack.

GF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	298	14	33	9	4

\*Nutrition per serving



# Nutritious Grapefruit & Couscous Salad





# Nutritious Grapefruit & Couscous Salad

Serves 4

What you need to do

**For the salad:**

¾ cup (180ml) vegetable broth (stock)  
¾ cup (130g) couscous, uncooked  
1 avocado, pitted and cubed  
2 grapefruits, peeled and segmented  
400g can cannellini beans, drained and rinsed  
½ cup (75g) feta cheese, crumbled  
3 tbsp. fresh mint, chopped  
3 tbsp. fresh coriander, chopped

**For the dressing:**

3 tbsp. lemon juice  
2 tbsp. grapefruit juice, preserved from segmentation  
1 tbsp. honey  
2 tbsp. olive oil  
¼ tsp. salt  
ground black pepper, to taste

1. Pour the vegetable broth into a small pot and bring to the boil over a medium high heat. Add the couscous, stir through and remove the pot from the heat. Cover the pot with a lid and set aside for 5 minutes to allow the couscous to absorb all the broth. After 5 minutes, fluff the couscous with a fork and set aside.
2. Make the dressing by placing all the dressing ingredients together in a bowl and whisking until well combined. Set aside until needed.
3. Place the beans, couscous, avocados, grapefruit, feta, mint, and coriander into a large bowl. Pour over the salad dressing and toss gently. Serve chilled or at room temperature.

MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	5 mins	475	20	59	12	11

\*Nutrition per serving

# Zucchini & Millet Burgers





# Zucchini & Millet Burgers

## Makes 6

1 medium zucchini, grated  
1/3 cup (70g) millet  
1 carrot, grated  
1 cup (250ml) vegetable broth (stock)  
1 small onion, grated  
1 clove garlic, minced  
2 eggs  
8 tbsp. breadcrumbs  
1 tbsp. parsley chopped  
1 tbsp. dill, chopped  
2 tbsp. olive oil  
salt & pepper

## What you need to do

1. Cut the zucchini into quarters, lengthwise, remove the core and discard the seeds. Now grate the zucchini into a large bowl and set aside.
2. Place a small pot over a medium-high heat. Add the millet and grated carrot, pour in the broth, cover with a lid and bring to a boil. Now reduce the heat and simmer for around 15 minutes until the millet is tender and all the liquid has been absorbed. Take the pot off the heat, remove the lid and set aside to cool.
3. Drain off any juices from the zucchini, grate in the onion and add the garlic. Now add 3 tablespoons of breadcrumbs and mix until well combined. Once the millet and carrot mixture has cooled, add to the zucchini, along with the chopped parsley and dill.
4. Break the eggs into a bowl, season with salt and pepper and whisk until well combined. Place the remaining breadcrumbs on a separate plate, ready to start crumbing the burgers.
5. Form 6 even-sized individual burgers. Roll them first in the beaten egg and then coat them in breadcrumbs. Place the burgers onto a clean plate until ready to start cooking.
6. Place a non-stick skillet over a medium heat and pour in the olive oil. Add the burgers to the skillet and fry for around 5 minutes on each side until golden brown. This is best done in two batches.



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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	340	15	39	11	5

\*Nutrition per serving

# Simple Shredded Chicken 2 Ways



# Simple Shredded Chicken 2 Ways

Serves 4

What you need to do

## Slow Cooked:

4 chicken breasts (500g)  
1 cup (250ml) chicken stock  
½ tsp salt  
¼ tsp. ground pepper

## Slow Cooked:

1. Season the chicken breasts on both sides with salt and pepper and place in the slow cooker. Pour over the stock, place the lid on the slow cooker and cook on low for 3-4 hours.
2. Once cooked, remove the chicken breasts from the slow cooker and place on a large cutting board. Using two forks, pull the chicken apart until shredded into bite-size pieces.

## Oven Baked:

4 chicken breasts (500g)  
2 tbsp. olive oil  
½ tsp salt  
¼ tsp. ground pepper

## Oven Baked:

1. Preheat the oven to 180°C. Line a baking sheet with baking paper.
2. Set the chicken breasts onto the baking paper, drizzle with olive oil and season with salt and pepper.
3. Place the chicken in the oven and bake for 25-35 minutes or until the chicken is cooked through (internal temperature of 74°C).
4. Remove the chicken from the oven and set it aside to rest for 10-15 minutes. Use two forks to shred the chicken.

**Note:** Once shredded, the chicken can be used as it is or added to soups, salads and sauces for extra flavour and protein.

**Storage:** Once cooked and cooled, place the chicken in an airtight container and store in the refrigerator for up to 5 days.



GF	DF	LC	MP	HP
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Ways	Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
Oven Baked	5 mins	35 mins	202	10	0	28	0
Slow Cooked		4 hrs	143	3	0	29	0

\*Nutrition per serving





# **Indonesian Chicken Salad**



# Indonesian Chicken Salad

Serves 4

**For the salad:**

4 servings simple shredded chicken  
1 bunch green onions (spring onions), sliced  
4 tbsp. fresh mint, chopped  
4 tbsp. coriander, chopped  
1 red capsicum, cut into strips  
2 cups (70g) mung bean sprouts  
4 tbsp. roasted peanuts, chopped

**For the dressing:**

4 tbsp. lime juice  
2 tsp. root ginger, grated  
1 clove garlic, minced  
1 tbsp. fish sauce  
2 tbsp. crunchy peanut butter, natural  
4 tbsp. Greek yogurt  
2 small red chilli, deseeded, chopped

## What you need to do

1. Place all the salad ingredients, except the chopped peanuts, into a large bowl and toss together.
2. Add all salad dressing ingredients to a small bowl and whisk to form a dressing.
3. Pour the dressing over the chicken salad and stir well to combine. When ready to serve, divide between bowls and scatter over the chopped peanuts.

**Tip:** Serve the salad as it is, or in lettuce wraps.

**Note:** The nutritional information in this recipe uses the Simple Shredded Chicken made in the slow cooker.

GF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 mins	322	13	13	37	5

\*Nutrition per serving





# Korean Style Salmon



# Korean Style Salmon

Serves 4

What you need to do

**For the salmon:**

700g salmon fillets, skin removed  
2 tbsp. tamari (or substitute soy sauce)  
2 tbsp. lemon juice  
2 tsp. olive oil  
2 tsp. honey

**For the sauce:**

6 tbsp. sweet chilli sauce  
4 tbsp. soy sauce  
2 tbsp. tomato sauce  
2 tsp. sesame oil  
6-12 tbsp. water

**Additionally:**

3 cups (480g) rice  
2 tbsp. olive oil  
2 eggplants  
4 green onions (spring onions), separate white part from green and slice  
2 clove garlic, minced  
2 tbsp. sesame seeds  
1 small chilli, chopped, to garnish (optional)

**For the salmon:**

1. Place the skinless salmon fillets into a deep sided ovenproof dish, drizzle with the tamari, lemon juice, olive oil and honey. Rub the marinade all over the salmon and set aside in the fridge to marinate for 30-60 minutes.
2. Preheat the oven to 250°C, place the dish with the salmon in the oven and bake for 15 minutes.
3. Meanwhile, cook the rice according to instructions on packaging.

**For the eggplant:**

1. Slice the eggplant into  $\frac{3}{4}$  inch discs and then into 3-4 long strips.
2. Heat the olive oil in a non-stick skillet over a medium heat and sauté the white part of the green onions for 2-3 minutes. Now add the eggplant and stir fry until the eggplant is soft, around 10 minutes. If necessary, add a spoonful of water to prevent the eggplant from sticking.
3. Now add the garlic and some of the green part of the green onions to the eggplant (set aside some of the green onion to garnish the dish). Finally, pour all the sauce ingredients into the pan and bring to the boil.

**To serve:**

1. Place the baked salmon fillets onto 4 plates. Brush the baked salmon with the sauce from the pan and sprinkle over the sesame seeds. Serve with a portion of cooked rice and the stir fried eggplant. Sprinkle over the remaining green onion and optional fresh chilli.

GF	DF	MP	HP
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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein (g)	Fibre(g)
15 mins	30-60 mins	30 mins	588	19	59	43	9

\*Nutrition per serving







# **Low Carb Baked Turkey Meatballs**

# Low Carb Baked Turkey Meatballs

## Serves 6

900g ground turkey, breast

2 cups (230g) mozzarella cheese, grated

½ cup (50g) Parmesan cheese, grated

1 egg

2 tsp. onion powder

1 clove garlic, minced

½ tsp. herbs de provence (or mixed herbs)

½ tsp. ground black pepper

½ tsp. cayenne pepper

½ tsp. chilli flakes

1 cup (250ml) tomato sauce (passata)

fresh parsley, chopped

## What you need to do

1. Preheat the oven to 200°C.
2. In a large bowl, combine the ground turkey, 1 cup of mozzarella cheese, Parmesan cheese, egg, onion powder, garlic, herbs, black pepper, cayenne pepper and chilli pepper flakes.
3. Form the mixture into meatballs, roughly the size of a walnut and arrange them in a deep sided oven-proof dish. Place the dish in the oven and bake for 15 to 20 minutes or until the meatballs are cooked through. Remove the meatballs from the oven and drain off any excess grease.
4. Now pour over the tomato sauce and top with the remaining 1 cup of shredded mozzarella cheese. Return the dish to the oven and bake for a further 5 to 10 minutes until the cheese has melted.

**Serving Suggestion:** To keep the dish low carb, serve with zucchini noodles. If adding carbs, serve with rice or pasta.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	376	23	3	39	1

\*Nutrition per serving





# Coconut Fish Curry



# Coconut Fish Curry

## Serves 4

2 tbsp. olive oil  
 1 red capsicum, sliced  
 1 green capsicum, sliced  
 1 onion, sliced  
 salt & pepper  
 1 ½ tbsp. curry powder  
 2 garlic cloves, minced  
 1 tbsp. root ginger, grated  
 680g cod, frozen  
 400ml can full fat coconut milk  
 1 lime, juice  
 4 green onions (spring onions), sliced, to garnish  
 fresh coriander (coriander), chopped, to garnish

## What you need to do

1. Heat the olive oil in a large pot over a medium-high heat. Add the red and green capsicum and onion, season with salt and pepper and sauté around 4-5 minutes.
2. Add the curry powder and cook for 1 more minute, stirring constantly. Now add in the garlic and ginger and cook until fragrant, about 30 seconds.
3. Place the cod fillets on top of the cooked vegetables, or nestle them into the vegetables, and pour over the coconut milk.
4. Cover the pot with a lid and bring to a boil before turning the heat to low and simmering gently for 20 minutes, or until the fish is cooked through.
5. Taste the sauce and if necessary, season with a little more salt and pepper. Squeeze in the lime juice, garnish with sliced green onions and coriander. Serve immediately.

**Serving Suggestion:** Serve with white rice or couscous.



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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	422	27	11	33	3

\*Nutrition per serving



# Vanilla Peach Muffins





# Vanilla Peach Muffins

Makes 12

1 medium peach, chopped

## **Dry ingredients:**

1 ½ cups (140g) ground almonds

2 ½ tbsp. coconut flour

1 tsp. ground cinnamon

½ tsp. baking soda

¼ tsp. salt

## **Wet ingredients:**

2 eggs, beaten

4 tbsp. honey

2 tbsp. coconut oil, melted

2 tsp. vanilla extract

## What you need to do

1. Preheat the oven to 180°C. Line a muffin tin with paper muffin liners or use silicone muffin cases.
2. In a large bowl, mix together the dry ingredients, and in a separate bowl, mix together the wet ingredients.
3. Fold the wet ingredients into the dry ingredients and mix with a spatula until well combined. Add in the chopped peach and mix again.
4. Evenly distribute the mixture between the 12 muffin cases. Place in the oven and bake for 20-25 minutes until golden and an inserted toothpick comes out clean.
5. Remove the muffins from the oven and place on a wire cooling rack for 10 minutes before removing from the liner.



GF	DF	LC	MP	V	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	148	10	10	4	2

\*Nutrition per serving

# Healthy Apple Cake





# Healthy Apple Cake

Serves 12

¼ cup (30g) walnuts, chopped

ground cinnamon

1 ½ tsp. chai spice, store bought or homemade (see note below)

**Dry Ingredients:**

1 ½ cups (190g) white whole wheat flour

½ cup (100g) coconut sugar

½ tsp baking powder

½ tsp baking soda

1 ½ tsp chai spice

½ tsp. salt

**Wet Ingredients:**

2 small apples, grated, moisture removed

1 cup (250g) unsweetened applesauce

2 large eggs

4 tbsp. Greek yogurt

1 tsp. vanilla extract

½ cup (120ml) unsweetened almond milk

½ cup (120ml) maple syrup

2 tbsp. melted coconut oil

**Frosting:**

½ cup (115g) fat free cream cheese, room temperature

½ cup (120g) fat free Greek yogurt, room temperature

2 tbsp. maple syrup

## What you need to do

1. Preheat the oven to 180°C. Line a 8×12-inch cake pan with baking paper.
2. Place all dry ingredients into a large bowl and mix well. Set aside.
3. In a separate bowl, add the wet ingredients, with the exception of the coconut oil. Mix until well combined. Now fold the dry ingredients into the wet mixture.
4. Finally add the melted coconut oil into the cake batter and stir to combine. Pour the batter into the earlier prepared pan and bake in the oven for 35 minutes.
5. Meanwhile, place the frosting ingredients into a bowl and whip together using a hand mixer.
6. Once the cake has cooked and an inserted toothpick comes out clean, remove the cake from the oven and place on a wire rack to cool completely. Once cool, layer the frosting on top. Garnish with ground cinnamon and walnuts.

**Note:**

**Homemade Chai Spice Mix:** 6 tsp. ginger (ground), 2 tsp. nutmeg (ground), 2 tsp. allspice (ground), 2 tsp. cardamom (ground), 4 tsp. cinnamon (ground), 2 tsp. cloves (ground)

MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	235	8	36	4	3

\*Nutrition per serving

myfitnesspal



# Hazelnut Granola Bars



# Hazelnut Granola Bars

## Serves 10

2 cups (300g) rolled oats  
1 cup (30g) puffed quinoa  
½ cup (120ml) honey  
⅓ cup (80ml) coconut oil, melted  
¼ tsp. sea salt  
½ tsp. vanilla extract  
¼ cup (30g) chopped hazelnuts

## What you need to do

1. Line an 8x8-inch square baking pan with baking paper.
2. In a large bowl, combine the rolled oats, puffed quinoa and half the hazelnuts, set aside.
3. Place a pot over a medium heat, pour in the honey and coconut oil and heat gently until bubbles start to appear. Remove the pot from the heat and add in the salt and vanilla extract. Set aside to cool for 1 minute.
4. Pour the honey mixture into the bowl with the dry ingredients and mix until well until combined.
5. Pour the mixture into the earlier prepared baking pan and lightly press to even it out. Top with the remaining hazelnuts and press down with another piece of baking paper, to avoid the mixture from sticking to your hands.
6. Place the pan in the refrigerator for 2 hours to firm up. Once chilled, remove the pan from the fridge and place on a chopping board. Slice into 10 bars.

**Storage:** Store in an airtight container in the refrigerator for up to 1 week.



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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	3 mins	2 hrs	270	11	37	5	3

\*Nutrition per serving