

# SEPTEMBER PLANT-BASED RECIPE PACK

TIGHTEN *up*

*Delicious, Quick Simple Breakfast, Lunch, Dinner treats*

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

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
<b>Mon</b>	Tempeh Bacon	Sunshine Quinoa Salad	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Chilli Sin Carne
<b>Tue</b>	Homemade Vanilla Granola With Quark Style Protein Yogurt	Sunshine Quinoa Salad	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Chilli Sin Carne
<b>Wed</b>	Homemade Vanilla Granola With Quark Style Protein Yogurt	Butternut Pumpkin Rancheros	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Mongolian Seitan
<b>Thu</b>	Avocado & Bean Toast With Balsamic Roasted Tomatoes	Butternut Pumpkin Rancheros	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Mongolian Seitan
<b>Fri</b>	Avocado & Bean Toast With Balsamic Roasted Tomatoes	Roasted Vegetable & Hummus Tart	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Spicy Peanut Noodle Stir-Fry
<b>Sat</b>	Tofu Omelette With Ranchero Beans	Roasted Vegetable & Hummus Tart	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Meal Out - Enjoy!
<b>Sun</b>	Tofu Omelette With Ranchero Beans	Smoked Rosemary Hummus With Vegetables	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Spicy Peanut Noodle Stir-Fry

# Weekly Shopping List

Fruits, Vegetables	Protein	Seeds, Baking, Spices	Cans, Condiments & Misc
<b>Fruits</b> <ul style="list-style-type: none"><li>• 4 lemons</li><li>• 4 avocados</li><li>• 1 grapefruit</li><li>• 1 lime</li></ul>	<b>Cold</b> <ul style="list-style-type: none"><li>• 1630g silken tofu</li><li>• 200g tempeh</li><li>• 450g seitan</li></ul>	<b>Grains</b> <ul style="list-style-type: none"><li>• rolled oats</li><li>• whole wheat flour</li><li>• cornstarch (cornflour)</li><li>• quinoa</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>Vegetables</b> <ul style="list-style-type: none"><li>• 4 tomatoes</li><li>• 2 bulbs of garlic</li><li>• pack bean sprouts</li><li>• pack lambs lettuce</li><li>• Butternut pumpkin</li><li>• 3 onions</li><li>• 5 jalapeño peppers</li><li>• 2 red capsicum</li><li>• 1 zucchini (courgette)</li><li>• pack cherry tomatoes</li><li>• 2 carrots</li><li>• root ginger</li><li>• large bunch green onions (spring onions)</li><li>• 200g broccolini</li><li>• 200g mushrooms</li></ul>		<b>Nuts &amp; Seeds</b> <ul style="list-style-type: none"><li>• walnuts</li><li>• almonds</li><li>• cashews</li><li>• pistachio nuts</li><li>• sesame seeds</li><li>• sunflower seeds</li></ul>	<b>Sweeteners</b> <ul style="list-style-type: none"><li>• maple syrup</li><li>• agave syrup</li><li>• coconut sugar</li></ul>
<b>Dried Fruit</b> <ul style="list-style-type: none"><li>• Medjool dates</li></ul>		<b>Baking</b> <ul style="list-style-type: none"><li>• vanilla extract</li><li>• cocoa powder</li><li>• cacao</li></ul>	<b>Boxed, Canned &amp; Condiments</b> <ul style="list-style-type: none"><li>• 1x 400g can cannellini beans</li><li>• 1x 400g can chickpeas</li><li>• 1 small can sweet corn</li><li>• 2x 400g can chopped tomatoes</li><li>• 6x 400g cans black beans</li><li>• 1x 400g can red kidney beans</li><li>• 600g passata</li><li>• balsamic vinegar</li><li>• tamari or soy sauce</li><li>• liquid smoke</li><li>• whole wheat or soba noodles</li><li>• tomato paste (purée)</li><li>• peanut butter</li><li>• almond butter</li><li>• sriracha sauce</li></ul>
<b>Fresh Herbs</b> <ul style="list-style-type: none"><li>• parsley</li><li>• basil</li><li>• mint</li><li>• coriander</li></ul>		<b>Dried Herbs &amp; Spices</b> <ul style="list-style-type: none"><li>• ground cinnamon</li><li>• ground turmeric</li><li>• rosemary</li><li>• smoked paprika</li><li>• cumin seeds</li><li>• chilli flakes</li><li>• cardamom pods</li><li>• ground nutmeg</li><li>• black pepper</li></ul>	<b>Other</b> <ul style="list-style-type: none"><li>• whole wheat bread</li><li>• nutritional yeast</li><li>• coffee</li><li>• vegan puff pastry sheet</li><li>• bee pollen</li><li>• salt</li></ul>

# Homemade Vanilla Granola



# Homemade Vanilla Granola

## Serves 16

- 2 cups (180g) rolled oats
- 1 cup (120g) walnuts, chopped
- 1 cup (95g) almonds, chopped
- 1 tsp. ground cinnamon
- 4 tbsp. coconut oil
- ½ cup (80ml) maple syrup
- 1 tbsp. vanilla extract

## What you need to do

1. Preheat the oven to 150°C and line a baking tray with baking paper.
2. Add all the oats, chopped nuts and cinnamon into a large bowl and mix well.
3. Melt the coconut oil in the microwave and mix with the maple syrup and vanilla extract.
4. Pour the coconut oil mixture over your dry ingredients and stir well until everything is well coated in the coconut oil mixture. Transfer the granola onto the earlier prepared tray and spread it out into a single, even layer.
5. Place the tray in the oven and bake for 25-30 minutes, or till the edges are just starting to brown.
6. Remove the tray from the oven and allow the granola to cool completely before breaking it up.

**Storage:** Store in an airtight container for up to 6 months.



DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	196	13	15	4	3

\*Nutrition per serving



**Quark Style Protein  
Yogurt**

# Quark Style Protein Yogurt

## Serves 2

300g silken tofu

½ cup (70g) cashews (soaked for 4 hours)

4 tbsp. agave syrup

1 tbsp. lemon juice

## What you need to do

1. Place all the ingredients into a high speed blender or food processor and blitz until smooth. Refrigerate for 1 hour before serving.

**Storage:** Store refrigerated in a sealed jar for up to 4 days.



GF	DF	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins + 4 hrs soaking time for cashews	60 mins	402	20	39	16	2

\*Nutrition per serving



# **Avocado & Bean Toast with Balsamic Roasted Tomatoes**

# Avocado & Bean Toast with Balsamic Roasted Tomatoes

## Serves 4

4 slices whole wheat bread

### *For the tomatoes:*

4 tomatoes, halved

1 tbsp. olive oil

1 clove garlic, sliced

1 tbsp. balsamic vinegar

salt & pepper

### *For the avocado:*

400g can cannellini beans, rinsed, drained

2 avocados, flesh chopped

3 tbsp. lemon juice

4 tbsp. fresh parsley, chopped

4 tbsp. fresh basil, chopped

1 garlic clove, chopped

salt & pepper

## What you need to do

1. Preheat the oven to 220°C.
2. Place the tomatoes in a baking dish, cut side up and drizzle with the olive oil. Place slices of garlic into the tomatoes and drizzle with the balsamic vinegar. Season with salt and pepper.
3. Place the tomatoes into the oven and roast for 15-20 minutes, then remove from the oven and set aside to cool slightly.
4. In the meantime, place the cannellini beans, avocado, lemon juice, parsley, basil, and garlic into a food processor. Season with salt and pepper and blitz until smooth.
5. Toast the bread and assemble by dividing the avocado paste equally over the 4 slices of toast. Top each toast with roasted tomato and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	381	21	37	8	12

\*Nutrition per serving





# **Tofu Omelette With Ranchero Beans**

# Tofu Omelette With Ranchero Beans

## Serves 4

400g silken tofu, drained  
2 cloves garlic  
2 tbsp. nutritional yeast  
4 tbsp. olive oil  
½ tsp. ground turmeric  
½ cup (60g) whole wheat flour  
1 tbsp. cornstarch (corn flour)  
4 portions of ranchero beans (see butternut pumpkin rancheros recipe and follow instructions for beans)  
1 avocado, sliced  
salt & pepper

## What you need to do

1. Place the silken tofu, garlic, nutritional yeast, 2 tablespoons of olive oil and turmeric into a food processor, season with salt and pepper and blitz until smooth.
2. Add in the flour and cornstarch and blitz again, until well combined.
3. Heat ½ tablespoon of the remaining olive oil in a large non-stick pan over medium-high heat. Add ½ cup of the batter into the pan and spread it out with a rubber spatula. Cook the omelette for 3-5 minutes, until the top of the omelette is dry. Gently flip the omelette over and cook for a further 1-2 minutes and remove from the pan. Repeat this process with the remaining batter to make a total of 4 omelettes.
4. In the meantime, heat up the ranchero bean filling. Place each omelet onto a plate, divide the beans equally over each omelet, fold over and top with the sliced avocado. Season to taste with salt and pepper and serve immediately.

**Note:** Prep time excludes time for preparing beans.

DF	MP	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	548	28	51	19	16

\*Nutrition per serving





# **Smoked Rosemary Hummus**

# Smoked Rosemary Hummus

## Serves 6

2 tsp. dried rosemary  
400g can chickpeas, drained  
4 tbsp. lemon juice  
2 tbsp. olive oil  
1 clove garlic  
1 tsp. smoked paprika  
½ tsp. black pepper  
salt

## What you need to do

1. Place the rosemary into a food processor or high-speed blender and blitz the herb to form a powder. Now add in all the remaining ingredients and blitz until smooth and creamy.
2. Place the hummus into an airtight container and store in the refrigerator for up to 5 days.
3. Serve as a dip or with toast.



GF	DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	121	6	12	4	3

\*Nutrition per serving



**Tempeh Bacon**

# Tempeh Bacon

## Serves 6

200g tempeh  
1 tbsp. olive oil  
3 tbsp. tamari or soy sauce  
3 tbsp. maple syrup  
¼ tsp. salt  
1 ½ tsp. liquid smoke  
1 ½ tsp. smoked paprika  
½ tsp. ground black pepper

## What you need to do

1. Slice the tempeh so that you have 18 thin strips.
2. In a shallow bowl, mix together the oil, tamari, maple syrup, salt, liquid smoke, smoked paprika, and black pepper. Add the tempeh and mix to coat. Set aside to marinate for 10-15 minutes.
3. Preheat the oven 200°C and line a baking tray with baking paper. Place the marinated tempeh on the baking paper and arrange in a single layer. Reserve the remaining marinade for later.
4. Place the tray in the oven and bake the tempeh for 8-10 minutes. Now flip the tempeh over, brush with the remaining marinade and bake for another 6-8 minutes, or until browned and slightly crispy.

**Storage:** Once cooled, store the tempeh in an airtight container in the refrigerator for up to 5 days.

DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	126	6	10	8	0

\*Nutrition per serving



# Sunshine Quinoa Salad



# Sunshine Quinoa Salad

## Serves 2

55g quinoa, uncooked  
1 grapefruit  
1 avocado  
½ cup (80g) sweet corn,  
drained  
4 mint springs, leaves only,  
chopped  
1 tbsp. olive oil  
½ cup (50g) bean sprouts  
salt & pepper  
2 handfuls lambs lettuce  
¼ cup (25g) pistachio nuts

## What you need to do

1. Cook the quinoa according to instructions on packaging and then set aside to cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a separate bowl.
2. Cut the avocado in half, remove the stone, scoop out the flesh and cut into strips. Then place the avocado into the grapefruit juice to stop it discolouring.
3. In a separate bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season to taste with salt and pepper.
4. Place a handful of lettuce on each of the 2 serving dishes and spoon the quinoa mixture over the top. Divide the avocado and grapefruit segments between each of the dishes.
5. Drizzle over the grapefruit juice and sprinkle over the pistachio nuts, serve immediately.

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	521	27	54	12	14

\*Nutrition per serving



# Butternut Pumpkin Rancheros



# Butternut Pumpkin Rancheros

## Serves 4

### *For the butternut pumpkin:*

1 butternut pumpkin  
2 tbsp. olive oil  
salt & pepper

### *For the ranchero beans:*

2 tsp. cumin seeds  
2 tbsp. olive oil  
1 onion, minced  
2 jalapeño peppers, deseeded, chopped  
4 cloves garlic, chopped  
400g can chopped tomatoes  
1 tsp. maple syrup  
salt & pepper  
2x 400g cans black beans, drained, rinsed

## What you need to do

1. Preheat the oven to 220°C. Line a large baking tray with baking paper.
2. Peel the butternut pumpkin, slice off the ends and scoop out the seeds. Slice into 1 inch thick slices and place on the baking tray. Drizzle with the olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 to 20 minutes. Then flip the squash over, and bake for a further 10-15 minutes, until cooked through and starting to brown.
3. In the meantime, prepare the ranchero beans. Place a pan over medium heat and toast the cumin seeds for about 2 minutes, stirring frequently to stop the seeds from burning.
4. Raise the heat to medium-high and add in the olive oil, onion, jalapeño pepper and garlic, cook for 10 minutes until softened and browned. Add the chopped tomatoes and maple syrup, season with salt and pepper to taste and cook for a further 5 minutes.
5. Transfer the sauce into a food processor and blend until smooth, then return to the pan and add the beans. Cook over medium heat until heated through.
6. Divide the rancheros between 4 shallow bowls and top with the roasted butternut pumpkin. Serve immediately.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	397	8	63	14	17

\*Nutrition per serving





**Roasted Vegetable &  
Hummus Tart**

# Roasted Vegetable & Hummus Tart

## Serves 4

- 1 red pepper, chopped
- 1 zucchini (courgette), chopped
- 1 onion, cut
- 1 cup (150g) cherry tomatoes
- 2 tbsp. fresh basil, chopped
- 2 tbsp. olive oil
- 1 sheet of vegan-friendly puff pastry, room temperature
- 4 servings of Smoked Rosemary Hummus (see recipe card in pack)

## What you need to do

1. Preheat the oven to 220°C.
2. Chop the red pepper, zucchini and onion and place them into a baking dish along with the cherry tomatoes and basil. Drizzle with the olive oil and place in the oven to roast for 20-25 minutes. Once cooked, remove from the oven and set aside.
3. Meanwhile, place the puff pastry sheet on a baking tray lined with baking paper, and score a 3cm border around the edge of the sheet. Next, prick the middle of the pastry sheet with a fork a few times. Bake the pastry sheet according to instructions on the packaging.
4. Once the puff pastry is cooked, spread over the rosemary hummus and then top the hummus with the roasted vegetables.
5. This tart can be served either hot and cold.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	450	29	41	5	5

\*Nutrition per serving

# Chilli Sin Carne



# Chilli Sin Carne

**Serves 4**

## What you need to do

2 carrots, grated  
2 cloves garlic, minced  
600g passata  
4 tbsp. tomato paste (purée)  
2x 400g cans black beans, drained  
1x 400g can red kidney beans, drained  
1 jalapeño pepper, deseeded and chopped  
1 tsp. chilli flakes  
1 lime, cut into wedges  
handful coriander  
salt & pepper

1. Place all the ingredients into a large pot, season with salt and pepper and place the pot on the stove over a medium/low heat. Bring the chilli to a gentle simmer and cook for about 10 minutes, stirring, until warmed through.
2. Divide the chilli between 4 bowls and serve with steamed rice, lime wedges and garnish with coriander. Serve immediately.

**Note:** Rice not included within nutritional breakdown.

GF	DF	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	334	2	55	19	20

\*Nutrition per serving



# Mongolian Seitan



# Mongolian Seitan

## Serves 4

### For the sauce:

- 1 tbsp. coconut oil
- ½ tsp. root ginger, grated
- 3 cloves garlic, minced
- ¼ tsp. red chilli flakes
- ½ cup (120ml) tamari or soy sauce
- ½ cup (90g) coconut sugar
- 2 tsp. cornstarch (cornflour)
- 2 tbsp. cold water

### For the seitan:

- 1 tbsp. olive oil
- 450g seitan, cut into 1-inch pieces

### For serving:

- 1 tbsp. sesame seeds, toasted
- 4 green onions (spring onions), sliced

## What you need to do

1. To make the sauce, heat the coconut oil in a small pot or saucepan over a medium heat. Add the ginger and garlic, red chilli flakes and cook for 30-60 seconds, stirring often, until fragrant.
2. Add the soy sauce and coconut sugar to the pot and stir well. Reduce the heat, and simmer until the coconut sugar has dissolved and has reduced slightly, around 5-7 minutes.
3. Whisk together the cornstarch and cold water, then add it to the pot and stir. Cook for a further 2-3 minutes, until the sauce becomes glossy and has thickened. Reduce the heat to the lowest setting and keep simmering gently until ready to add to the seitan.
4. Heat the olive oil in a pan over medium-high heat. Add the seitan and cook for 4-5 minutes or until lightly browned and crispy. Reduce the heat to low and add the sauce to the pan. Stir to coat the seitan in the sauce and continue cooking for 2-3 minutes.
5. Serve hot, with steamed rice and garnish with sesame seeds and green onions.

**Note:** Rice not included within nutritional breakdown.

DF	LC	HP	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	275	10	16	30	1

\*Nutrition per serving



# Spicy Peanut Noodle Stir-Fry



# Spicy Peanut Noodle Stir-Fry

## Serves 4

250g whole wheat or soba noodles  
1 tbsp. sesame oil  
200g broccolini  
200g mushrooms, sliced  
1 red capsicum, sliced  
4 green onions (spring onions), sliced  
fresh coriander, optional

### *For the sauce:*

6 tbsp. tamari or soy sauce  
½ cup (120g) peanut butter  
2 tbsp. sriracha sauce  
1 tbsp. toasted sesame oil

## What you need to do

1. Cook the noodles according to the instructions on packaging.
2. Heat the sesame oil in a large skillet or frying pan and stir-fry the vegetables and coriander for 6-8 minutes, until tender
3. Meanwhile, combine all the sauce ingredients together in a bowl and whisk to combine. If necessary, add a little hot water until the sauce becomes thick and smooth.
4. Add the cooked noodles and sauce to the skillet along with the vegetables, stir well until combined and everything is coated in the sauce.
5. This dish can be served hot or cold.

DF	MP	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	571	25	63	22	6

\*Nutrition per serving





**Protein Mocha  
Frappuccino**

# Protein Mocha Frappuccino

## Serves 4

- 1 cup (240ml) strong coffee, cold
- 1 ½ cup ice
- 1 cup (250g) silken tofu
- 2 tbsp. cocoa powder, unsweetened
- 1 tbsp. coconut sugar
- 1 tsp. vanilla extract

## What you need to do

1. Place all the ingredients into a blender and blitz until smooth, adding more ice if necessary. Serve immediately.

GF DF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	111	4	8	10	3

\*Nutrition per serving



# Vegan Lemon Cheesecake



# Vegan Lemon Cheesecake

**Serves 16**

## What you need to do

### *For the crust:*

2 cups (230g) walnuts  
¼ cup (60ml) maple syrup

### *For the filling:*

680g silken tofu, drained  
1 cup (180g) coconut sugar  
1 ½ tbsp. almond butter  
½ tsp. salt  
zest of a large lemon  
1 tsp vanilla extract  
1 ½ tbsp. cornstarch (cornflour)  
2 tbsp. lemon juice

### *For the crust:*

1. Place the walnuts into a food processor and blitz until ground. Now add the maple syrup and blend until the mixture comes together to form a dough.
2. Press the dough into a pie dish, covering the bottom and working it up the sides of the dish. Place the dish in the refrigerator to chill while preparing the pie filling.

### *For the filling:*

1. Heat the oven to 180°C.
2. Place all the pie filling ingredients into a food processor and blend until smooth.
3. Pour the pie filling into the pastry crust and place the pie in the oven to bake for 30 minutes, until set, and lightly golden on top.
4. Remove the pie from the oven and set the dish onto a wire rack to cool. Once cooled, place the dish in the refrigerator until the pie is chilled and set. When ready, slice and serve.



GF	DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	219	13	18	7	2

\*Nutrition per serving

# Sunflower Seeds Energy Balls



# Sunflower Seeds Energy Balls

## Makes 20

¾ cup (100g ) sunflower seeds  
½ cup (90g) medjool dates  
3 tbsp. cacao, unsweetened  
2 tbsp. bee pollen, optional  
1 tbsp. coconut oil, melted  
1 tsp. ground cinnamon  
1 cardamom pod, crushed  
pinch ground nutmeg  
pinch salt

## What you need to do

1. Place the sunflower seeds in a food processor and blend to form a coarse meal.
2. Add the dates, cacao, bee pollen, coconut oil, spices and salt, blend again until a ball of dough has formed.
3. Shape the dough into small balls, roundly 1 tablespoon per ball.

**Storage:** Store the energy balls in an airtight container in the refrigerator for up to 2 weeks.

GF DF LC MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins		4	8	2	2

\*Nutrition per serving

