

MAY 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 & Jam Overnight Oats	Easy Ramen	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Filipino-Style Pineapple & Pork Adobo
Tue	Spring Onion Pancakes	Thai Larb Lettuce Wraps	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Filipino-Style Pineapple & Pork Adobo
Wed	Keto Meal Prep Breakfast Bowls	Thai Larb Lettuce Wraps	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Naked Thai Beef Burgers with Salad
Thu	Keto Meal Prep Breakfast Bowls	Naked Thai Beef Burgers with Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Citrus Salmon with chilli Cucumber Salad
Fri	Egg, Carrot & Kale Muffins	Tuna Rice Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Citrus Salmon with chilli Cucumber Salad
Sat	Egg, Carrot & Kale Muffins	Tuna Rice Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Meal Out -Enjoy!
Sun	Peanut Butter & Jam Overnight Oats	Potato & Cucumber Salad with Jalapeño Pesto	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Chicken & Plum Stir Fry with Bok Choy & Noodles

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> •1 apple •1 banana •4 plums •3 limes •1 orange •2 lemons •1 grapefruit •1 pineapple •box raspberries <p>Vegetables</p> <ul style="list-style-type: none"> •2 bulbs of garlic •root ginger •800g baby potatoes •3 bunches spring onions •1 onion •2 red onion •2 shallots •4 baby gem lettuce •head of romaine lettuce •2 bokchoys •2 red chillis •8 bird's-eye chillies •2 cucumbers •240g radishes •1 red capsicum •3 carrots •pack bean sprouts •kale •mushrooms •1 zucchini •1 bunch asparagus <p>Fresh Herbs</p> <ul style="list-style-type: none"> •chives •3 packs (coriander) •lemongrass •kaffir lime leaves 	<p>Meats</p> <ul style="list-style-type: none"> •560g chicken thighs •500g lean ground beef •1.4kg pork shoulder steaks •680g ground chicken breast •225g ground pork •4 turkey/chicken sausages <p>Fish & Seafood</p> <ul style="list-style-type: none"> •4 salmon filets (130g each) <p>Cold</p> <ul style="list-style-type: none"> •12 eggs •carton egg whites •carton almond milk, unsweetened •Greek yogurt •unsalted butter •feta cheese 	<p>Grains</p> <ul style="list-style-type: none"> •rolled oats •instant oats •basmati rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> •walnuts •roasted peanuts •cashews •sesame seeds •chia seeds •pistachios <p>Baking</p> <ul style="list-style-type: none"> •baking powder •baking soda •vanilla extract •oat flour •all-purpose flour •cocoa powder •chocolate chips <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> •black pepper •whole black peppercorns •ground cinnamon •ground cumin •chilliflakes •paprika •got paprika •ground turmeric •ground coriander •ground ginger •bay leaves 	<p>Oils</p> <ul style="list-style-type: none"> •coconut oil •olive oil •toasted sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> •honey •coconut sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> •peanut butter •raspberry jam •instant coffee powder •2 packs instant ramen noodles •panko breadcrumbs •hoisin sauce •ketjapmanis •tamari •mayonnaise •fish sauce •sriracha sauce •chilligarlic sauce •rice vinegar •jalapeño peppers •2 cans sweetcorn •1 can kidney beans •145g cans tuna, in oil •1 can pineapple rings •2 chicken broth (or chicken stock cubes) •white miso paste •sheets nori <p>Misc/Other</p> <ul style="list-style-type: none"> •sea salt



Peanut Butter & Jam Overnight Oats



Peanut Butter & Jam Overnight Oats

Serves 2

1 cup (80g) rolled oats
1 cup (240ml) almond milk, unsweetened
½ cup (140g) natural yogurt
2 tbsp. chia seeds
2 tbsp. honey
4 tbsp. raspberry jam
2 tbsp. peanut butter
2 tsp. pistachios, chopped
½ cup (60g) raspberries

What you need to do

1. Add the rolled oats, almond milk, yogurt, chia seeds and honey into a large bowl and stir until combined. Cover and refrigerate for at least 2 hours, or overnight.
2. Divide the oats between 2 serving glasses or jars, layering the oats with the jam and peanut butter. To serve, top with pistachios and fresh raspberries.

Storage: Store in an airtight container in the refrigerator for up to five days.

MP V N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2-8 hrs	449	11	70	15	10

*Nutrition per serving.





**Keto Meal Prep
Breakfast Bowls**



Keto Meal Prep Breakfast Bowls

Serves 2

340g Italian chicken sausages
2 tbsp. olive oil, divided
1 cup (70g) mushrooms, sliced
½ red onion, diced
1 zucchini, sliced
1 bunch asparagus (125g)
chopped
¼ tsp. chilliflakes
salt & pepper

What you need to do

1. Cook the sausages according to instructions on the packaging. Remove from the frypan and set aside to cool.
2. Add half the olive oil to the same frypan and cook the mushrooms until softened, approximately 5-7 minutes. Remove the mushrooms from the pan and set them aside to cool.
3. Add the remaining olive oil and cook the red onion, zucchini and asparagus for around 5-7 minutes. Stir through the chilli flakes and season with salt and pepper.
4. Divide all the ingredients between 2 meal prep containers.

Storage: Store in a sealed container in the fridge for up to 4 days.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	358	19	12	34	3

*Nutrition per serving.



A photograph of several golden-brown, pan-fried spring onion pancakes (scallion pancakes) served on a white plate with a black rim. The pancakes are topped with black sesame seeds and contain visible green scallions. In the background, a small white bowl contains a red dipping sauce, and a pair of wooden chopsticks rests on a light-colored cloth. The text "Spring Onion Pancakes" is overlaid in the center of the image.

Spring Onion Pancakes

Spring Onion Pancakes

Serves 3

1 cup (125g) all purpose flour
2 eggs
1 cup (240ml) water
1 bunch spring onions, trimmed
and cut into 1-inch long strips
2 tbsp. olive oil
2 tbsp. tamari, to serve
salt

What you need to do

1. Place the flour and eggs in a large bowl, slowly pour in the water, and keep whisking until everything is mixed well. Add a pinch of salt into the batter, along with the spring onions and mix well until evenly coated in the batter mixture.
2. Heat some oil in a non-stick frypan over medium heat, carefully pour about $\frac{1}{3}$ of the mixture into the pan and spread out to form a round pancake. Cook for about 4-5 minutes on each side. Repeat this process with the remaining pancake batter.
3. Place a pancake onto each plate and serve with tamari sauce as a dip.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	291	12	36	8	7

*Nutrition per serving.



Egg, Carrot & Kale Muffins



Egg, Carrot & Kale Muffins

Makes 6

For the muffins:

4 eggs
1 garlic clove, minced
½ tsp. ground turmeric
2 tbsp. chives, chopped
1 cup (70g) kale, chopped leaves
1 cup (110g) carrots, grated
¼ cup (40g) feta, crumbled
salt & pepper

For the sauce:

¾ cup (180g) Greek yogurt
2 tbsp. chives, chopped

What you need to do

1. Preheat the oven to 180°C. Prepare a muffin tin lined with muffin paper cases or use silicone muffin cases.
2. In a bowl, beat the eggs with the garlic, turmeric, salt, pepper and chives. Add the kale, carrots, and crumbled feta and mix with a fork.
3. Fill 6 muffin cases with the mixture and place in the hot oven to bake for 15 minutes.
4. Meanwhile, mix together the yogurt and chives and season with salt and pepper.
5. Serve the egg muffins with the yogurt sauce.

GF	LC	MP	V	Q
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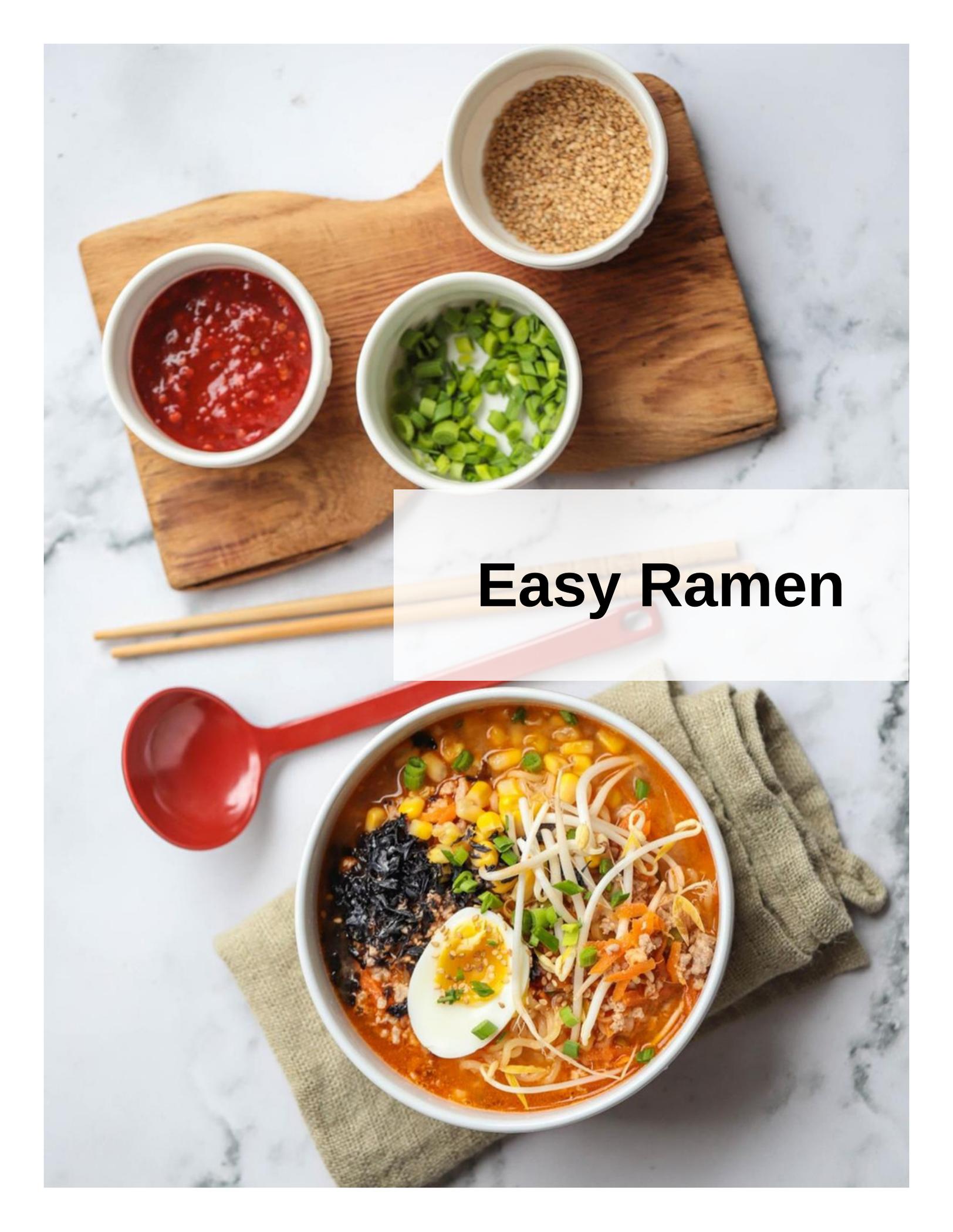
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	93	5	4	8	0

*Nutrition per serving.

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A top-down view of a bowl of ramen with various toppings like bean sprouts, corn, seaweed, and a soft-boiled egg. Three small white bowls containing red sauce, green onions, and sesame seeds are on a wooden board above. A red spoon and chopsticks are also visible.

Easy Ramen

Easy Ramen

Serves 4

For the broth:

3 garlic cloves, sliced
¾ tsp. salt
1 tbsp. + 1 tsp. toasted sesame oil
225g ground pork
2 carrots, grated
4 spring onions, sliced, white and green parts separated
1 ½ tbsp. ginger, grated
2 tsp. chilli garlic sauce
8 ⅓ cups (2L) chicken broth
4 tbsp. white miso paste
2 tbsp. unsalted butter

For the toppings:

4 large eggs, soft boiled
230g ramen noodles, dried
chilli garlic sauce
4 sheets nori, chopped
½ cup (15g) bean sprouts
4 tbsp. canned sweet corn
2 tbsp. toasted sesame seeds

What you need to do

For the broth:

1. Place the garlic with ¼ teaspoon of salt onto a chopping board, and using the edge of a knife, mash together into a paste. Set aside.
2. Heat 1 tablespoon of the sesame oil in a large pot over medium heat. Add the pork and the remaining ½ teaspoon of salt and cook for 5-7 minutes. Transfer the pork to a plate.
3. To the same pot add the remaining 1 teaspoon of sesame oil and cook the carrots, white parts of the spring onion and half of the green parts of the spring onion. Cook over medium heat, for 2-3 minutes, until the carrots are tender.
4. Push the vegetables aside to clear a space in the centre of the pot. Add the ginger, chilli garlic sauce and reserved garlic paste and cook for 30 seconds, taking care not to burn the garlic. Next, stir in the pork and any pork juices, then add the chicken broth. Increase the heat to high and bring just to a boil. Add the miso and butter and stir until the miso is fully dissolved. Cover the pot and keep warm over low heat until ready to serve.
5. Cook the noodles according to instructions on the packaging and prepare all the other topping ingredients.

To serve: Divide the noodles and pork between 4 bowls. Ladle the hot broth over the top. Top with egg halves, the remaining spring onion, and the remaining toppings. Serve hot.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	636	31	59	29	5

*Nutrition per serving.





Thai Larb Lettuce Wraps

Thai Larb Lettuce Wraps

Serves 4

For the dressing:

½ cup (80ml) fresh lime juice
2 tbsp. fish sauce
2 tbsp. coconut sugar
1 tsp. sriracha sauce

For the wraps:

1 tbsp. coconut oil
680g ground chicken breast
2 shallots, chopped
2 tbsp. lemongrass, thinly sliced
2 kaffir lime leaves, thinly sliced
1 red chilli, sliced
1 garlic clove, sliced
2 tsp. fish sauce
1 tsp. salt
12 romaine lettuce leaves
4 tbsp. coriander, to serve

What you need to do

1. Make the dressing by combining all the dressing ingredients together in a small bowl. Set aside.
2. Heat the oil in a large heavy nonstick frypan over medium/high heat. Add the ground chicken, shallots, lemongrass, lime leaves, chilli and garlic and sauté, breaking the chicken up into small pieces with the back of a spoon, until the chicken is starting to turn golden brown and is cooked through. Season with salt, add the fish sauce and mix well then take off the heat.
3. Divide the chicken between lettuce leaves, garnish with coriander and drizzle the dressing over. Serve immediately.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	317	9	17	41	4

*Nutrition per serving.

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Tuna Rice Salad



Tuna Rice Salad

Serves 4

1 cup (185g) basmati rice, uncooked
145g cans tuna in oil, drained
½ red pepper, diced
2 slices canned pineapple, chopped
1 cup (150g) sweet corn, drained
1 cup (180g) kidney beans, drained
2 tbsp. chives, chopped
2 tbsp. coriander, chopped
4 tbsp. mayonnaise
1 tsp. chilliflakes
salt & pepper

What you need to do

1. Cook the rice according to instructions on the packaging, place in a large bowl and let it cool down completely.
2. Once the rice has cooled, add all the remaining ingredients, season to taste with salt and pepper and mix well to combine. Serve immediately.

GF	DF	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	458	14	62	19	8

*Nutrition per serving.



Potato & Cucumber Salad with Jalapeño Pesto



Potato & Cucumber Salad with Jalapeño Pesto

Serves 6

800g baby potatoes with skin on
1 red onion, sliced
4 tbsp. jalapeño peppers, jared, sliced
1 cup (15g) coriander, chopped
1 cup (150g) feta, crumbled
2 tbsp. olive oil
1 cup (150g) canned sweet corn, drained
1 cucumber, diced
salt & pepper

What you need to do

1. Place the potatoes into a large pot of water. Bring to a boil and cook the potatoes for 12 minutes.
2. Meanwhile, place the onion slices into a small bowl along with 2 tablespoons of the brine liquid from the jalapeño jar. Stir every few minutes, so that all the onion slices marinate in the brine.
3. Place the jalapeño pepper slices into a food processor along with a further 1 tablespoon of the jalapeño liquid, the coriander, feta cheese and olive oil. Blitz to a coarse paste and season with freshly ground pepper.
4. Once cooked, drain the potatoes and set them aside to cool in a large bowl until lukewarm. Drain the red onion, then add the cucumber, onion and sweetcorn in with the cooled potatoes. Pour in the feta dressing and mix well until the potatoes are coated.

Storage: Store in an airtight container in the refrigerator for 2-3 days. When ready to enjoy, remove from the refrigerator and let the salad come to room temperature before serving.

GF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	12 mins	268	11	33	8	5

*Nutrition per serving.

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Filipino-Style Pineapple & Pork Adobo



Filipino-Style Pineapple & Pork Adobo

Serves 8

1400g pork shoulder steaks, cut into 3cm chunks
 ¾ cup (150ml) rice vinegar
 ½ cup (120ml) tamari
 6 garlic cloves, chopped
 1 large onion, roughly chopped
 12 bay leaves
 8 bird's-eye chillies, halved lengthways
 2 tbsp. black peppercorns
 1 pineapple, peeled, cored and cut into chunks
 ¾-1 cup (180-240ml) water
 1 tbsp. olive oil
 4 spring onions, sliced, to serve

What you need to do

1. Place the pork into a large bowl with all the other ingredients (except the olive oil and spring onions) and add enough water to cover. Cover the bowl and set aside to marinate for at least 20 minutes at room temperature (or leave in the refrigerator for up to 24 hrs).
2. Remove the pork and pineapple from the marinade, reserving the marinade for the next steps. Heat the olive oil in a large casserole dish or deep pot over medium/high heat. Fry the pork for 8-10 minutes until browned. Add the pineapple and cook, stirring often, for a further 2-3 minutes on each side until the pineapple starts to caramelize.
3. Next pour over the marinade, scraping the dish to lift off any sticky bits. Reduce the heat to a medium-low, cover and simmer gently for 30 minutes.
4. Remove the lid from the pot and simmer, uncovered, for a further 25-30 minutes, stirring regularly, until the pork is tender and the sauce has thickened. Serve in bowls, with the spring onion and a side of rice (not included in the nutritional breakdown).

GF DF LC MP HP

Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	70 mins	20 mins - 24 hrs	298	8	14	42	2

*Nutrition per serving.



Citrus Salmon with ChilliCucumber Salad



Citrus Salmon with ChilliCucumber Salad

Serves 4

For the salmon:

4 salmon filets (4.5 mL/130g each)
1 tsp. paprika
½ tsp. ground cinnamon
½ tsp. chilliflakes
2 tbsp. honey
2 tbsp. tamari
1 tbsp. olive oil
1 orange, sliced
1 lemon, sliced
1 grapefruit, sliced

For the salad:

1 cucumber, thinly sliced
240g radishes, sliced 1 tbsp. lemon juice
½ tsp. chilli flakes
2 tbsp. tamari
1 tbsp. honey
2 tbsp. chives, chopped

What you need to do

1. Preheat the oven to 180°C
2. Place the salmon in an ovenproof dish, cover with the spices and drizzle over the honey, tamari and olive oil. Rub the spices and sauces into the salmon filets with your hands until well covered.
3. Next top the salmon with the lemon, orange and grapefruit slices. Place the dish into the hot oven to cook for 25-30 minutes, until the salmon is cooked through.
4. In the meantime, make the salad by placing all the salad ingredients into a bowl and mixing well. Store in the refrigerator until required.
5. Once the salmon has cooked, place a filet on each plate and serve with a side of salad.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	319	12	24	28	3

*Nutrition per serving.



Naked Thai Beef Burgers with Salad



Naked Thai Beef Burgers with Salad

Serves 4

For the burgers:

1 lime, zest and juice reserved for dressing
 2 tsp. paprika
 1 tsp. ground turmeric
 1 tsp. ground coriander
 ½ tsp. ground cumin
 ½ tsp. ground ginger
 ¼ tsp. hot paprika
 1 cup (15g) coriander, chopped
 ¼ cup (30g) panko breadcrumbs
 ½ tsp. salt
 500g lean ground beef
 ½ tsp. black pepper

For the salad:

reserved lime juice
 2 tbsp. olive oil
 1 tsp. honey
 1 red chilli, deseeded, chopped
 3 tbsp. cashews, chopped
 4 baby gem lettuce, trimmed, sliced
 4 spring onions, sliced

What you need to do

1. Preheat the oven to 200°C Prepare a baking sheet lined with baking paper.
2. Place the lime zest, all the spices and half the chopped coriander into a large bowl. Mix in the panko breadcrumbs and season with salt. Add the ground beef and season with black pepper, then mix with your hands to form 4 burgers roughly ½ inch (1cm) thick.
3. Place the burgers onto the earlier prepared tray, place the sheet into the hot oven and bake on the middle shelf until cooked through, approximately 18-20 minutes.
4. While the burgers cook, prepare the salad dressing. In a medium bowl, combine half the lime juice, olive oil and honey with the remaining coriander, half the cashews and half the chilli. Set aside.
5. Place the lettuce in a bowl with the spring onions, pour over the salad dressing and stir to combine.
To serve, divide the burgers and salad between 4 plates. Sprinkle with the remaining cashews and chilli and serve with additional lime wedges (optional).
- 6.

DF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	404	24	17	29	4

*Nutrition per serving.



Chicken & Plum Stir Fry with Bok Choy & Noodles



Chicken & Plum Stir Fry with Bok Choy & Noodles

Serves 4

230g instant ramen noodles
1 tbsp. coconut oil 560g chicken thighs, diced 4 plums, destoned, chopped into wedges
2 tsp. coconut sugar
2 cloves garlic, minced
1 tbsp. root ginger, minced
4 spring onions, sliced
1 tsp. chilli flakes
2 bokchoys, trimmed, sliced
2 tbsp. hoisin sauce
2 tbsp. ketjapmanis
½ cup (120ml) water
⅓ cup (50g) roasted peanuts
salt & pepper

What you need to do

1. Cook the noodles according to instructions on the packaging. Once cooked, drain and run under cold water to stop them from sticking together. Set aside.
2. Meanwhile, heat the coconut oil in a large frypan or wok over medium/high heat. When hot, add the diced chicken and season with salt and pepper. Fry, stirring occasionally until browned, for approximately 4-5 minutes.
3. Lower the heat to medium and add the plums and sugar to the frypan. Cook for 1-2 minutes, then add the minced garlic and ginger along with half the spring onions and chilli flakes. Cook for a further 1-2 minutes.
4. Add the bokchoy and cook until just soft, 1-2 minutes. Stir in the hoisin sauce, ketjapmanis and water, making sure everything is well coated. Add the cooked noodles to the pan. Stir together and cook until everything is hot for 1-2 minutes.
5. Divide the chicken and plum stir-fry between 4 bowls. Scatter over the peanuts and remaining spring onion to serve.

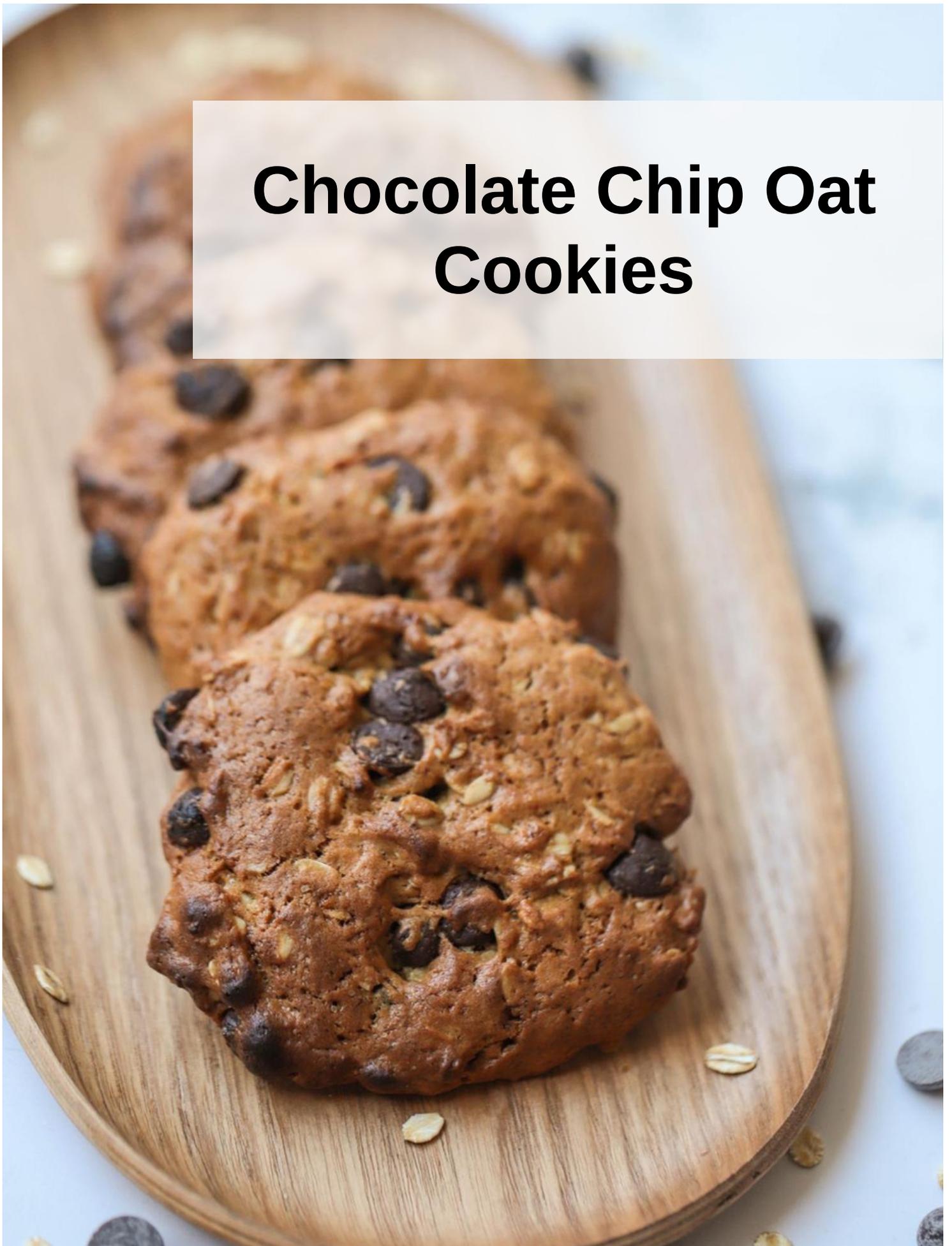
DF	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	563	18	62	37	5

*Nutrition per serving.



Chocolate Chip Oat Cookies



Chocolate Chip Oat Cookies

Makes 22

Wet ingredients:

½ cup (110g) solid coconut oil
1 cup (200g) coconut sugar
1 banana, mashed
¼ cup (60ml) almond milk, unsweetened
1 tsp. vanilla extract

Dry ingredients:

2 ¼ cup (280g) all purpose flour
1 tsp. baking soda
½ tsp. sea salt
1 cup (80g) rolled oats
⅓ cup (55g) chocolate chips

What you need to do

1. Preheat the oven to 190°C Prepare a baking sheet lined with baking paper.
2. Combine the coconut oil and sugar together in a food processor, alternatively use a hand blender. Add in the mashed bananas, milk, and vanilla extract.
3. In a bowl, mix all the dry ingredients together, except the oats and chocolate chips. Fold into the wet mixture and mix until well combined. Next, add in the oats and chocolate chips and stir through.
4. Form into balls and flatten each ball into a cookie shape. Place on the baking sheet, ensuring there is space between each cookie. Place the baking sheet into the hot oven and bake for 10 minutes.
5. Once baked remove the cooking from the oven and place it on a wire rack to cool completely before serving.

Tip: You may need to bake the cookies in two batches, rather than overcrowd the baking sheet.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	156	6	24	1	2

*Nutrition per serving.

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Tiramisu Protein Pancakes



Tiramisu Protein Pancakes

Serves 3

For the pancakes:

½ cup (50g) oat flour

1 tbsp. honey

¾ cup (180ml) egg whites

½ tsp. instant coffee powder

½ cup (120ml) almond milk

3 tsp. coconut oil

1 tsp. cocoa powder, to serve

For the filling:

½ cup (80g) Greek yogurt

1 tbsp. honey

1 tsp. ground cinnamon

What you need to do

1. Combine the flour, honey, egg whites and instant coffee powder in a bowl. Start adding milk until you reach a batter with a crepe-like consistency.
2. Prepare the filling by combining the Greek yogurt, honey and cinnamon together in a small bowl. Set aside while you cook the pancakes.
3. Heat 1 teaspoon of the oil in a large non-stick frypan or crepe pan. Place ⅓ of the batter in the frypan and move the frypan in a circular motion to spread the batter evenly in a thin layer.
4. Cook over medium heat for 2-3 minutes and flip. Continue cooking for a further 1-2 minutes then remove the pancake to a warm plate. Repeat this process with the remaining batter.
5. Fill the crepes with the yogurt filling and sprinkle with cocoa powder. Serve with fresh berries (optional -not included in nutritional breakdown).

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	194	7	20	12	3

*Nutrition per serving.



Apple Oat Pie



Apple Oat Pie

Serves 8

1 cup (100g) instant oats
1 apple, peeled, cored and diced
3 tbsp. Greek yogurt, room temperature
2 eggs, room temperature
3 tbsp. honey
1 tbsp. coconut oil
1 tbsp. peanut butter
½ tsp. cinnamon
½ tsp. baking soda
½ tsp. baking powder
¼ cup (30g) walnuts, chopped

What you need to do

1. Preheat the oven to 180°C Prepare a small baking tray 7 x 9.5-inch (18x24cm) lined with baking paper.
2. Place all the ingredients except the walnuts into a food processor or high-speed blender and blend until well combined.
3. Pour the batter onto the baking tray and spread the walnuts evenly on the top. Place the tray into the hot oven and bake for 20-25 minutes.
4. Remove the tray from the oven and set it aside on a wire rack to cool completely before cutting and serving.

LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	161	7	19	5	2

*Nutrition per serving.

