JANUARY PLANT-BASED RECIPE PACK

TIGHTEN up

Delicious, Quick, Simple Breakfast, Lunch, Dinner and Treats options!

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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	Peanut Butter & Jelly Overnight Oats	Crispy Baked Tofu Nuggets	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Turmeric Roast Potatoes & Cauliflower with Easy Red Lentil Dahl
Tue	Fig Toast With Dairy Free Cream Cheese	Crispy Baked Tofu Nuggets	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Turmeric Roast Potatoes & Cauliflower
Wed	Fig Toast With Dairy Free Cream Cheese	Super Green Salad With Roasted Vegetables	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Easy Red Lentil Dahl
Thu	Tahini Tomatoes On Toast	Super Green Salad With Roasted Vegetables	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Easy Red Lentil Dahl
Fri	Tahini Tomatoes On Toast	Super Green Pasta	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Chinese Five Spice Tofu Stir-Fry
Sat	Banana Date Protein Shake	Chinese Five Spice Tofu Stir-Fry	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Meal Out - Enjoy!
Sun	Peanut Butter & Jelly Overnight Oats	Super Green Pasta	E.g. Sesame Air Fryer Mushrooms, Chai Latte Chia Pudding, Quick Rosemary & Fig Bread, Anti-Inflammatory Turmeric & Pineapple Smoothie	Easy Red Lentil Dahl

Weekly Shopping List

Fruits, Vegetables

Fruits
- 2 bananas
- 3 lemons
- 8 figs
- 3 limes
- 1 avocado
- pineapple

Vegetables
- box cherry tomatoes
- 2 bulbs garlic
- root ginger
- 2 carrots
- 1 red capsicum
- 450g mushrooms
- bunch spring onions
- 1 cauliflower head
- 1 broccoli head
- 6 potatoes
- 3 onions
- 1 bunch asparagus (125g)
- 2 zucchinis
- 1 red chilli
- mixed salad leaves
- spinach
- kale

Dried
- dates
- figs

Frozen
- green peas

Plant-Based Produce

Cold
- carton almond milk, unsweetened
- 400g block firm tofu
- tub natural soy yogurt or alternative dairy free yogurt
- vegan feta cheese
- vegan butter

Seeds, Baking, Spices

Grains
- rolled oats
- corn-starch
- quinoa
- brown rice

Nuts & Seeds
- chia seeds
- almonds
- sesame seeds
- cashews
- walnuts
- ground flax seeds

Baking
- raw cacao powder
- gluten-free flour
- brown rice flour
- baking powder
- vanilla extract

Dried Herbs & Spices
- black pepper
- ground cinnamon
- chilli flakes
- garlic powder
- ground turmeric
- ground cumin
- cumin seeds
- curry powder
- hot chilli powder
- Chinese five spices
- bay leaf
- ground coriander
- garam masala
- dried rosemary
- ground nutmeg
- paprika

Fresh Herbs
- thyme
- coriander
- chives
- basil
- mint

Cans, Condiments & Misc

Oils
- olive oil
- sesame oil
- coconut oil

Sweeteners
- maple syrup
- coconut sugar

Boxed, Canned & Condiments
- peanut butter
- almond butter
- cashew butter
- strawberry/raspberry jam
- fig jam
- nutritional yeast
- tahini
- panko breadcrumbs
- apple cider vinegar
- tamari sauce
- 2x 400g can chopped tomatoes
- 400g can chickpeas
- hoisin sauce
- oyster sauce
- vegetable broth (or vegetable stock cubes)
- red lentils
- can coconut milk
- pack spaghetti
- chai tea

Other
- sliced bread
- pink salt
- sea salt

Peanut Butter & Jelly Overnight Oats

Peanut Butter & Jelly Overnight Oats

Serves 2

1 cup (80g) rolled oats

1 cup (240ml) almond milk, unsweetened

1 tbsp. chia seeds

½ tbsp. maple syrup

2 tbsp. peanut butter

1 tbsp. strawberry or raspberry jam

What you need to do

1. Place all the ingredients, apart from the jam, into a bowl and stir to combine. Divide the mixture between 2 jars or glasses.
2. Place in the refrigerator for at least 2 hours or overnight. When ready to serve, top with the jam of your choice.

DF MP V N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2 hrs	333	14	40	10	7

*Nutrition per serving

myfitnesspal

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TIGHTEN up

Banana Date Protein Shake

Banana Date Protein Shake

Serves 2

2 bananas, sliced and frozen

4 dates, pitted

¼ cup (75g) almond butter

½ tsp. ground cinnamon

½ cup (125ml) almond milk, unsweetened

1 ½ tbsp. raw cacao powder

What you need to do

1. Place all the ingredients into a blender and blend until smooth. Divide between 2 glasses and serve immediately.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	527	23	66	11	12

*Nutrition per serving

myfitnesspal

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TIGHTEN up

Fig Toast With Dairy Free Cream Cheese

Fig Toast With Dairy Free Cream Cheese

Serves 4

Dairy free cream cheese:

1 cup (140g) almonds, raw

3 tbsp. olive oil

1 tbsp. lemon juice

¼ cup (60ml) water

1 tbsp. nutritional yeast

½ tsp. pink salt

Fig toast:

4 slices of bread

8 sliced figs, fresh

1 tbsp. thyme leaves, to garnish

2 tbsp. maple syrup

What you need to do

1. Bring a pot of water to a boil and add the almonds. Cook for 1 minute, then drain and rinse with cold water. Squeeze each almond between your fingers to remove the skin.
2. Next, place the almonds into a food processor or high speed blender along with the olive oil, lemon juice, water, nutritional yeast and salt. Blitz until smooth and creamy, then adjust the seasoning to taste.
3. To serve, toast the bread, then spread the cream cheese over the toast and top with figs, thyme and a drizzle of maple syrup. Serve immediately.

DF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 min	511	30	47	11	9

*Nutrition per serving

myfitnesspal

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Tahini Tomatoes On Toast

Tahini Tomatoes On Toast

Serves 2

2 slices of bread

1 cup (150g) cherry tomatoes, chopped

2 tbsp. olive oil

3 garlic cloves, sliced

2 tbsps. tahini

2 tbsp. coriander, chopped

1 tbsp. nutritional yeast

1 lime juice

salt & pepper

⅛ tsp. chilli flakes

What you need to do

1. Roughly chop the tomatoes and place them into a bowl. Add the olive oil, garlic, tahini, coriander, nutritional yeast, lime juice and season with salt and pepper. Cover the bowl and set aside to rest for 10 minutes to allow the flavours to meld together.
2. Toast the bread and divide the tomato mixture between each slice of toast. Sprinkle with chilli flakes and serve.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	341	24	22	8	5

*Nutrition per serving

myfitnesspal

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TIGHTEN up

Crispy Baked Tofu Nuggets

Crispy Baked Tofu Nuggets

Serves 6

For the tofu:

1 block (400g) firm tofu

1 cup (220g) panko breadcrumbs

2 tbsp. olive oil

1 tsp. paprika

½ tsp. salt

½ tsp. ground black pepper

1 tbsp. nutritional yeast

½ cup (65g) cornstarch

1 cup (240ml) almond milk, unsweetened

1 tsp. apple cider vinegar

For the chive dip:

1 cup (260g) natural soy yogurt

2 tbsp. chives, chopped

½ tsp. garlic powder

1 tsp. lemon juice

salt & pepper

What you need to do

1. Wrap the tofu in kitchen paper and press to squeeze out the excess liquid. Lay into a dish and place a heavy pan or can on top. Set the plate aside for 30 minutes (or overnight) until the tofu is dry. Then, cut the tofu into fingers.
2. Preheat the oven to 200°C. Prepare a baking sheet lined with baking paper.
3. Prepare 3 bowls. In the first bowl, combine all the ingredients for the breadcrumb mixture: the panko breadcrumbs, olive oil, paprika, salt, pepper, and nutritional yeast. In a second bowl, add the cornstarch. In the third bowl, stir together the almond milk and apple cider vinegar.
4. Take one tofu finger at a time and toss it first into cornstarch, then dip into the milk. Now repeat this step, putting the tofu back into the cornstarch, then into the milk. Finally coat the tofu fingers with the breadcrumbs.
5. Repeat the crumbing process with all the tofu fingers and place them on the earlier prepared baking sheet. Once the tofu is coated, place the sheet into the oven and bake for 30-40 minutes, flipping them halfway through to ensure an even cook.
6. In the meantime, prepare the dip by mixing all the dip ingredients together in a bowl.
7. Serve the baked tofu fingers with the herb dip or other favourite dip of choice.

DF | MP | HP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 + 30 mins	40 mins	342	12	43	15	2

*Nutrition per serving

myfitnesspal

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Sesame Air Fryer Mushrooms

Sesame Air Fryer Mushrooms

Serves 2

450g mushrooms, cut into quarters

1 tbsp. tamari sauce

1 tbsp. sesame oil

1 tsp. sesame seeds, to garnish

2 spring onions, sliced, to garnish

What you need to do

1. Wash and dry the mushrooms, then cut into quarters. Drizzle with sesame oil and tamari sauce and marinate for 30 minutes.
2. Heat your air fryer to 90°C. Add the mushrooms to the basket and cook for 12-15 minutes, shaking the basket 2-3 times during the cook. Cook until browned and roasted through.
3. Sprinkle the mushrooms with sesame seeds and garnish with spring onions. Serve immediately.

GF | DF | LC | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 + 30 mins	12 mins	143	8	9	8	3

*Nutrition per serving

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TIGHTEN up

Turmeric Roast Potatoes & Cauliflower

Turmeric Roast Potatoes & Cauliflower

Serves 6

1 head cauliflower, cut into florets

6 medium potatoes, cut into large cubes

4 tbsps. olive oil

1 tbsp. ground turmeric

1 tbsp. ground cumin

1 tbsp. salt

2 cloves of garlic, minced

What you need to do

1. Preheat the oven to 200°C degrees. Prepare a baking dish greased with a little olive oil.
2. In a large bowl, mix all of the ingredients together until well coated in the spice oil. Transfer to the baking dish.
3. Place the dish into the oven and bake for 20-25 minutes. Give the dish a shake half way through and cook until the vegetables are soft in the center and starting to brown around the edges.
4. When fully cooked, serve immediately with a side of Easy Chickpea Curry from this recipe pack.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	288	10	42	6	6

*Nutrition per serving

myfitnesspal

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Easy Chickpea Curry

Easy Chickpea Curry

Serves 4

1 tbsp. coconut oil

1 onion, diced

2 garlic cloves, sliced

1 large pinch salt

1 tbsp. curry powder

1 tsp. hot chilli powder

1 tsp. ground cumin

400g can chopped tomatoes

400g can chickpeas, drained

1 tsp. coconut sugar

1 lime, juiced

2 cups (60g) spinach

1 cup (145g) frozen green peas, thawed

What you need to do

1. Heat the coconut oil in a large pot over a medium heat. Add the onion, garlic and a large pinch of salt, cook for 5-10 minutes until soft.
2. Now add the curry powder, chilli powder and cumin, then cook for a further 2 minutes. Next add the chopped tomatoes, chickpeas and coconut sugar and cook for 15 minutes until the sauce has thickened and the flavours have had time to infuse.
3. Once ready to serve, stir through the lime juice and spinach, allowing the spinach to wilt before serving.
4. Serve with green peas and a side of Roasted Turmeric Potatoes and Cauliflower from this recipe pack.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	201	5	29	8	8

*Nutrition per serving

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TIGHTEN up

Super Green Salad With Roasted Vegetables

Super Green Salad With Roasted Vegetables

Serves 4

For the salad:

½ cup (85g) raw quinoa

½ broccoli head, cut into florets

1 medium zucchini, sliced

1 bunch asparagus (approx. 125g), ends snapped off & discarded

2 tbsp. olive oil

½ cup (75g) almonds, chopped

½ tsp. salt

½ cup (75g) frozen green peas, tawed

100g mixed salad leaves

1 ripe avocado, sliced

2 spring onions, thinly sliced

For the dressing:

4 tbsp. olive oil

1 tbsp. lemon juice

½ tbsp. lemon zest

2 tbsp. basil, chopped

2 tbsp. mint, chopped

1 garlic clove, minced

salt & pepper

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What you need to do

1. Cook the quinoa according to instructions on packaging
2. Preheat the oven to 220°C. Prepare a large baking tray lined with baking paper.
3. Place the broccoli, zucchini and asparagus on the tray and drizzle with olive oil. Place into the hot oven and roast for around 8 minutes, then remove from the oven and take the asparagus off the tray. Now return the tray to the oven and continue cooking for a further 7-10 minutes, until the broccoli and zucchini are cooked through and tender.
4. Heat a dry frypan over a medium heat and toast the almonds for a few minutes until golden and slightly plump. Sprinkle with sea salt and allow to cool down before chopping.
5. Place all the dressing ingredients into a blender and blend until smooth. Taste and adjust seasoning as necessary.
6. To serve, place the quinoa, roasted vegetables, green peas, toasted almonds, salad leaves, sliced avocado and spring onions into a large bowl, drizzle over the dressing and gently toss until combined.
7. Serve immediately or store in the refrigerator for later.

Note: If storing in the refrigerator, store the salad and dressing separately and then combine just before serving. This will keep the flavours fresh and stop the salad from wilting.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	416	25	32	13	11

*Nutrition per serving

Chinese Five Spice Tofu Stir-Fry

Chinese Five Spice Tofu Stir-Fry

Serves 4

1 block (400g) firm tofu, cut into cubes

2 tbsp. cornstarch

1 tbsp. coconut oil

1 tbsp. sesame oil

1 onion, sliced

1 clove garlic, minced

1 tbsp. root ginger, minced

2 carrots, sliced

1 red capsicum, chopped

1 medium zucchini, sliced

2 spring onions, sliced

1 tbsp. sesame seeds, to garnish

Stir-fry sauce:

2 tbsp. hoisin sauce

2 tbsp. oyster sauce

½ tsp. Chinese five spice

1 tbsp. cornstarch

½ cup (120ml) water

1 tsp. sesame oil

1 tbsp. coconut sugar

3 cups (480g) cooked brown rice, to serve (1 cup/190g uncooked brown rice)

What you need to do

1. Wrap the tofu in kitchen paper and press to squeeze out the excess liquid. Lay into a dish and place a heavy pan or can on top. Set the plate aside for 30 minutes (or overnight) until the tofu is dry. Then, cut the tofu into cubes.
2. Place the tofu into a bowl, sprinkle the cornstarch on top and gently toss until all the tofu pieces are coated.
3. Heat the coconut oil in a large pot or wok over a medium-high heat. Add the tofu and cook for about 3-4 minutes until crispy, then flip and repeat on all sides. Remove the tofu and set aside.
4. Reduce the heat to medium and add the sesame oil, along with the onion, garlic and ginger and cook for 1 minute until fragrant. Next add in the carrots, red capsicum and zucchini, cooking for a further 5 minutes, until the vegetables are tender.
5. Meanwhile, mix all the sauce ingredients together in a small bowl. Add the sauce to the vegetables, along with the cooked tofu and stir well. Cook for a further 1-2 minutes until the sauce thickens and the tofu has heated through.
6. Remove off heat and serve over rice, sprinkled with sesame seeds.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 + 30 mins	25 mins	399	15	49	16	4

*Nutrition per serving

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Easy Red Lentil Dahl

Easy Red Lentil Dahl

Serves 4

1 tbsp. olive oil

1 tbsp. cumin seeds

1 bay leaf

1 medium onion, chopped

3 garlic cloves, sliced

5cm piece root ginger, finely chopped

1 red chilli, sliced

½ tsp. ground coriander

1 tsp. garam masala

½ tsp. ground turmeric

400g can chopped tomatoes

1 cup (190g) red lentils, dry

2 cups (480ml) vegetable broth

1 cup (240ml) canned coconut milk

½ lime, juiced

1 tbsp. cashew butter

salt & pepper

4 tbsp. coriander, chopped

4 tbsp. dairy free yogurt, to serve

What you need to do

1. Heat the olive oil in a large pot over a medium-high heat. Add the cumin seeds and bay leaf and cook for 1 minute. Now add the onion, garlic, ginger and chilli and cook for a further 2-3 minutes.
2. Add the ground coriander, garam masala and turmeric, and cook for another minute, stirring frequently to prevent the spices from burning.
3. Next add in the tomatoes, lentils and vegetable broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes, or until the lentils are cooked.
4. Stir in the coconut milk, lime juice and cashew nut butter, season to taste with salt and pepper. Finally add fresh coriander and stir through.
5. Remove from the heat, divide between 4 bowls and spoon over some yogurt. Serve with rice and/or naan if desired (rice and naan not included in nutritional breakdown).

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	295	7	42	14	8

*Nutrition per serving

myfitnesspal

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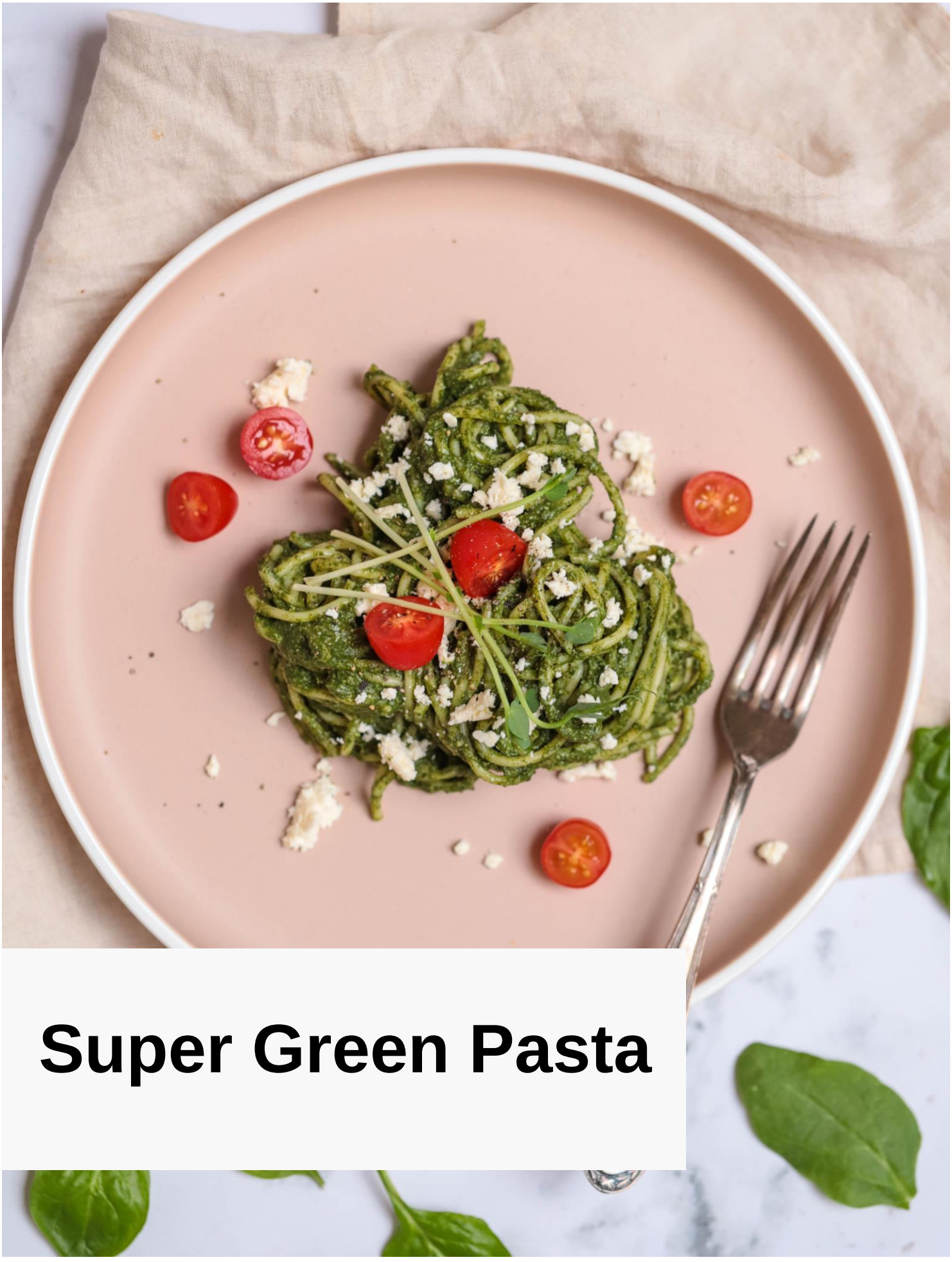

Super Green Pasta

Super Green Pasta

Serves 2

150g whole wheat spaghetti

100g spinach

100g kale leaves, stems removed

2 cloves garlic

¼ cup (30g) cashews

3 tbsps. nutritional yeast

1 tbsp. lemon juice

2 tbsps. olive oil

salt & pepper

splash of pasta water

¼ cup (40g) vegan feta cheese, crumbled, to serve

What you need to do

1. Cook the spaghetti according to instructions on packaging, then remove the pasta to the side, preserving the cooking water.
2. Add the garlic, spinach, kale and cashews to the pasta cooking water and cook for about 5 minutes.
3. Transfer the drained greens, garlic and cashews to a high speed blender, add the nutritional yeast, lemon juice, olive oil, salt, pepper and a splash of pasta water, then blend until smooth.
4. Place the spaghetti back into the pot along with your super green sauce and mix until well combined.
5. Serve pasta with crumbled vegan feta cheese.

DF | MP | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	498	28	42	17	10

*Nutrition per serving

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Anti-Inflammatory Turmeric & Pineapple Smoothie

Anti-Inflammatory Turmeric & Pineapple Smoothie

Serves 2

1 ¼ cups (300ml) almond milk, unsweetened

2 cups (60g) spinach, packed

¼ tsp. ground turmeric

1 pinch black pepper

1 tbsp. chia seeds

1 ½ cups (250g) pineapple, chopped

What you need to do

1. Place all the ingredients into a blender and blend until smooth. Divide the smoothie between 2 glasses and serve immediately.

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	137	4	21	3	5

*Nutrition per serving

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Quick Rosemary & Fig Bread

Quick Rosemary & Fig Bread

Serves 16

For the bread:

1 cup (135g) gluten-free flour

1 cup (160g) brown rice flour

2 tsp. baking powder

1 flax egg (1 tbsp. ground flax seeds + 2.5 tbsp. water)

½ cup (150g) dried figs, chopped

5 tbsp. fig jam

2 tbsps. coconut sugar

1 tbsp. dried rosemary, crushed

1 tsp. vanilla extract

1 tsp. ground cinnamon

¾ cup (180ml) almond milk, unsweetened

For the crumble:

¼ cup (55g) coconut sugar

3 tbsps. brown rice flour

1 tbsp. vegan butter, melted

What you need to do

1. Preheat the oven to 190°C. Prepare a loaf pan, lined with baking paper.
2. In a large mixing bowl, combine the flours and baking powder. Then add all the other bread ingredients into the bowl and mix the batter until smooth and thick. Transfer the batter into the loaf pan.
3. In a small bowl, use your hands to rub the crumble ingredients together. Then sprinkle the crumble over the top of the bread batter.
4. Place the tin into the hot oven and bake the bread for 35 minutes, until a toothpick inserted into the centre of the fig bread comes out clean. Remove the tin from the oven and set aside to cool completely on a wire rack. Once cool, remove from the tin, slice and serve.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	35 mins	116	1	24	2	3

*Nutrition per serving

myfitnesspal

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Chai Latte Chia Pudding

Chai Latte Chia Pudding

Serves 3

⅓ cup (45g) cashews, soaked overnight or boiled

1 ¼ (300ml) cup hot water

2 chai tea bags

½ tsp. vanilla extract

2 tbsps. maple syrup

½ tsp. ground cinnamon

¼ tsp. ground nutmeg

4 tbsps. chia seeds

2 tbsp. walnuts, chopped

2 tbsp. almond butter

What you need to do

1. Soak the cashews overnight in cold water and drain when ready to prepare the pudding. Alternatively, boil the cashews in a little water for 15 minutes, until soft.
2. Steep the chai tea bags in 300ml of water for 5 minutes, then discard the tea bags.
3. Add the chai tea, cashews, vanilla extract, maple syrup, cinnamon and nutmeg to a high-speed blender and blend until smooth and creamy.
4. Pour the mixture into a bowl, add the chia seeds and whisk together until everything is combined. Divide between 2 glasses or jars and set aside in the refrigerator to chill for one hour or overnight to set.
5. Before serving, top with chopped walnuts and almond butter.

GF | DF | MP | V | N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	332	22	24	8	6

*Nutrition per serving

myfitnesspal

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