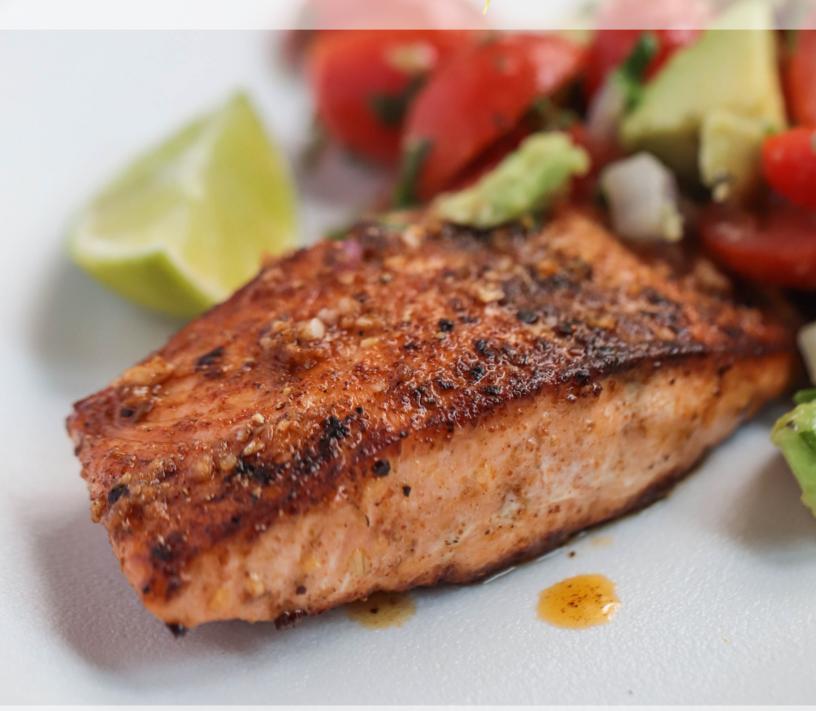
JANUARY RECIPE PACK

TIGHTEN



Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

| 6 | Roasted | Butternut | Pumpkin, | Pecan & Egg |
|---|---------|-----------|----------|-------------|
|---|---------|-----------|----------|-------------|

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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 |

Weekly Shopping List

| Protein, Dairy | Seeds, Baking, Spices | Cans, Condiments, Misc |
|---|---|---|
| Meats | Grains | Oils |
| 1kg silverside beef 800g lean pork, centre loin 900g ground pork, lean 5% fat 1.75kg skinless boneless | rolled oats long grain white rice Nuts & Seeds | coconut oil olive oil sesame oil |
| chicken thighs 115g turkey ham pack 10 slices smoked bacon | cashews pecans peanuts | Sweeteners honey coconut sugar maple syrup |
| Fish & Seafood 4x 170g cod filet 2x 170g salmon filets Cold 14 eggs carton egg whites almond milk, unsweetened oat cream butter Greek yogurt | Baking almond flour coconut flour all-purpose flour (plain flour) white whole wheat flour baking soda baking powder vanilla extract white chocolate chips Dried Herbs & Spices black pepper | Boxed, Canned & Condiments peanut butter raspberry jam dijon mustard white wine vinegar apple cider vinegar unsweetened apple puree chicken stock beef stock tamari tomato sauce (tomato passata) |
| mozzarella | whole black peppercorns ground cinnamon ground nutmeg ground ginger ground cumin ground turmeric saffron smoked paprika onion powder chilli powder chilli flakes fennel seeds | green olives capers roasted peppers red pesto matcha powder Misc/Other sea salt sliced whole wheat bread bamboo skewers |
| | Meats 1kg silverside beef 800g lean pork, centre loin 900g ground pork, lean 5% fat 1.75kg skinless boneless chicken thighs 115g turkey ham pack 10 slices smoked bacon Fish & Seafood 4x 170g cod filet 2x 170g salmon filets Cold 14 eggs carton egg whites almond milk, unsweetened oat cream butter Greek yogurt | Meats 1kg silverside beef 800g lean pork, centre loin 900g ground pork, lean 5% fat 1.75kg skinless boneless chicken thighs 115g turkey ham pack 10 slices smoked bacon Fish & Seafood 4x 170g cod filet 2x 170g salmon filets Cold 14 eggs carton egg whites almond milk, unsweetened oat cream butter Greek yogurt mozzarella Grains rolled oats long grain white rice Nuts & Seeds cashews pecans peanuts Baking almond flour coconut flour all-purpose flour (plain flour) white whole wheat flour baking soda baking powder vanilla extract white chocolate chips Dried Herbs & Spices black pepper whole black peppercorns ground cinnamon ground nutmeg ground ginger ground cumin ground turmeric saffron smoked paprika onion powder chilli powder chilli powder chilli powder |

Sample Weekly Meal Planner

| | Breakfast | Lunch | Snack | Dinner |
|-----|--|--|--|--|
| Mon | Roasted Butternut Pumpkin, Pecan & Egg | Egg Salad Sandwich | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | One Pot Spanish Chicken & Rice |
| Tue | Roasted butternut Pumpkin, Pecan & Egg | Egg Salad Sandwich | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Marinated Peanut Sauce Chicken Skewers |
| Wed | Homemade High Protein Breakfast Sausage | Leftover Marinated Peanut Sauce Chicken Skewers | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Slow Cooked Filipino Adobo Pork |
| Thu | Homemade High Protein Breakfast Sausage | Grilled Salmon with Avocado Salsa | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Pulled Pork Stuffed Peppers |
| Fri | Red Pesto, Avocado & Soft Egg Toast | Grilled Salmon with Avocado Salsa | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Pulled Pork Stuffed Peppers |
| Sat | Red Pesto, Avocado & Soft Egg Toast | Cod with Creamy Roasted Pepper Sauce | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Meal Out - Enjoy! |
| Sun | Waffles with Bacon, Blueberries & Maple Syrup | Cod with Creamy Roasted Pepper Sauce | E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies | Pot-Roast Beef with French Onion Gravy |



Roasted Butternut Pumpkin, Pecan & Egg

Serves 2

1 medium butternut pumpkin about 680g to 907g 1 tbsp. olive oil 2 eggs salt & pepper 1/8 tsp. ground nutmeg 2 tbsp. chopped pecans optional

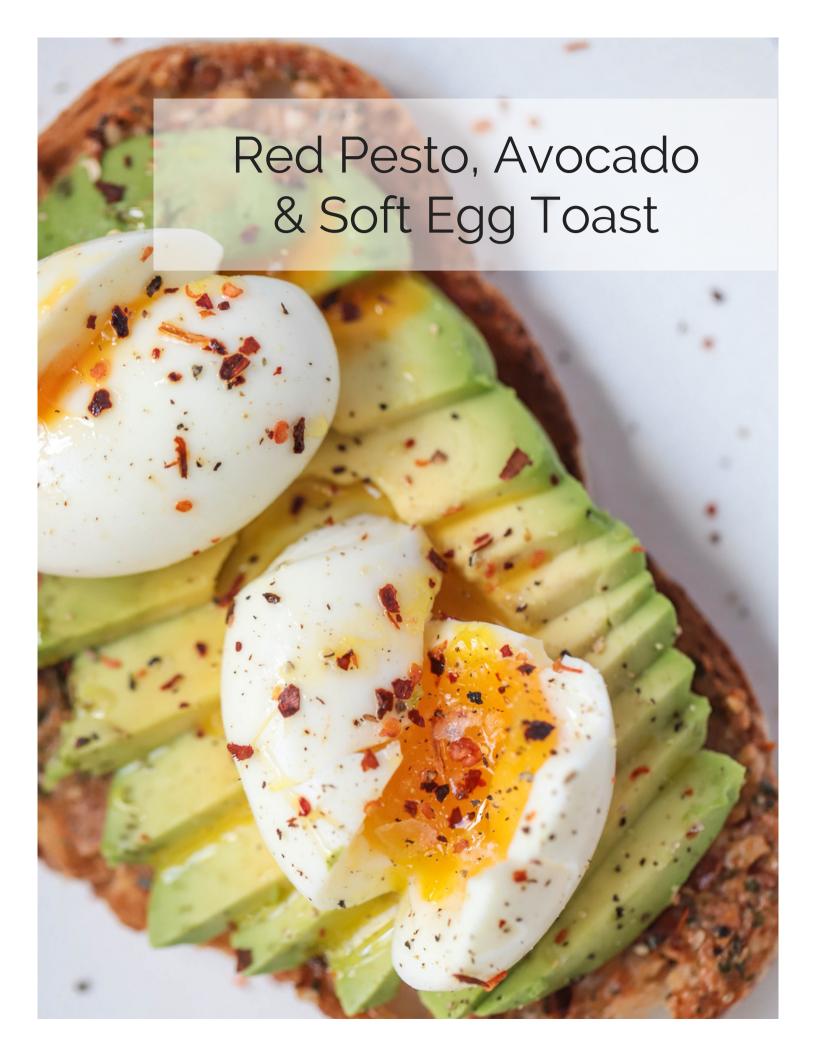
- 1. Preheat the oven to 200°C. Prepare a baking sheet lined with aluminium foil.
- 2. Cut the butternut pumpkin in half lengthwise and use a large spoon to remove the seeds.
- 3. Brush the cut side of the squash with olive oil and place it cut side down on the baking sheet.
- 4. Place the squash into the oven and roast for 20 minutes. Remove the squash from the oven, flip it over and carefully crack an egg into each hole. Season with salt, black pepper and nutmeg, then return to the oven and roast for a further 20 minutes.
- 5. Once cooked, remove from the oven, garnish with chopped pecans and serve.



| GF DF MP V N |
|--------------|
|--------------|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 45 mins | 344 | 16 | 45 | 11 | 8 |

^{*}Nutrition per serve



Red Pesto, Avocado & Soft Egg Toast

Serves 2

4 eggs
2 slices whole wheat bread,
toasted
4 tbsp. red pesto
1 avocado, sliced

What you need to do

- 1. Bring a small pot of water to a boil. Add the eggs, cover and continue to boil for six minutes (or longer, depending on how you like your eggs cooked).
- 2. After six minutes, remove the eggs from the pot and run them under cold water until they are cool enough to handle and peel.
- 3. Toast the bread and spread each slice with 2 tablespoons of the red pesto, then top with the sliced avocado and eggs.



| DF | HP | ٧ | Q |
|----|----|---|---|
| | | | |

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|--------|------|---------|----------|------------|----------|
| 5 mins | 6 mins | 479 | 32 | 29 | 22 | 10 |

*Nutrition per serve



Homemade High Protein Breakfast Sausage

Homemade High Protein Breakfast Sausage

Serves 8

For the seasoning:

- 1 tbsp. chopped fresh sage leaves
- 2 tsp. chopped fresh thyme leaves
- 1 tsp. fennel seeds, crushed ½ tsp.chilli flakes, optional 1/8 tsp. ground nutmeg salt & black pepper, to taste

For the patties: 900g ground pork, lean 5% fat 6 slices smoked bacon, diced

2 tbsp. maple syrup 1 tbsp. coconut oil

- 1. In a small bowl, combine all the seasoning ingredients and set aside.
- 2. In a large bowl, place the ground pork, bacon, maple syrup and the seasoning. Mix until well combined.
- 3. Shape into patties, using about ½ cup of the pork mixture to form around 16 patties.
- 4. Heat the coconut oil in a large frypan over a medium heat and cook the patties for 2-3 minutes on each side, until browned and cooked through. Work in batches until all the sausage patties have been cooked.
- 5. Allow 2 patties per serving.



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

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 20 mins | 10 mins | 360 | 28 | 4 | 23 | 0 |

^{*}Nutrition per serve



Waffles with Bacon, Blueberries & Maple Syrup

Serves 2

For the waffle:

1/4 cup (30g) coconut flour, sifted

1 tsp. coconut sugar ½ tsp. baking powder ¾ cup (180ml) egg whites, (use cartoned egg white, or separate approx. 4 eggs) ¼ cup (60ml) almond milk, unsweetened 1 tbsp. apple puree,

To serve:

unsweetened

4 slices bacon, fried ½ cup (35g) blueberries 2 tbsp. maple syrup

1 tsp. coconut oil, melted

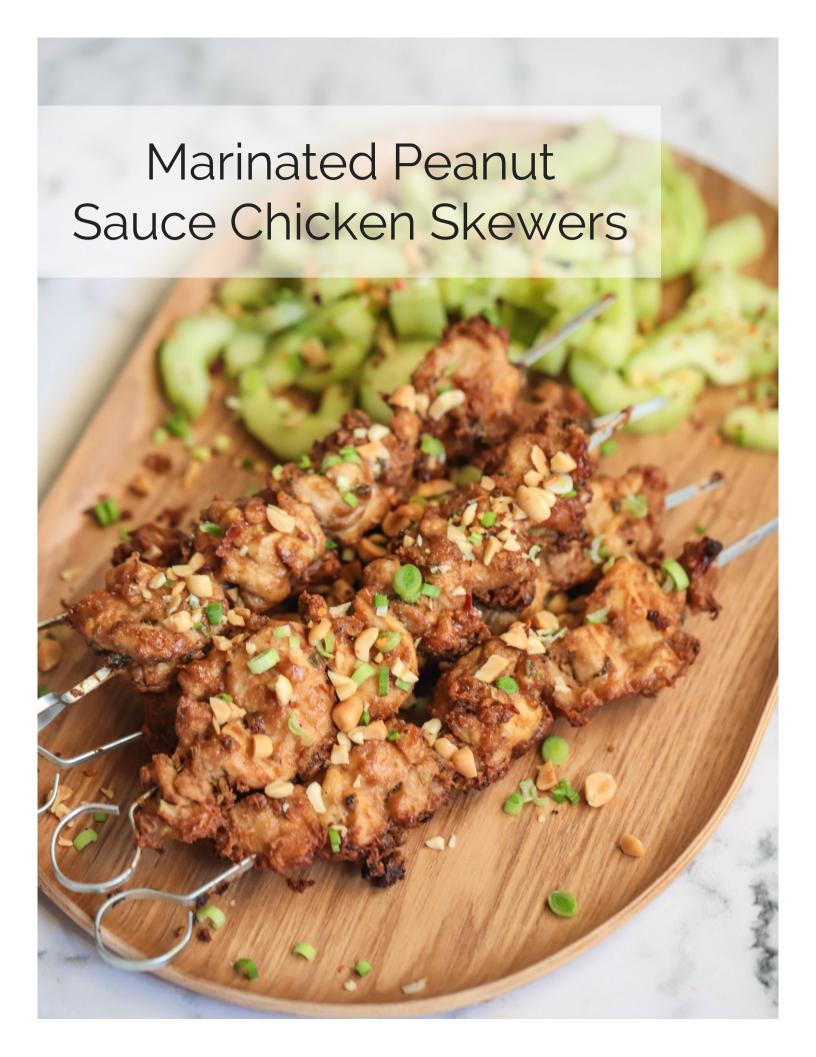
- 1. Add the coconut flour, sugar and baking powder to a bowl, mix to combine and set aside.
- 2. In a separate bowl, add the egg whites, almond milk and unsweetened apple puree, and mix lightly.
- 3. Now fold the wet mixture into the dry ingredients and mix until a thick batter is formed. Add the melted coconut oil, gently mix and set aside for 5 minutes.
- 4. Heat up the waffle iron and if necessary grease slightly. Once hot, add the waffle batter and cook until browned on the outside and cooked on the inside. Repeat this process until all the batter is used up.
- 5. Serve with fried bacon and blueberries, and drizzle over the maple syrup.



| DF HP Q | | | |
|---------|----|----|---|
| | DF | HP | Q |

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 10 mins | 432 | 26 | 28 | 20 | 6 |

^{*}Nutrition per serve



Marinated Peanut Sauce Chicken Skewers

Serves 8

½ cup (130g) natural peanut butter, creamy 4 garlic cloves, minced 2 tbsp. tamari 2 tbsp. sesame oil, toasted 1 tbsp. white wine vinegar 4 spring onions, minced, divided 4 tbsp. coriander, minced 2 tsp. ground ginger 1 tsp. salt 1.3kg boneless skinless chicken thighs, cut into 2.5cm pieces ½ cup (75g) chopped peanuts, to serve chilli flakes, to garnish

12 metal skewers (or bamboo skewers, soaked in water for

1 cucumber, peeled & sliced

minimum 30 minutes)

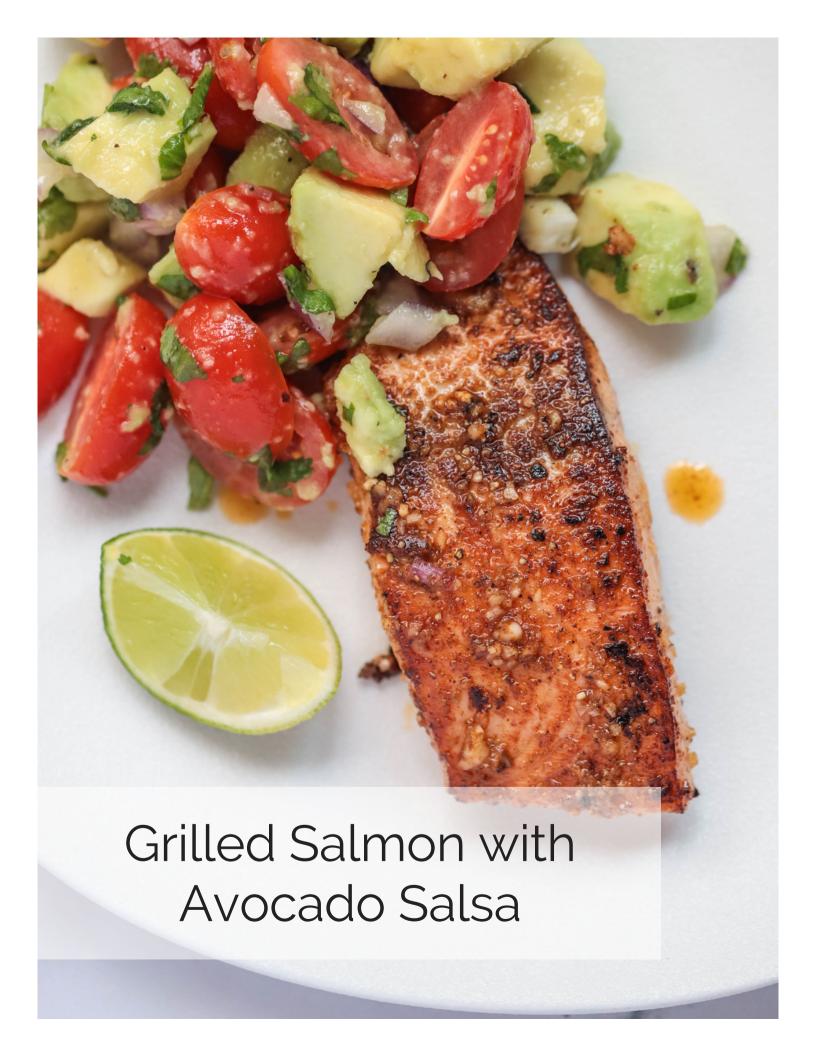
- 1. In a bowl, mix together the peanut butter, garlic, tamari, sesame oil, white wine vinegar, half of the spring onions, coriander, ground ginger and salt.
- ^{2.} Add the chopped chicken to the peanut sauce, toss until evenly coated. If you have time, allow it to marinate for at least 1 hour or overnight.
- 3. When ready to cook, heat the oven to 200°C. Place a wire rack on top of a rimmed baking sheet and spray it with a little oil.
- 4. Thread the marinated chicken onto skewers, lay onto the wire rack and place into the hot oven to bake for 20-25 minutes, until the chicken has cooked through.
- 5. Serve with sliced cucumber, garnished with chopped peanuts and chilli flakes.



| | GF | DF | LC | MP | HP | Ν |
|--|----|----|----|----|----|---|
|--|----|----|----|----|----|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 20 mins | 403 | 24 | 7 | 39 | 3 |

^{*}Nutrition per serve



Grilled Salmon with Avocado Salsa

Serves 2

1 tbsp. olive oil
1 clove garlic, minced
½ tsp. chilli powder
½ tsp. ground cumin
½ tsp. onion powder
¼ tsp. black pepper
¼ tsp. salt
2x 170g salmon filets

For the avocado salsa:

1 ripe avocado, pitted &
diced 1 tomato diced

2 tbsp. onion diced

2 tbsp. coriander, minced

1 tbsp. olive oil

1 tbsp. lime juice
salt & pepper to taste

What you need to do

- 1. Heat the oven to 200°C. Line a baking sheet with aluminium foil.
- 2. Place the olive oil, garlic and spices into a small bowl, mix well to combine then brush over the salmon filets.

Lay the salmon on the baking sheet and place into the hot oven to bake for 12-15 minutes or until cooked through.

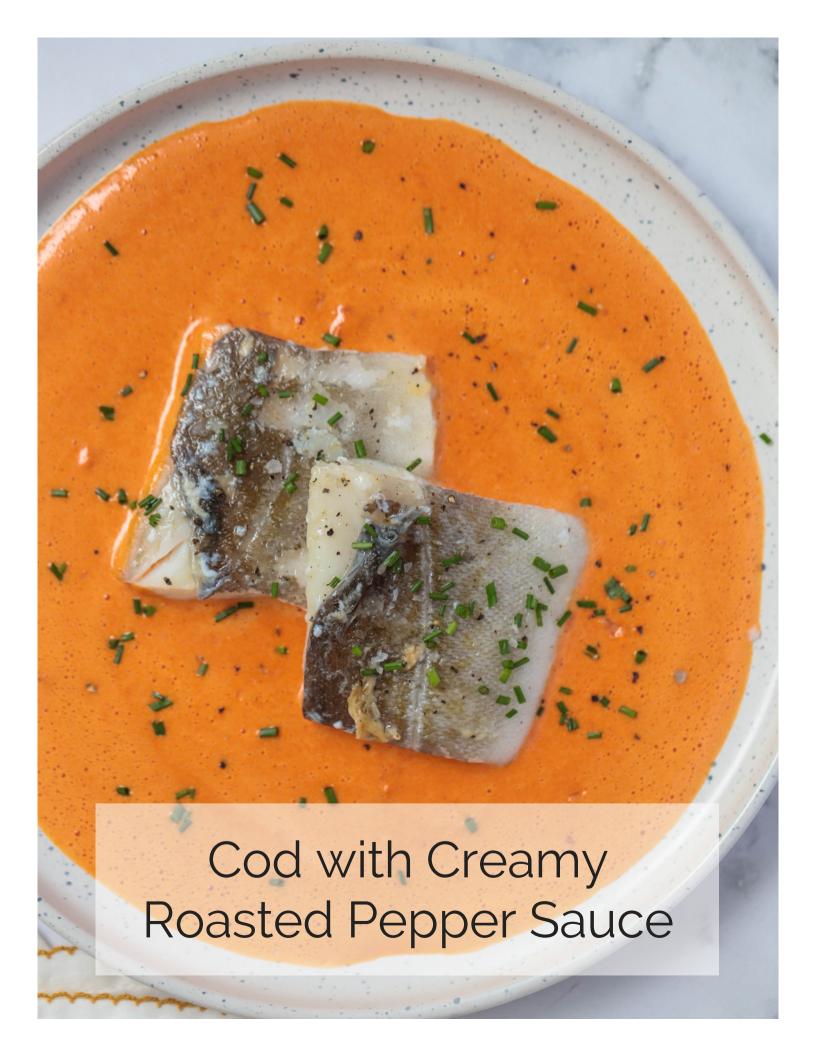
- 3. In the meantime, make the avocado salsa. Place the avocado, tomato, onion, and coriander into a large mixing bowl. Drizzle with the olive oil, fresh lime juice and season with a pinch of salt and pepper. Mix well and set aside until ready to serve.
- 4. Top the salmon with avocado salsa and serve immediately.



| GF | DF | LC | MP | HP | Q | |
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| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 12 mins | 554 | 39 | 12 | 37 | 7 |

^{*}Nutrition per serve



Cod with Creamy Roasted Pepper Sauce

Serves 4

840g cod filets salt & pepper, to taste
1 tbsp. olive oil
275g roasted peppers, drained
1/4 tsp. coconut sugar
1 cup (240ml) oat cream
1 tbsp. chives, chopped

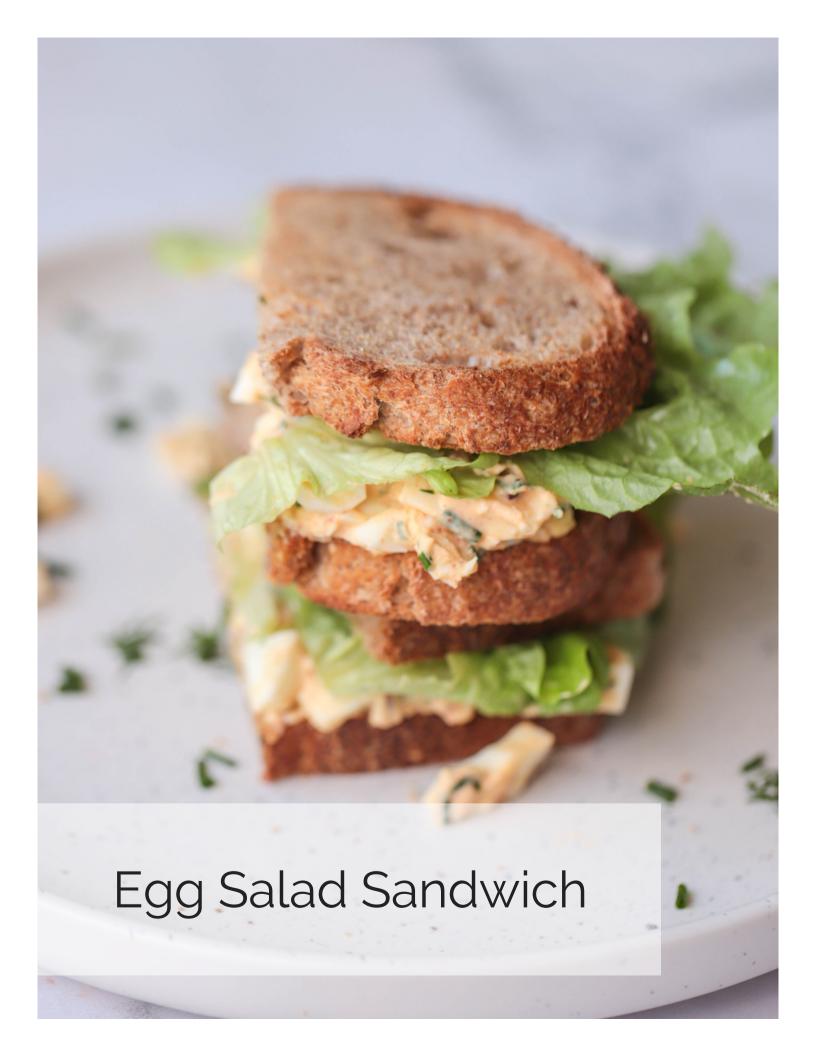
- Season the cod with salt and pepper. Heat the olive oil in a large frypan and cook the cod for 3-4 minutes on each side, depending on the thickness of the filets. Once cooked through, set aside and cover with aluminum foil until ready to serve.
- 2. In the same frypan, with the reserved cod juices, sauté the roasted peppers with the coconut sugar. Add the oat cream and bring to a gentle simmer.
- 3. Continue cooking for 1-2 minutes and then transfer the sauce into a food processor or high-speed blender. Blitz until smooth and creamy. Season with salt and pepper, to taste.
- 4. To serve, divide the sauce between 4 deep plates, place a cod filet in the middle and garnish with freshly chopped chives.



| GF | DF | LC | MP | HP | Q | |
|----|----|----|----|----|---|--|
| | | | | | | |

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 7 mins | 10 mins | 241 | 13 | 7 | 24 | 0 |

^{*}Nutrition per serve



Egg Salad Sandwich

Serves 4

8 eggs
2 tbsp. celery, diced
3 tbsp. red onion, diced
3 tbsp. dill, chopped
3 tbsp. chives, chopped
8 slices wholemeal
bread, toasted
salad leaves

For the dressing:
4 tbsp. mayonnaise
2 tbsp. natural yogurt
2 tsp. dijon mustard
2 tsp. lemon juice
1 clove garlic, minced
½ tsp. ground paprika
salt & pepper, to taste

- 1. Place the eggs in a saucepan and fill it with cold water so that the eggs are covered by at least 2.5cm or 5cm of water. Turn the heat to high and bring the water to a boil. Cook for 10-12 minutes then take off the heat and cool with cold running water.
- 2. Once cool enough to handle, peel and chop the eggs and place in a mixing bowl. Add the celery, red onion, dill and chives.
- 3. In a separate bowl, combine ingredients for the dressing, the mayonnaise, yogurt, mustard, lemon juice, garlic and paprika, season to taste with salt and pepper and mix. Then gently stir dressing into the egg salad until coated.
- 4. Toast your bread, divide the egg salad between 4 servings and top with salad leaves and cover with another slice of toasted bread to serve.



| GF LC MP HP Q |
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| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 15 mins | 474 | 24 | 38 | 25 | 6 |

^{*}Nutrition per serve



One Pot Spanish Chicken & Rice

Serves 4

1 tbsp. olive oil 1 450g skinless boneless chicken thighs cut into pieces ½ tsp. salt ½ tsp. black pepper ½ medium onion, diced 1 red capsicum, diced 2 cloves garlic, minced 1 cup (160g) long grain white rice, rinsed ½ tbsp. smoked paprika 1½ cups (360ml) chicken stock 1 cup (240ml) tomato sauce pinch of saffron ½ cup (70g) green olives ½ cup (8g) coriander, chopped 1 lemon, cut into wedges

What you need to do

- 1. Heat the olive oil in a large frypan over a medium heat. Add the chicken and season with salt and pepper. Cook for 5-6 minutes until slightly brown.
- 2. Add in the onion, red capsicum and garlic and cook for a few minutes until they slightly soften. Now add the rice, stir to combine and cook for a further 1-2 minutes.
- 3. Next add in the paprika, chicken stock and tomato sauce. Bring to a boil, then turn down the heat to low. Add the saffron, cover the pan with a lid and cook gently for 25 minutes until the rice is ready.
- 4. Season with a little more salt and pepper to taste, and stir through the olives and coriander. Serve with lemon wedges.



| GF DF MP HP |
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| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 30 mins | 383 | 11 | 43 | 27 | 4 |

*Nutrition per serve



Slow Cooked Filipino Adobo Pulled Pork

Serves 8

800g lean pork, centre loin ½ cup (80ml) tamari
⅓ cup (80ml) apple cider vinegar
½ cup (120ml) water
4 cloves garlic, crushed
6 peppercorns
4 bay leaves
1 jalapeño, chopped
2 tbsp. spring onion, chopped

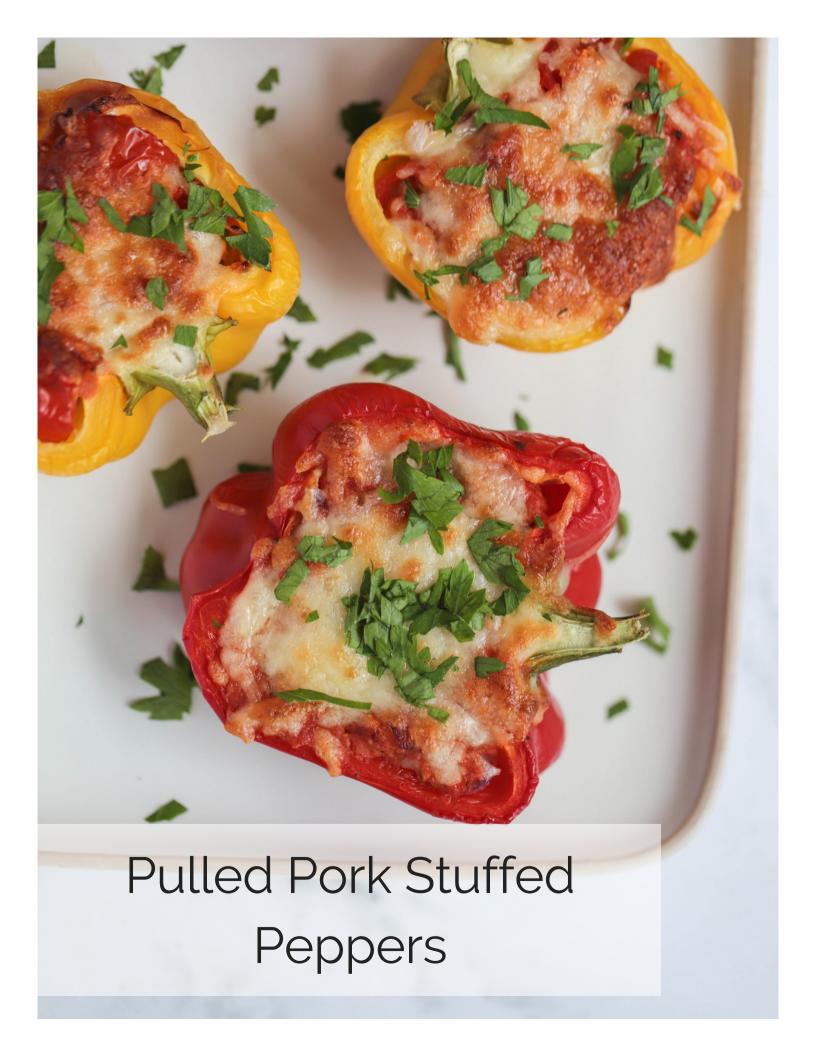
- 1. Place the pork, tamari, apple cider vinegar, water, garlic, peppercorns, bay leaves and jalapeño in the slow cooker.
- 2. Cover with a lid and set to low heat for 6 hours turning the pork half way through cooking.
- 3. Once ready, remove the pork from the slow cooker, shred with two forks and place back in the slow cooker for one more hour to allow the juices and flavour to get inside the meat.
- 4. Discard the bay leaves and serve with chopped spring onion.



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

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|-------|------|---------|----------|------------|----------|
| 15 mins | 7 hrs | 164 | 8 | 1 | 22 | 0 |

^{*}Nutrition per serve



Pulled Pork Stuffed Peppers

Serves 4

4 capsicums, sliced in half, seeds removed
4 servings, pulled Filipino adobo pork (see recipe in this recipe pack)
½ cup (75g) cherry tomatoes, chopped
2 tbsp. red onion, diced pinch salt & pepper
¼ cup (55g) mozzarella, grated 2 tbsp. parsley, chopped, to garnish

- 1. Preheat the oven to 180°C. Line a baking sheet with aluminium foil.
- Remove the stem and seeds from each of the peppers. Fill the
 peppers with pulled pork mixture, top with cherry tomatoes and
 diced onion, season with salt and pepper and sprinkle over the
 cheese.
- 3. Place the baking sheet into the hot oven and bake the peppers for 20 to 25 minutes, or until the cheese is golden. Sprinkle with parsley and serve.



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

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 20 mins | 25 mins | 234 | 11 | 10 | 23 | 3 |

^{*}Nutrition per serve



Pot-Roast Beef with French Onion Gravy

Serves 8

1kg silverside beef
2 tbsp. olive oil
salt & pepper
8 carrots, tops trimmed
1 celery stick, finely
chopped
3 cups (700ml) beef stock
1 tbsp white wine vinegar
2 bay leaves
500g onion, thinly slice
2 thyme sprigs
1 tsp. butter
1 tsp. coconut sugar
2 tsp. all purpose flour

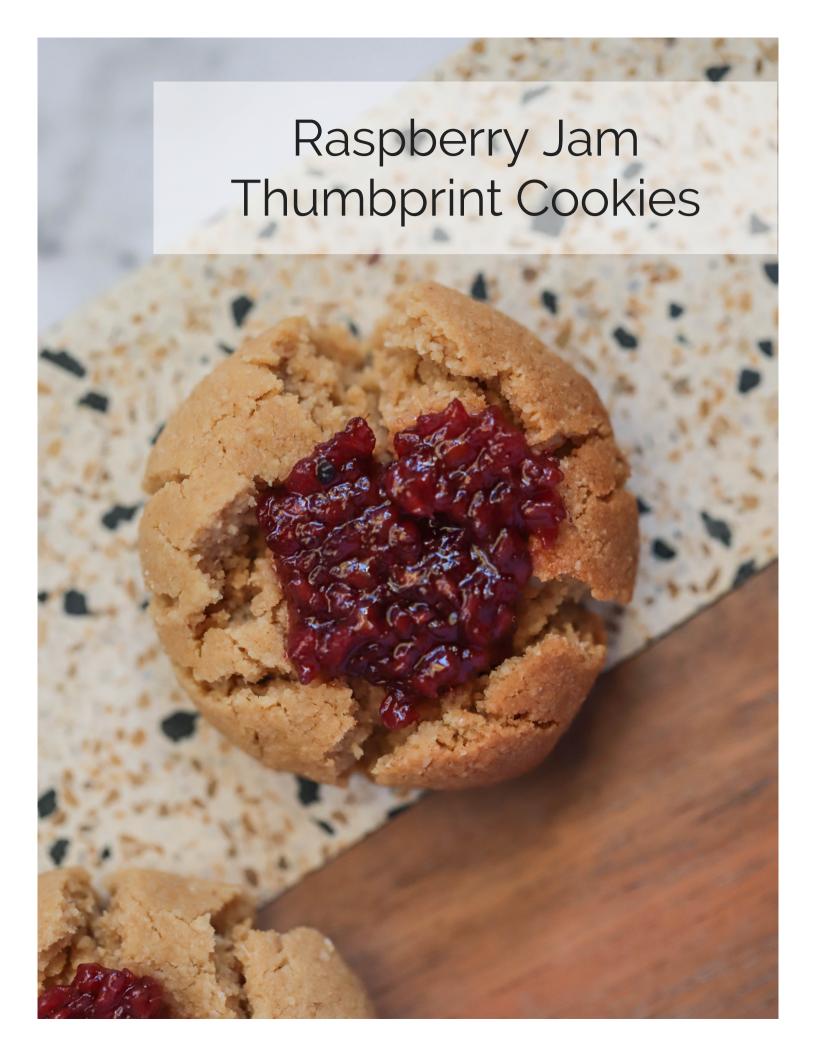
- 1 Heat the oven to 160°C.
- Rub the beef with 1 teaspoon of olive oil and season with salt and pepper.
 Heat a large ovenproof casserole dish on the stove top, and brown the beef all over for about 10 minutes.
- 3. Meanwhile, heat another 2 teaspoons of olive oil in a frypan and cook the carrots and celery for 10 minutes until lightly golden.
- 4. Remove the beef from the casserole dish, onto a plate. Pour in the beef stock and white wine vinegar, and return the beef to the casserole. Now add the carrots, celery and bay leaves. Cover the casserole with a lid and cook in the oven for 2 hours turning the beef halfway through cooking.
- 5. Heat the remaining tablespoon of olive oil in the same frypan and add in the onions, thyme and season with salt and pepper. Cover and bring to a gentle simmer, cooking for 20 minutes until the onions have softened. Remove the lid, turn up the heat, add the butter and coconut sugar, and let the onions caramelize to a dark golden brown, stirring often. Remove the thyme sprigs, then set aside.
- 6. When the beef has finished cooking, remove the beef and the carrots from the casserole dish and set aside. Reheat the onion pan, stir in the flour and cook for 1 minute. Whisk the onions into the beefy juices in the casserole, to make a thick onion gravy. Check for taste and season with salt and pepper if necessary. Add the beef and carrots back to the casserole and serve.

| LC | MP | HP |
|----|----|----|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|------------------|------|---------|----------|------------|----------|
| 15 mins | 2 hrs 15 mins | 434 | 31 | 13 | 25 | 3 |

^{*}Nutrition per serve





Raspberry Jam Thumbprint Cookies

Serves 20

1 cup (120g) white whole wheat flour

3/4 tsp. baking powder

1/8 tsp. salt

1/2 tbsp. butter, melted

1 egg white, room

temperature

1 tsp. vanilla extract

41/2 tbsp. peanut butter,

creamy

1/2 cup (100g) coconut sugar

1/2 cup (140g) raspberry jam

What you need to do

- 1. Preheat the oven to 180°C. Line a baking sheet with baking paper.
- 2. In a medium bowl, mix together the flour, baking powder and salt.
- 3. In a separate bowl, whisk together the butter, egg white and vanilla extract. Stir in the peanut butter and mix until smooth, then add in the coconut sugar. Add in the flour mixture and stir just until incorporated.
- 4. Divide the dough into 24 balls and place on the baking sheet. Gently press your thumb or index finger into the centre of each cookie to make a well. Fill the centres of the cookies with the jam.
- 5. Place the baking sheet into the hot oven and bake for 10-12 minutes. Remove from the oven and set the baking sheet onto a wire rack to cool for 5 minutes, then place the cookies onto the wire rack to cool completely.

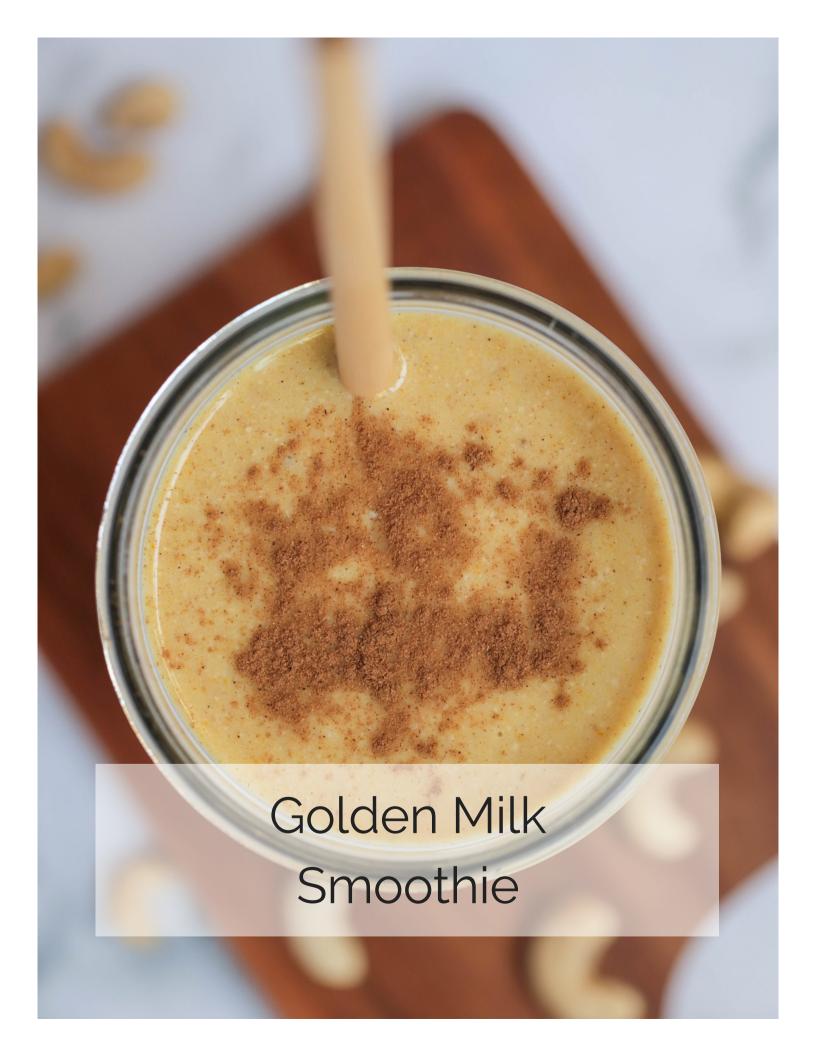
Storage: Store cookies in an airtight container at room temperature for up to 5 days.

| DF | LC | MP | ٧ | Q | N |
|----|----|----|---|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 24 mins | 92 | 3 | 14 | 2 | 1 |

^{*}Nutrition per serve





Golden Milk Smoothie

Serves 1

1 cup (165g) mango, diced, frozen

½ banana, frozen

- 1 cup (240ml) almond milk, unsweetened
- 1 scoop (25g) vanilla whey protein powder
- 1 tbsp. cashew butter
- 1 tsp. honey
- ½ tsp. ground turmeric
- ½ tsp. ground cinnamon
- 1/4 tsp. ground ginger

What you need to do

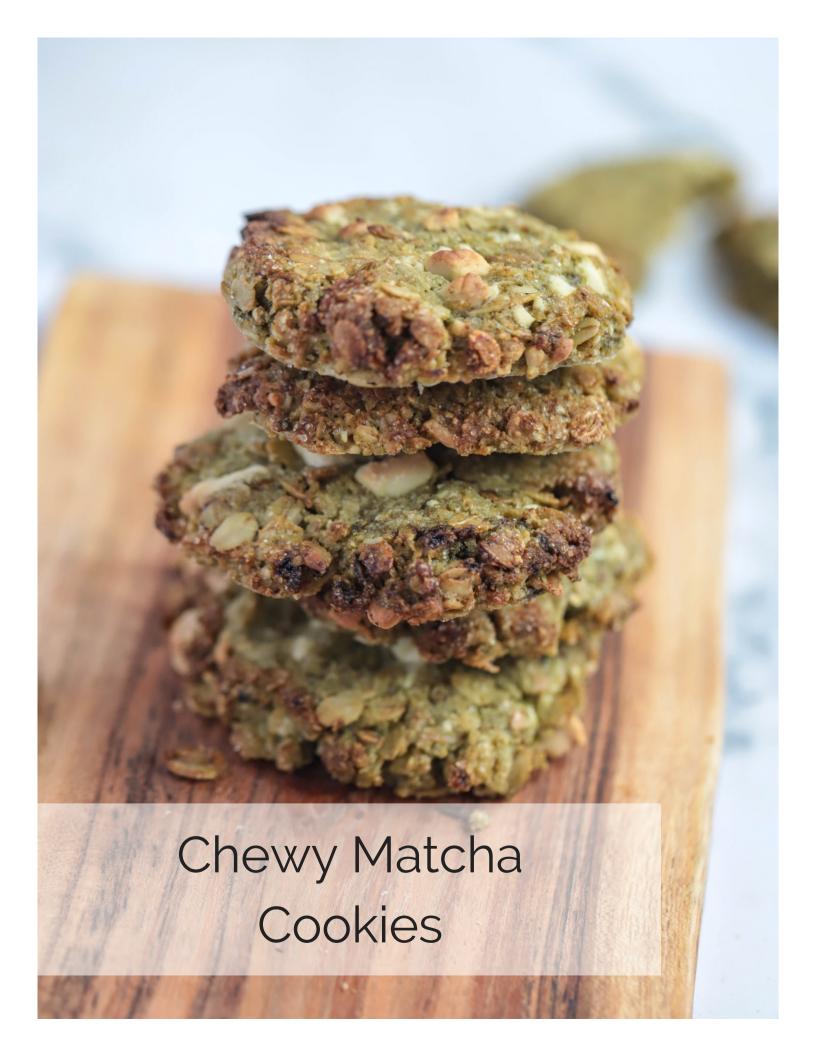
1. Place all the ingredients in a high speed blender and blitz until smooth. Serve immediately.



| GF HP V Q N |
|-------------|
|-------------|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|-------|------|---------|----------|------------|----------|
| 5 mins | o min | 416 | 11 | 50 | 28 | 5 |

^{*}Nutrition per serve



Chewy Matcha Cookies

Serves 10 cookies

1 cup (95g) almond flour
1 cup (80g) rolled oats
2 tsp.matcha powder
½ tsp. baking soda
1 tsp. vanilla extract
1 egg, room temperature
½ cup (100g) coconut sugar
4 tbsp. coconut oil, melted
⅓ cup (55g) white chocolate chips

What you need to do

- 1. Preheat the oven to 180°C. Line a baking sheet with baking paper.
- 2. In a bowl, combine the almond flour, rolled oats, matcha powder, baking soda, vanilla extract, egg, coconut sugar and coconut oil. Fold in the chocolate chips.
- 3. Make 10 cookie balls using 2 tablespoons of dough per cookie. Place the cookie balls onto the baking sheet, then press and flatten to form round cookies.
- 4. Place the baking sheet into the hot oven and bake for 9-12 minutes. Once baked, place the cookies onto a wire rack to cool before eating. The cookies will harden and firm up as they cool.

Storage: Store cookies in an airtight container at room temperature for up to days. 5



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 12 mins | 219 | 13 | 21 | 4 | 2 |

*Nutrition per serve

