



THE RECIPE BOOK.

HEATHER BARROW & FLEX FITNESS



“ I hope these recipes inspire and encourage you to get in the kitchen. Cooking doesn't have to be complicated. You'd be amazed what healthy creations you can create in a short amount of time. I love food and I love feeding people and believe anyone can cook healthy beautiful meals to stay healthy and thrive!

A bit about me. I'm a Registered Clinical Nutritionist with a clinic in Taradale, Napier. I see people with a variety of conditions from skin, weight loss, hormonal balance, fatigue, digestive issues and more.

I also offer a variety of testing including: food and environmental sensitivities, heavy metals, vitamin and mineral deficiencies, parasites, gut bacteria, hormones and more. I'm passionate about getting to the root cause of the issue, and offer thorough Nutrition Consultations to get the answers and offer you the best treatment possible. If you're trying to lose weight, optimise energy levels, suffer from bloating/gas/constipation or want to discover what foods you're sensitive to, a body 'warrant of fitness' may be just what you need to take you to the next level! ”

Heather Barrow
Registered Clinical Nutritionist

www.foodforlife.co.nz

“ We know how hard it can be to think of healthy, tasty meal ideas that your whole family will love eating with you. This recipe book is a starting place to help our Flex Family make healthy eating decisions.

For you to reach your goals, a healthy, balanced diet needs to go hand in hand with your training in the club. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

You'll love working your way through the recipes, with enough variety to help you make healthier decisions throughout the whole day. These healthy meal options will not only help you lose weight, but will also give you more energy, and improve your mood and general feeling of wellbeing.

As always, if you would like more in depth nutritional advice, we have qualified staff on our team here to help. Reach out to us anytime and we'll talk through how we can help you with the right plan to reach your goals. ”

Flex Team
Flex Fitness Hastings



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QUINOA PUMPKIN PANCAKES

INGREDIENTS

- 1 1/2 cup quinoa, uncooked
- 1/4 cup unpacked brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp allspice
- 1 tsp cinnamon
- 1/2 tsp ginger, ground
- 1/2 tsp salt
- 1 3/4 cup pumpkin (cooked)
- 1 large egg
- 2 tablespoon coconut oil
- 2 cup raw milk



DIRECTIONS

Grind the Quinoa into flour using mortar/pestle or other type of grinder. Measure the quinoa flour, sugar, baking powder, soda, allspice, cinnamon, ginger and salt into a large bowl. Mix well.

*Whisk together the milk, pumpkin, egg and oil in a medium bowl. Add to the flour mixture and stir until just blended.

*Use coconut oil in pan on medium heat. When hot, pour 1/4-cup portions of batter into the pan.

*Pancakes will be ready to flip when you begin to see the bubbles have popped and the underside is brown.

*Flip and cook the pancake for another 20 to 25 seconds until the center springs back when pressed.

Recipe By:

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CHOCOLATE BANANA PROTEIN PANCAKES

INGREDIENTS

- 2 scoops Nuzest Clean Lean Chocolate Protein Powder, (or any chocolate protein you really like)
- 2 tbs Wholemeal Flour (or gluten free)
- 2 tbs Ground Flax Seeds
- 2 Eggs (beaten)
- 1 Banana (mashed well)
- 4 tbs Almond Milk (unsweetened)

DIRECTIONS

In a mixing bowl, combine all the dry ingredients and mix well

* In a separate bowl, combine the eggs, banana and almond milk

* Mix the wet and dry ingredients

* Heat your pan and coat with coconut oil, then pour 1/3 cup of batter into skillet until you see bubbles, then flip.



Recipe By:
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KUMARA PANCAKES

INGREDIENTS

- 150 grams Kumara (mashed)
- 1 scoop protein powder (I like vanilla)
- 3 Eggs (white only)
- 1/3 Walnuts (chopped)
- 1/2 ts Baking Soda
- 1/2 ts Nutmeg
- 1 tbsp Cinnamon

DIRECTIONS

Mix all ingredients in a large bowl until smooth. Heat a pan on medium, pour in about 1/4 -1/3 of batter and flip when bubbles appear in the middle. Cook another two minutes and remove from pan.

Repeat until all the batter is used. Stack and enjoy with honey or maple syrup.



OATMEAL PROTEIN PANCAKES

INGREDIENTS

- 1 cup Oats
- 1 Banana (medium)
- 2 Eggs
- 1/2 cup Egg Whites
- 2 scoops Protein Powder (use whatever flavour you like)
- 2 tbs Flaxseed meal
- 4 ts Baking Powder
- 1 ts Cinnamon
- Pinch Salt



DIRECTIONS

Combine all the above ingredients together and mix well.

Heat a pan with coconut oil and pour batter in until bubbles appear in the centre and then flip over.

Enjoy with berries and coconut yogurt or your favourite pancake topping.



BANANA PROTEIN PANCAKES

INGREDIENTS

- 2 Bananas (ripe)
- 2 Eggs
- 1-2 tbs Protein Powder (vanilla or chocolate)
- 1 tbs Cocoa Powder
- 1 ts Cinnamon
- 1/4 ts Baking Powder
- 1/4 ts Vanilla Extract



DIRECTIONS

Mash up bananas until a smooth consistency. Add eggs, vanilla, cocoa powder, cinnamon, baking powder and protein powder until well mixed. Heat a fry pan and add coconut oil to coat the surface.

Drop batter onto the pan and cook until bubbles appear in the middle and then gently flip and allow to cook another minute.



COCONUT AND BERRY BREAKFAST BOWL

INGREDIENTS

- 1 cup Acidophilus Yogurt (can use what yogurt you prefer)
- 1 tbsp Coconut Milk
- 1 tsp Maple Syrup
- 1 cup Berries (strawberries, blueberries, raspberries, blackberries)
- 1/2 tbsp Shredded Coconut
- 1 ts Chia Seeds
- 1/2 tbsp Sunflower Seeds
- 1 tbsp Peanut Butter (preferably organic)
- Protein Powder (optional)

DIRECTIONS

Mix the yogurt, coconut milk and maple syrup together in a bowl. Top with berries, seeds and peanut butter.



Recipe By:
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CHOCO-LATE BUCK-WHEAT PORRIDGE

INGREDIENTS

- 1 cup Buckwheat Groats (soaked)
- 1 Banana (sliced)
- 1/2 cup Almond Milk (unsweetened)
- 2 tbs Linseed
- 2 tbs Cacao Powder (or Cocoa Powder)
- 1 ts Vanilla Extract
- 1 tbs Maple Syrup
- 2 tbs Sliced Almonds



DIRECTIONS

Soak buckwheat in a bowl covered with water for about 1 hour, rinse and drain well.* Place all the porridge ingredients in a food processor and blend until smooth.

* Transfer to a bowl or container to let chill in the fridge for 30 minutes.

* Serve with sliced bananas, almonds or desiccated coconut.

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SMOOTH- IES & DRINKS

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VANILLA BANANA SMOOTHIE

INGREDIENTS

- 1 frozen banana
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1 scoop vanilla protein powder
- 1/2 cup almond milk
- 1/2 Tbsp coconut oil
- 1/2 Tbsp pure maple syrup
- 1/2 cup water/ice

DIRECTIONS

Place all the ingredients together in a blender and enjoy!



HEAVENLY CHOCOLATE SMOOTHIE

INGREDIENTS

- 1 Banana
- 2 tbs Cocoa Powder
- 1-2 scoops Chocolate Protein Powder
- 1 ts Chia Seeds
- 1 cup Almond Milk (or whatever you choose)
- 2 tbs Rolled Oats
- 3 Dates



DIRECTIONS

Blend together in high-speed blender until smooth and enjoy!



LOW CARB/ KETO FRIENDLY SMOOTHIE

INGREDIENTS

- 1 cup Coconut Milk
- 1/2 Avocado (freeze prior)
- 2 ts Cocoa powder
- 1 scoop Protein Powder (choice)
- 1 tbs Peanut Butter
- 1 tbs Chia Seeds
- 1 tbs Coconut Oil
- Water to desired consistency (4 tbs)

DIRECTIONS

Mix ingredients together and enjoy in between meals, after a workout or as a meal replacement.

Recipe By:
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COFFEE BOOST SMOOTHIE

INGREDIENTS

- 1 Banana (frozen)
- 1/2 cup Coffee (brewed and chilled)
- 1 tsp Cocoa Powder
- 1/4 tsp Cinnamon
- 1 tsp Macca Powder (optional)
- 1 tsp Coconut Sugar or Honey
- 1 cup Coconut Milk or Unsweetened Almond Milk



DIRECTIONS

Add all the ingredients together, process until smooth and garnish with desiccated coconut and cacao nibs = delish!

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POWER-BLAST BREAKFAST SMOOTHIE

INGREDIENTS

- 1 handful of mixed frozen berries
- 1 banana
- 1 scoop Nuzest vanilla protein powder (optional - 100% pea protein so good on the gut)
- 1/4 cup mixed seeds (Ex: pumpkin, sunflower, sesame, flax)
- 1 handful spinach (remove stems if not using baby spinach)
- 1/2 cup unsweetened almond, coconut, or rice milk
- 1 tbs macca powder (optional)
- 1 tbs coconut oil



DIRECTIONS

Blend well together in a smoothie machine and enjoy! Remember, smoothies do all the blending for you so are easily absorbed in your intestinal tract, (within 15 minutes). It's a great way to get quick nutrients into the body.

Recipe By:
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GREEN DETOX SMOOTHIE

INGREDIENTS

- 1 Banana
- 2 Scoops Protein Powder
- 1 ts Wheat Grass (if you don't have any or don't like the taste use some spinach leaves)
- 1 tbs LSA mix
- 1/2 Cup Acidophilus Yogurt
- 1 Tbs Coconut Oil
- 1/2 Cup frozen Blueberries (optional)



DIRECTIONS

Blend together.

This is a great smoothie to support liver heat as well as provide antioxidants and gut support

Recipe By:
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CLEAN GREEN MORNING JUICE

INGREDIENTS

- 1 Apple
- 1 Lemon
- 1/2 Cucumber
- 3 Celery sticks
- 1 cup Spinach
- 1/2 cup Kale
- 2 tsp Ginger Root
- 1/2 cup Kiwifruit



DIRECTIONS

Place foods through your juicer, mix well and enjoy the benefits!

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BAKING SODA & LEMON JUICE

INGREDIENTS

- 1 glass of water
- 1/2 teaspoon baking soda
- 2 tablespoons lemon juice (fresh)

DIRECTIONS

Simply mix the ingredients together and take once a day. This drink is best consumed in the morning as it will help kick start your metabolism.

* Once the ingredients are mixed together, it is important to drink it straight away for maximum effectiveness.

Recipe By:
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WITCHES BREW

INGREDIENTS

- 1/2 cup lemon juice (freshly squeezed)
- 1/2 cup ginger juice
- 1/2 cup of liquid honey
- 1 cup of apple cider vinegar
- 15 cloves garlic (if you dare)

DIRECTIONS

Mix everything together in a food processor. Pour into a glass jar with screw top lid and leave in the fridge for one week before using.

Take 1 tsp in a glass of warm water before breakfast on an empty stomach, and feel the sickies leaving.

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LUNCHES & SNACKS

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SESAME CHICKEN NOODLE SALAD

INGREDIENTS

- 1 large Carrot
- 2 Cucumbers
- 2/3 cup Sugar Snap Peas
- 1/2 cup Edamame beans (if you can find them)
- 1/2 cup (Mint and Cilantro - optional)
- 2 Chicken Breasts (cooked and diced)

Dressing:

- 1 tbs Tahini
- 1 tbs Sesame Oil
- 2 tbsp Rice Vinegar
- 1 tbs Orange or Lemon Juice (freshly squeezed)
- Pinch of Chili flakes (optional)

DIRECTIONS

Using a spiralizer, spiralize the carrot and cucumber (if you don't have one, then just peel long, thin pieces to resemble noodles).

In a large bowl, toss the carrots, cucumber, snap peas, edamame and fresh herbs. In a small bowl combine all the ingredients for the dressing and stir until well combined.

Pour over veggies and chicken and toss. Garnish with sliced avocado, sesame seeds, crushed peanuts and lemon zest.



BROWN RICE SALAD

INGREDIENTS

- 1 cup of Brown Rice (cooked)
- 2/3 cup Celery (chopped)
- 1 cup Carrot (grated)
- 2/3 cup Cashews or Peanuts
- 1 cup Raisins or Sultanas
- 1 bunch Spring Onion (chopped)
- 1/4 cup Parsley (chopped)
- 2 tbs Sesame Oil
- 2 tbs Soy Sauce or Tamari

DIRECTIONS

Cook rice and allow to cool, then mix through the oil and soy sauce. Add remaining ingredients and toss. Enjoy!



WATER- MELON & FETA SALAD

INGREDIENTS

- 1/2 Cucumber (peeled and deseeded)
- 1/2 Watermelon (small - peeled and deseeded)
- 1 pack or 200 grams of Feta cheese
- 40 Black Olives (pitted)
- 1 Small bunch of Mint (chopped)
- 4 tbs Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Salt and Pepper



DIRECTIONS

Peel cucumber, deseed and slice into crescents. Cut and deseed watermelon. Add watermelon, cucumber, crumbled feta and olives in a deep bowl. Sprinkle with mint. Whisk olive oil lemon and salt and pepper and pour over bowl. Toss and serve chilled.



BROCCOLI PESTO

INGREDIENTS

- 2.5 cups Broccoli florets
- 2 cloves Garlic
- 2 peeled Spring Onions
- 1 Lemon (juiced)
- 3 tbs Extra Virgin Olive Oil
- 1/2 cup Cashews (soak prior to using for 2 hours to soften)
- 1/4 cup Parmesan cheese (if vegan then you can use nutritional yeast)
- S & P to taste

DIRECTIONS

Steam the broccoli and place all the ingredients in a food processor or blender and allow to process until smooth.

* The pesto can be stored in a container for up to a week and is great with veggie sticks or crackers, or even as a sauce for pasta.

Recipe By:
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ROASTED CAPSICUM & WALNUT DIP

INGREDIENTS

- 2 Capsicum (pick whichever you like)
- 2 cups Walnuts
- 2 cloves Garlic
- 2 Lemons (juiced)
- 2 tsp Paprika
- 1 tsp Cumin
- 2 tbs Extra Virgin Olive Oil
- Salt & Pepper

DIRECTIONS

Roast two capsicum or buy already jarred and combine with walnuts, garlic, cumin, paprika, lemon juice, olive oil and salt and pepper until desired consistency. Enjoy with some seed crackers, spread on a sandwich or with a piece of sourdough bread!



HEATHER'S HUMMUS

INGREDIENTS

- 1 can Chickpeas (organic if possible)
- 1/2 Lemon (squeezed)
- 1 tbs Tamari
- 1.5 ts Cumin
- 1-2 Garlic clove (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 tbs Water
- Salt & Pepper to taste

DIRECTIONS

Mix everything together in a food processor until smooth.

Add more lemon, salt, pepper or cumin to taste.

Enjoy with crackers, carrot sticks, celery, cucumber, or in a wrap.



BUCKWHEAT BREAD

INGREDIENTS

- 3 cups Buckwheat Groats (raw)
- 1 tsp Salt
- 1 cup Water

DIRECTIONS

Soak the groats overnight covered in water and drain in the morning, but do NOT rinse. Add to a blender with the water and salt and blend until you have a smooth pancake like batter.

Pour into a lined bread pan and leave out to ferment in a warm spot for 24 hours. Bake for one hour and ten minutes (approximately) at 170. You can also add spices, fruit or seeds after the fermentation and

before baking. Enjoy!



KETO BREAD

INGREDIENTS

- 7 Eggs (large)
- 1/2 c Butter
- 2 tbs Coconut Oil (extra virgin, melted)
- 2 c Almond Flour
- 1 tsp Baking Powder
- 1/2 tsp Xanthan Gum
- 1 tbs LSA mix (linseed, sunflower, almond ground)

DIRECTIONS

Mix the eggs, butter and coconut oil and beat for one minute.

* Add the almond flour, baking powder, xanthan gum and LSA mix and blend together well.

* Pour into a loaf tin, level the top and bake for 45 mins on 180.

* Enjoy right out of the oven with some delicious avocado or your favourite topping without the guilt of high carbs.

Recipe By:

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LSA WRAPS

INGREDIENTS

- 1 Egg
- 2 tbs LSA mix (can be found in most grocery stores)
- 1 tsp Extra Virgin Olive Oil or Coconut Oil
- 1 tsp Water
- Pinch Baking Powder



DIRECTIONS

Whisk together and pour into greased pan until cooked through, or put onto plate and microwave for 2 minutes on high for those that need something quick.

* Fill with lean chicken, tuna, egg and your favourite veggies and you're good to go!

Recipe By:
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CHICKEN & FETA SLIDERS

INGREDIENTS

- If desired, spread Dijon mustard on the rolls before adding sliders.
- 500g ground lean chicken breast
- 1/4 cup crumbled feta
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 dinner rolls
- 8 thin slices fresh tomato



DIRECTIONS

Coat a stove-top grill pan or griddle with cooking spray and preheat to medium-high.

* In a large bowl, combine the chicken, feta, parsley, oregano, garlic powder, cumin, salt, and pepper.

* Mix well and shape the mixture into 8 sliders, each about 2cm thick. Add the sliders to the hot pan and cook for 3 minutes per side for medium.

* Arrange the sliders on the rolls and top with tomato slices, or add some avocado or red onion for some extra flavour.

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BLUEBERRY QUINOA MUFFINS

INGREDIENTS

- 2 cups Flour (your choice: gluten free, buckwheat, whole wheat)
- 1/2 cup Quinoa Flakes
- 3/4 cup Dates (chopped)
- 1 1/2 cups Milk (your choice: cows, almond, soy)
- 3/4 cup of Brown Sugar (you can use raw sugar or stevia - use 1/4 cup if using stevia)
- 1/2 cup Olive Oil
- 1 Egg (large and beaten)
- 1 cup Blueberries (frozen)
- 1 tsp Cinnamon
- 1 tsp Baking Soda



DIRECTIONS

Combine all the ingredients in a large bowl and stir until well combined.

Transfer to the fridge to allow to chill for an hour.

Spoon the batter into a 12-hole lined muffin tin (about 2/3rds full).

Place in the oven on 200 and bake for about 20 minutes. You can tell muffins are ready when they have cracks on the tops and look golden brown.

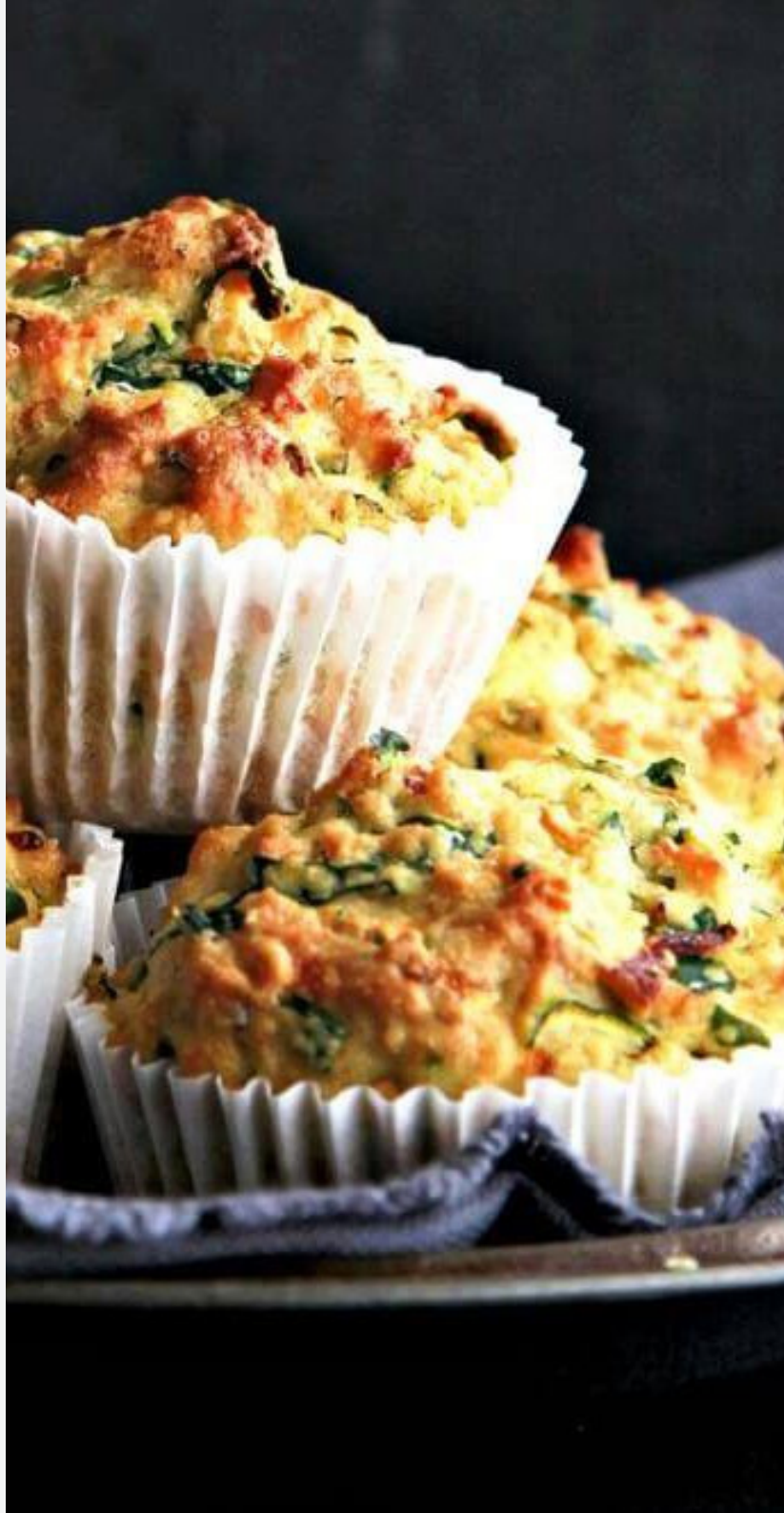
Allow to cool down for 5 minutes in tray before removing and enjoy.



COURGETTE & CARROT MUFFINS (GF)

INGREDIENTS

- 1 cup Almond Flour
- 1/4 cup Brown Rice Flour
- 1/2 ts Baking Soda
- 1 ts Baking Powder
- 1/4 ts Salt
- 2 ts Cinnamon
- 1/2 cup Maple Syrup
- 1/3 cup Coconut Oil
- 1 Egg (large)
- 1 ts Vanilla Extract
- 1/2 cup Grated Courgette (medium and unpeeled)
- 1/2 cup Grated Carrot (medium and peeled)



DIRECTIONS

Preheat oven to 175. Line a mini muffin tray with liners or lightly sprayed coconut oil. In a large bowl mix together the almond flour, brown rice flour, salt, baking powder, baking soda and cinnamon.

In another bowl combine coconut oil, maple syrup, egg and vanilla extract. Mix until well combined, (can use food processor). Add the dry ingredients to wet and stir or blend until smooth.

Stir in the shredded veggies. Fill in the muffin cups 3/4 full. Bake for 15 minutes or until golden brown on top. Cool for 10 minutes and enjoy!





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PUMPKIN & LENTIL SOUP

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil or Coconut Oil
- 2 Garlic Cloves (chopped)
- 2 Onions (chopped)
- 6 cups (700 grams) Pumpkin (chopped with seeds removed and put aside)
- 1/2 cup Lentils (your choice)
- 4 1/2 cups Vegetable stock
- Salt and Pepper
- Thyme



DIRECTIONS

Heat the oil in a large pan or pot, and fry the onions until soft, then stir in the garlic, pumpkin, lentils and thyme and then pour in the stock.

* Season with salt and pepper and cover simmering for about 20 minutes.

* In a food processor, blend the pumpkin mixture until smooth.

* Take the pumpkin seeds and after washing and drying them, spread onto a tray, add salt and toast in the oven for about 20 minutes.

* Serve with the toasted pumpkin seeds on top.

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COCONUT CURRY CASHEW CHICKEN

INGREDIENTS

- 3 Chicken Breasts (cut up)
- 1 Red Capsicum (thinly sliced)
- 1/2 Onion (chopped)
- 2 Potatoes (small, chopped)

Sauce:

- 2 cups Chicken Stock
- 2 cups Coconut Milk (unsweetened)
- 3 tbs Yellow Curry
- 1 ts Cumin
- 1 ts Salt
- Cashews, Cilantro to garnish
- (If the sauce is too thin then add a small amount of corn starch to thicken it up)



DIRECTIONS

- Add chicken, capsicum, potatoes and onions to the slow cooker.
- * In a bowl, whisk together the chicken stock, curry, cumin and salt.
 - * Pour mixture into slow cooker and stir to coat chicken and veggies.
 - * Cover and cook on high for 2-3 hours or 4-5 hours on low.
 - * About 15 minutes before serving, stir in coconut milk.
 - * Serve with cashews and fresh chopped cilantro on top, (optional).

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BALSAMIC CHICKEN WITH GARLIC - CROCK POT

INGREDIENTS

- 1 Chicken (sized to fit in your slow cooker)
- Baby Potatoes (enough for however many are eating - chopped)
- Carrots (chopped)
- 1 tbs Paprika
- 1 ts Salt

Sauce:

- 2 Garlic Cloves (grated)
- 1/4 cup Balsamic Vinegar
- 2 tbs Extra Virgin Olive Oil
- 2 tbs Rosemary (chopped)

DIRECTIONS

In a bowl whisk together minced garlic, balsamic, olive oil and rosemary.

* In your slow cooker, add the chopped potatoes and carrots and half the sauce mixture, (you can add more balsamic and oil if needed to coat veggies).

* Sprinkle the remaining mixture on the chicken, rubbing all over, and then place chicken on top of the vegetables.

* Cover and cook for about 3-4 hours on high or 5-6 hours on low.

* Careful when removing the chicken as it can just fall apart.

* Serve the chicken with the veggies, and sprinkle additional rosemary, balsam.



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CHICKEN CURRY MEATBALLS

INGREDIENTS

- 4 cups Chicken (minced)
- 1 Carrot (grated)
- 2 cloves Garlic
- 1 Egg
- 1/2 cup Coconut (shredded)
- 1/2 cup Parsley or Coriander (finely chopped)
- 2 ts Curry Powder
- 1/2 ts Salt
- Coconut or Extra Virgin Oil



DIRECTIONS

Put everything except the oil in the food processor and blend until smooth.

* With your hands, form about 20 small meatballs (the smaller ones cook faster).

* Heat several tablespoons of oil in a large pan over medium heat.

* Once the pan is hot put the meatballs in, (you may have to do several batches).

* Cook for about 3 minutes then roll over and cook another 3 minutes.

* Cover with a lid and cook for another 8 minutes.

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CRISPY ALMOND CHICKEN

INGREDIENTS

- 2.5 cups of Chicken Tenderloins
- 1 cup Almond Meal
- 2 ts Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 tsp Mustard
- Salt and Pepper to taste

DIRECTIONS

In a mixing bowl mix the almond meal, paprika, garlic powder, onion powder, mustard and salt and pepper. Pour the mixture onto a big flat plate. Crack two eggs into a shallow bowl and whisk lightly. Dip each chicken tender first into the egg to coat and then into the almond mixture. Once evenly coated with the mixture arrange onto the baking tray. Bake for 15 minutes on 175 fan forced until golden brown and crispy. Enjoy!



GARLIC BAKED CHICKEN

INGREDIENTS

- 2 Chicken Breasts
- 1/2 Onion (chopped)
- 4 tbs Raisins
- 5 Garlic Cloves (minced)
- 3 ts Rosemary
- 1.5 ts Parsley (chopped)
- 1/2 ts Cinnamon
- 1 tbs Coconut Oil
- Salt & Pepper



DIRECTIONS

In a bowl combine all ingredients except coconut oil and mix well. Line a baking tray with baking paper and grease with coconut oil. Place chicken into tray and spread the mix all over chicken.

Bake in oven at 180 for 25 minutes. Enjoy!



HOME-MADE SATAY SAUCE

INGREDIENTS

- 1/2 cup Peanut Butter
- 2 tbs Tamari (or soy sauce)
- 2 tbs Sesame Oil
- 1 tbs Coconut Sugar
- 1 tbs Garlic (finely chopped)
- 1 tbs Ginger (grated)
- 1 Lime (juiced and zest)



DIRECTIONS

Place all the ingredients into a blender and process until smooth, (you may need to scrape the sides a few times and keep blending). I like to use this with lettuce wraps stuffed with capsicum strips, carrot, courgette and chicken with chopped raw peanuts and parsley. This is a tasty meal!



ROAST CHICKEN & SQUASH

INGREDIENTS

- 4 Chicken Thighs
- 300 grams Squash, Kumara, Pumpkin
- 1 Red Onion
- 1 Lemon
- 6 Garlic Cloves
- 5 Sprigs of Rosemary
- 2 tbs Honey
- Olive Oil
- Salt and Pepper



DIRECTIONS

Cut onion and lemon into eighths. Preheat oven to 180 fan force or 200 and place the chicken thighs, squash, kumara and or pumpkin, red onion, lemon, garlic and rosemary in a large roasting tin. Splash a generous amount of olive oil, honey and season with salt and pepper. Pop in oven for one hour until the skin is crispy and golden. Enjoy!



COCONUT & BROCCOLI SOUP

INGREDIENTS

- 3 cups of Coconut Milk
- 1 cup cold water
- 2 med heads of Broccoli, chopped
- 2 Handfuls of Spinach
- 3 gloves of Garlic
- 1 Onion Chopped
- 1/2 teaspoon of salt



DIRECTIONS

Chop onion and garlic. Heat 1-2 tsp preferred oil in a large pot. Add onion, garlic and salt and sauté until soft. Add coconut milk and water. On a low-medium heat bring to a gentle simmer. Add the broccoli, spinach and cook in hot coconut milk until tender. Remove from heat and blend with your preferred blender (stick blender or a suitable standard blender - be very careful - it's hot!). Enjoy the warmth!



COURGETTE QUICHE

INGREDIENTS

- 3 Courgettes (large)
- 2 Garlic Cloves
- 2 Onions
- 2 Eggs (large and beaten)
- 1/3 cup Feta
- 500 grams Ricotta
- 3/4 cup Parmesan
- 1 ts Salt
- 4 tbs Dill (chopped or dried)
- Zest of one Lemon
- Coconut oil for greasing pan

DIRECTIONS

Grease a medium sized baking dish with coconut oil.

* Grate the courgettes, (you should get about 2 cups worth).

* Combine the courgettes with the salt and let sit for ten minutes.

* Then use hands to try and press out as much moisture as possible.

* Combine the ricotta, parmesan, onions, garlic dill and lemon.

* Then add the eggs and shredded courgettes.

* Mix and pour into the dish and cook for one hour.

* Sprinkle with feta and return to oven another ten minutes.

* Remove from oven and let it cool and set before enjoying.



Recipe By:

Heather Barrow
Registered Clinical Nutritionist.

ROAST CHICKEN, PUMPKIN & RED ONION

WITH LEMON & ROSEMARY

INGREDIENTS

- 4 Chicken Thighs
- 300 grams Pumpkin (your choice of type, cut into wedges)
- 1 Red Onion
- 1 Lemon (cut into eighths)
- 6 Cloves of Garlic
- 4-5 Sprigs of Rosemary
- 2-3 tbs Honey
- Extra Virgin Olive Oil
- Salt and Pepper

DIRECTIONS

Place the chicken thighs, pumpkin, red onion, lemon, garlic and rosemary in a large roasting tin. Splash a generous amount of extra virgin olive oil, drizzle honey and season with salt and pepper.

Mix the ingredients so everything is well coated, then place in a preheated oven on 180 fan forced for about one hour or until golden brown. Enjoy!



PEANUT CHICKEN

INGREDIENTS

- 4 Chicken Breasts
- 4 Limes
- 6 Garlic Cloves
- 4 tbs Peanut Butter
- 1-2 Red Chillies
- Extra Virgin Olive Oil

DIRECTIONS

I like to butterfly the chicken for more surface area. Rub with olive oil, salt and pepper and the grated zest of a lime. Combine grated garlic, lime juice, peanut butter in a bowl, and finely sliced chilli and mix together to make the sauce.

You can bake, but it comes out nicely if it's cooked in a frying pan or even the grill. Add some mix to the fry pan on medium/high heat and add chicken, add mix on top. Use all of the mix and once cooked top up with remaining lime zest and lime wedges. A great way to use up those limes and it packs a powerful flavour punch!



CREAMY TOMATO SOUP

INGREDIENTS

- 2 cans Tomatoes (diced)
- 1/2 Red Capsicum
- 3 Garlic Cloves (crushed)
- 1 Onion (medium size)
- 1 tbsp Tomato Paste
- 2 cups Vegetable Stock
- 1 cup Coconut Milk
- 2 tbs Coconut Oil
- Rosemary, Salt and Pepper



DIRECTIONS

Heat the coconut oil in a large pot over medium. Fry the onion and garlic and mix in the tomato paste and capsicum and cook until soft. Add the tomatoes, coconut milk, stock and rosemary and bring to a boil. Reduce the heat to low and simmer, covered, for 20 minutes. Let cool and add to a food processor or use a blender stick to puree.

Season with salt and pepper and garnish with more rosemary if you choose.



HEARTY CHICKEN PHO

INGREDIENTS

- 3 cups Chicken Stock
- 300 grams Chicken (sliced or chopped)
- 100-150 grams Rice Noodles
- 150 grams Bean sprouts
- 1 tsp Ginger
- 1 Garlic clove
- 1 tsp Fish Sauce
- 1 Lime (cut into wedges)
- 1 Red Chilli (sliced - optional)
- 1/2 cup Coriander leaves



DIRECTIONS

Simmer the stock with the garlic and ginger for about ten minutes. Add the chicken, fish sauces and the juice of half the lime and cook another ten minutes. Add the cooked noodles, bean sprouts, coriander, chilli and remaining lime wedge and serve.

Enjoy!



RAINBOW SALAD

INGREDIENTS

- 1 cup Kumara (cooked)
- 1 cup Kale (stems removed)
- 1/2 cup Chickpeas
- 1/2 Avocado
- 1 ts Dried Cranberries
- 1 ts Flaked Almonds
- 1 tbsp Red Onion (chopped)



DIRECTIONS

(Add your choice of lean meat: chicken breast, fish, organic tofu or hard-boiled eggs).
Dressing: Mix lemon juice and 2 tsp Tahini with warm water to a good consistency.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

MEXICAN CHICKEN SOUP

INGREDIENTS

- 2 tbs extra virgin olive oil
- 1 onion (finely chopped)
- 6 chicken thighs (boneless & skinless, cut into 1cm pieces)
- 2 cans Mexican tomatoes
- 6 cups chicken broth
- 1/2 cup Cilantro (fresh and chopped)
- 2 limes (juiced)
- Salt & pepper
- 1 avocado (thinly sliced lengthwise)
- optional - 1 can Black Beans



DIRECTIONS

In a large saucepan, heat the olive oil over medium-high heat.

Stir in the onion and garlic, lower the heat to medium and cook until the onion begins to brown, about 7 minutes.

* Increase the heat to high, push the vegetables to the side of the pan, add the chicken and cook, stirring, until golden, about 5 minutes.

Stir in the Mexican tomatoes, then stir in the chicken broth.

*Lower the heat and simmer for 15 minutes, skimming any foam.

Stir in the cilantro and lime juice; season with salt and pepper.

Place 2 avocado slices in each of 6 soup bowls and pour in the soup.

Recipe By:

Heather Barrow
Registered Clinical Nutritionist.

SPLIT PEA SOUP CROCK POT

INGREDIENTS

(Freeze in a bag)

- 4 cups dry split peas
- 2 cups of diced bacon
- 1 large yellow onion (diced)
- 1 cup celery (chopped)
- 2 cups carrots (chopped)
- 3 cloves of garlic (minced)
- 1/2 teaspoon Thyme
- 2 Bay Leaves

You also need:

- 1 litre of chicken broth (use home-made bone broth if possible)



DIRECTIONS

Add 2 cups water and chicken broth to ingredients and cook on low for 7-8 hours.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

GINGER- PEACH CHICKEN CROCK POT

INGREDIENTS

(Freeze in a bag)

- 1kg boneless, skinless chicken thighs or breasts
- 350g bag of frozen peach slices
- 1 red onion, sliced
- 2 cups broccoli florets (or whatever veggies you like)
- 1 tablespoon brown sugar
- 3 tablespoons Tamari (wheat free soy sauce)
- 1 - 2 tablespoons freshly grated ginger
- 2 teaspoons ground coriander



DIRECTIONS

Cook on high for 4-5 hours.
Serve with brown or basmati
rice.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

CHICKEN AND SWEET POTATO CROCK POT

INGREDIENTS

- 1-lb boneless chicken, cubed
- 2 sweet potatoes, peeled and diced
- 1 cup unsweetened Apple Sauce
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 2 tsp apple cider vinegar
- 1 tbsp Curry Powder
- 1/2 tsp ground ginger
- salt and pepper to taste



DIRECTIONS

Cook on low for 8 hours.
Serve with brown or basmati
rice.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

COCONUT & BROCCOLI SOUP

INGREDIENTS

- 3 cups of Coconut Milk
- 1 cup cold water
- 1 head of Broccoli, chopped
- 2 Handfuls of Spinach
- 3 gloves of Garlic
- 1 Onion Chopped
- 1/2 teaspoon of salt



DIRECTIONS

Chop onion and garlic. Heat 1-2 tsp extra virgin olive oil in a large pot.

*Add onion, garlic and salt. Sauté until soft. Add coconut milk and water.

*On a low-medium heat bring to a gentle simmer.

*Add the broccoli, spinach and cook in hot milk until tender.

*Remove from heat and blend with your preferred blender (stick blender or preferably a food processor - be very careful - it's hot!)

Recipe By:

Heather Barrow
Registered Clinical Nutritionist.

HOME-MADE STIR-FRY SAUCE

INGREDIENTS

- 1 tbs Tahini
- 1 tbs Maple Syrup
- 1 tbs Brown Mustard (or Dijon)
- 1 tbs Apple Cider Vinegar or Lemon
- 1 ts Cumin
- Salt
- Water (to thin it out to desired consistency)

DIRECTIONS

Mix together in a bowl and enjoy over your fav meal! (*This recipe can be somewhat tweaked for the flavour punch you want. Double recipe for more sauce as this recipe is generally for one serving).





DESSERT

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CHOCOLATE CHIA OAT PUDDING

INGREDIENTS

- 1/2 can Coconut Milk
- 1/4 cup Almond Milk
- 1 Tbsp Cacao powder
- 4 Tbsp Chia Seeds
- 1 Scoop Chocolate Nuzest Clean Lean Protein
- 2-3 Tbsp Rolled oats

DIRECTIONS

Add all ingredients to jar or bowl, shake/stir to combine, and cover/place lid on overnight in fridge. Top with fresh nuts in the morning.



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

HEALTHY HOT CHOCOLATE

INGREDIENTS

- 240ml Almond Milk (unsweetened)
- 1/2 ts Honey
- 2 tbs. Raw Cacao
- 1/2 ts Cinnamon
- 1/2 ts Vanilla Extract (optional)



DIRECTIONS

Just put ingredients together
over stove and enjoy!

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

CHOCOLATE MOUSSE

INGREDIENTS

- 2 Avocados (ripe, peeled and stoned)
- 1 Banana (ripe)
- 1/4 cup Hazelnuts
- 4 tbsp Cacao powder
- 2 tbsp Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Cinnamon
- 1/2 cup Water



DIRECTIONS

Place all the ingredients in a high-speed blender or food processor and blend until creamy. You can adjust taste and adjust with maple syrup or cacao for greater sweetness or for more of a chocolate flavour.

Serve immediately or transfer to the refrigerator to chill for a few hours.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

HEALTHY BERRY COBBLER

INGREDIENTS

- 3 cups Berries (you can use whatever you want, frozen is fine)
- 1 Egg (beaten)
- 1/4 cup Almond Meal
- 1/4 cup Walnuts (chopped)
- 1/2 tsp Cinnamon
- 1 tbsp Honey
- 2 tbs Coconut Oil



DIRECTIONS

Preheat oven to 175, and place berries in a greased ovenproof dish.

* Combine separately egg, almond meal, walnuts, coconut oil (ensure melted) and cinnamon in a mixing bowl and stir well to combine.

* Rub together to form a crumble.

* Drizzle honey on top of berries and then scatter crumble on top.

* Place in the oven and bake for 30-35 minutes until golden and crunchy on top.

Recipe By:

Heather Barrow
Registered Clinical Nutritionist.

CHOCOLATE CHIA PUDDING

INGREDIENTS

- 1 cup Unsweetened almond milk
- 3 tbs Chia Seeds
- 1 tsp Vanilla Extract
- 2 tsp Maple Syrup
- 2 tsp Cacao Powder
- Strawberry slices
- Blueberries
- Sliced Almonds

DIRECTIONS

Place the almond milk, chia seeds, vanilla extract and cacao into a jar with a sealable lid. Tighten the lid and shake until well mixed

* Transfer to the refrigerator to soak overnight or for six hours.

* When ready to serve, stir in the maple syrup and top with fresh strawberries, blueberries and sliced almonds.



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

NUTTY BANANA ICE CREAM

INGREDIENTS

- 4 Bananas (frozen & large)
- 1/2 cup Almond butter
- 1 cup Cashews (raw)
- 1/4 cup Maple Syrup
- 1/4 cup Tahini
- 1/2 tsp Salt (sea salt preferably)
- 1 tsp Cinnamon
- 2 tsp Vanilla Extract

DIRECTIONS

Place everything together in a food processor or high speed blender, and process until smooth* Taste and add more salt or maple syrup as desired* Garnish with more cashews or sprinkle with cacao powder*

This can be stored in the freezer in a tight container.



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

MANGO BASIL FROZEN YOGURT

INGREDIENTS

- 2 cups Mango (fresh or frozen)
- 2/3 cup Greek Yogurt (or your favourite)
- 2 tbs Basil (fresh and chopped)
- 1 tbs Honey or Maple Syrup
- 1 ts Lime (zest and juice)
- 1/4 cup Ice



DIRECTIONS

Blend all ingredients together in a high speed blender and enjoy!



QUINOA CARROT CAKE

INGREDIENTS

- 2 cups Almond Flour
- 1 cup Quinoa Flour
- 2 ts Baking Powder
- 2 ts Cinnamon
- 1 ts Nutmeg
- 1 ts Ground Ginger
- Pinch Salt
- Ingredients (wet):
- 3 Eggs
- 1/2 cup Maple Syrup
- 1/4 cup Applesauce (unsweetened)
- 1/4 cup Vanilla Coconut Yogurt or Greek
- 1 cup Carrots (grated)
- 1/4 cup Almonds (chopped)



DIRECTIONS

Preheat oven to 175 C and use coconut oil or butter to grease a cake pan. In a large bowl, whisk the dry ingredients. In another large bowl, mix together the wet ingredients. Add the wet to the dry and full combine. Add carrots and almonds. Transfer to the baking tin and bake for 45 minutes, (or until the centre comes out clean when poked). Allow to cool and enjoy!



FEIJOA CAKE

INGREDIENTS

- 2 cups Feijoas (mashed)
- 4 oz Butter
- 2 Eggs
- 1 ts Baking Soda
- 2 tbs Almond milk (or whatever milk you like)
- 8 ounces Gluten free flour (or what you prefer)
- 1 ts Baking Powder

DIRECTIONS

Combine melted butter, eggs and mashed feijoas together. Dissolve baking soda in the boiled milk in separate bowl and stir - add to feijoa mixture. Add baking powder to flour in separate bowl and combine. Then add dry ingredients to wet, mix well, pour into baking pan and cook on 175 for 35 minutes on fan force. It's SO good, it won't last long!



A close-up photograph of a woven basket filled with several round, golden-brown protein balls. The balls are coated in a textured mixture of what appears to be crushed nuts or seeds. The basket is lined with white parchment paper. A dark grey rectangular box is overlaid on the left side of the image, containing the word 'TREATS' in white, bold, sans-serif capital letters.

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HEALTHY PEANUT BUTTER FUDGE

INGREDIENTS

- 1/2 cup - Organic Peanut Butter
- 1 large - Banana
- 1 teaspoon - Vanilla Extract
- 2 tablespoons - Extra Virgin Coconut Oil (melted)
- 2 tablespoons - Maple Syrup
- 1 tablespoon - Cocoa (or cacao) powder

DIRECTIONS

If peanut butter is not stir-able, gently heat until you are able to easily stir it.

*Combine all the ingredients in a high-powered blender or food processor. If you don't have either of those, mash the banana and then stir together all of the ingredients until completely smooth, (doing it by hand works, but it takes time).

*Scoop into a small container lined with baking paper.

*Freeze until firm. Because of the liquid nature of coconut oil, this fudge is best stored in the freezer. Don't worry though, it still keeps its fudgy texture.



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

NATURAL POPSICLE

INGREDIENTS

- 1 cup blueberries (frozen or fresh)
- 1/2 cup acidophilus yogurt
- 2 bananas (previously frozen)
- 2 tbs chia seeds
- 1/2 cup coconut water (not always necessary if already desired consistency)



DIRECTIONS

Blend ingredients together in a food processor, or one of those smaller smoothie machines and pour into popsicle moulds. Allow to freeze and enjoy!

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

WATER- MELON ICE- BLOCKS

INGREDIENTS

- 3 1/2 cups Watermelon (seedless)
- 3 Kiwifruit
- 1 tbs Lemon or Lime Juice
- 1/2 cup Coconut Milk or Cream
- 1-2 tbs Stevia

DIRECTIONS

Cup up watermelon and de-seed if necessary. Remove skin of kiwifruit and cut up. Juice enough lemons or limes for a tablespoon of juice. Place all ingredients together in blender until well mixed. Pour into popsicle trays and freeze. Run warm water over the molds to remove the popsicle and enjoy!



TROPICAL BITES

INGREDIENTS

- 1/2 cup Cashews (raw)
- 1/2 cup Apricots (dried)
- 1/2 cup Shredded Coconut
- 1 Lime (zest - grated)
- Pinch Sea Salt
- 1 tbs Water



DIRECTIONS

Combine all the ingredients in a food processor until well combined and the mixture sticks to the blender. Wet hands and roll mixture into small tablespoon sized balls and place in tupperware container.

Refrigerate for a few hours and they are ready to pop!



PEANUT BUTTER FUDGE

INGREDIENTS

- 1/2 cup - natural peanut butter
- 1 large - banana
- 1 teaspoon - vanilla extract
- 2 tablespoons - coconut oil
- 2 tablespoons - maple syrup
- 1 tablespoon - cocoa (or cacao) powder

DIRECTIONS

- 1.If peanut butter is not stir-able, gently heat until you are able to easily stir it.
- 2.Combine all the ingredients in a high-powered blender or food processor. If you don't have either of those, mash the banana and then stir together all of the ingredients until completely smooth. Doing it by hand works, but it takes time, so be patient.
- 3.Scoop into a small container lined with baking paper. Freeze until firm.
- 4.Because of the liquid nature of unrefined coconut oil, this fudge is best stored in the freezer. Don't worry though, it still keeps its fudgy texture.



CHOCOLATE NUT BUTTER CUPS

INGREDIENTS

- 1/2 cup Extra Virgin Coconut Oil
- 1/2 cup Cacao Powder
- 1 tbs Rice Syrup
- 2 tbs Coconut Cream
- 4 tbs Peanut Butter or Nut Butter
- Spread of your choice
- 1 ts Sea Salt

DIRECTIONS

Melt the coconut oil and cacao powder until smooth. Stir in the rice syrup and coconut cream until well combined. In a mini muffin tray line with paper cups. Pour a thin layer into the bottom. Put in freezer for 5-10 minutes, then remove and spoon 1/3 teaspoon of nut spread into each cupcake mixture. Pour the remaining mixture on top and sprinkle sea salt over top. Refrigerate for about an hour, or put in the freezer. Enjoy!



BERRY CHOCOLATE BLISS BALLS

INGREDIENTS

- 2 cups Cashew Nuts (preferably raw)
- 1 cup Goji Berries
- 1/2 cup Raspberries
- 10 Dates (pitted)
- 2 tbs Cacao Powder
- 1 tsp Vanilla Extract
- 1 cup Desiccated Coconut

DIRECTIONS

In a food processor or strong blender, grind the cashews down to a meal.

Add the goji berries, vanilla, cacao and blend until fine.

Add the dates slowly and half the coconut.

Roll into balls.

Blend the raspberries separately until pureed and dip the balls into the raspberry puree and roll in the other half of the coconut to coat.

Refrigerate and enjoy!



PEANUT BUTTER PROTEIN COOKIES

INGREDIENTS

- 1 cup Peanut Butter
- 2/3 cup Coconut Sugar (lower glycemic index than table sugar)
- 1 Egg (large)
- 2 Scoops/1/2 cup Protein Powder (use whatever flavour you like but chocolate and vanilla are nice)



DIRECTIONS

Place all ingredients into a bowl and mix until the consistency of cookie dough (if it's too runny then add more protein powder).

Spoon out about 2 tbs and roll into a ball in hands and place on baking sheet lined with baking paper.

Use a fork to flatten and create a criss-cross mark to flatten.

Bake at 175 for 10-12 minutes (depending on oven) until edges are golden brown.

Allow to cool and enjoy!



PROTEIN BARS

HOWEVER YOU CHOOSE

INGREDIENTS

- 1 scoop (Protein Powder - use the flavour you like)
- 1 ts Cinnamon
- 1 cup Rolled Oats
- 2 tbs Coconut Oil
- 1/4 cup Shredded coconut
- 1/2 cup Almond Butter
- 1/4 cup Honey
- 1 ts Vanilla Extract
- 1/2 ts Rock Salt
- Water if needed for consistency

DIRECTIONS

Combine protein powder, cinnamon, and oats in a food processor. Melt the coconut oil separately and add the almond butter, honey, vanilla extract and coconut oil until smooth. Add the salt and water if needed. Mixture may feel dry and you may need to stop and scrape sides of processor a few times while blending. Line a baking dish with baking paper and scoop mixture in, pressing firmly so it's even and compact.

Freeze for half an hour and slice into bars. Keep in fridge to keep the form. Change it up by switching the almond butter for peanut butter, taking out the cinnamon and adding lemon zest or add cocoa powder and chocolate chips.



LEMON ZEST BISCUITS

INGREDIENTS

- 1 Egg (just the white beaten)
- 2 tbs Coconut Oil (melted)
- 1.5 tbs Stevia
- 1.5 tbs Lemon Zest (grate the lemon skin)
- 1 ts Lemon Juice
- 1 ts Vanilla Extract
- 1 3/4 cup Almond Meal
- Pinch of salt



DIRECTIONS

In a large bowl combine the coconut oil, stevia, vanilla extract, lemon juice and lemon zest.

* Add the almond meal and salt and combine well to release the oil into the almond meal to form a dough.

* Roll out about 2 cm or so thick and cut into shapes however you like (if you can't be bothered rolling then form a ball and flatten with a fork).

* Brush with the egg white to give a nice golden finish and bake at 180 for 7-9 minutes or until lightly brown.

Recipe By:

Heather Barrow
Registered Clinical Nutritionist.

KETO PEANUT BUTTER COOKIES

INGREDIENTS

- 1 Egg (large)
- 1 cup Peanut Butter (all natural smooth or crunchy)
- 1/2 cup Stevia

DIRECTIONS

Combine well and scoop approximately 1 inch cookies onto a baking sheet. Bake at 175 for 12-15 minutes depending on your oven.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

APRICOT & COCONUT BALLS

INGREDIENTS

- 1 cup Apricots (dried)
- 1/2 cup Dates (pitted)
- 1 cup Cashews (raw)
- 1/2 cup Coconut (shredded)
- 1/2 cup Coconut Flakes
- 1/2 tsp Vanilla Extract
- Pinch of Salt

DIRECTIONS

Place everything into a food processor or blender except the the coconut flakes.* Process until it reaches a fine consistency.* Wet hands and roll the mixture into balls of the desired size.* Roll into coconut flakes on cutting board or put flakes in a container and shake the balls around to coat with flakes.* Place in refrigerator and enjoy as a tasty snack!



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

BANANA POPSICLES

INGREDIENTS

- 1 cup unsweetened Almond Milk
- 3 Bananas (sliced)
- 3 tbs Cocoa Powder
- 2 tbs Coconut Oil (melted)
- 3 tbs Maple Syrup

DIRECTIONS

Combine almond milk, two bananas, cocoa powder, coconut oil and maple syrup in blender until smooth.

*Slice the other banana and place slices into popsicle molds.

*Pour the mixture into popsicle molds, and insert sticks.

*Move to freezer for at least three hours or until frozen, enjoy!



Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

CAROB OR CHOCOLATE COOKIE PROTEIN BALLS

INGREDIENTS

- 2 scoops Vanilla Protein Powder
- 1 c Almond Meal
- 1/4 cup Maple Syrup
- 1/2 cup Almond Nut Butter
- 1/4 cup Chocolate Chips or Carob Chips (dairy free)

DIRECTIONS

- Mix together protein powder and almond meal in a bowl
- * Add in nut butter and maple syrup and continue mixing, (the batter should be cookie dough consistency)
 - * Add in chocolate or carob chips and mix
 - * Use a tablespoon of the mix and roll into palm of hands into balls
 - * Refrigerate and enjoy before or after a workout for energy and muscle repair.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

PROTEIN OATMEAL BAKE

INGREDIENTS

- 1.5 cups Rolled Oats
- 2 scoops Vanilla Protein Powder (I like Clean Lean Protein)
- 1/4 cup Flaxseed (ground)
- 1/4 cup Coconut Sugar
- 1 ts Baking Powder
- 1 ts Ground Ginger
- 1 ts Cinnamon
- 1 Egg (beaten)
- 3 tbs Molasses
- 1.5 cups Almond Milk (unsweetened, or other milk of choice)
- 1 ts Vanilla Extract
- 1/4 cup Raisins
- 1/4 cup Dates (chopped)



DIRECTIONS

- Preheat oven to 190 degrees
- * In a large bowl combine all the dry ingredients (except for the coconut sugar)
 - * In another bowl, whisk the egg and add in the wet ingredients and the coconut sugar
 - * Add the wet and dry ingredients and combine
 - * Add the raisins and dates
 - * Line a pan with baking paper, and pour mix into the pan
 - * Bake for about 25 minutes or until a knife comes out clean and enjoy.

Recipe By:
Heather Barrow
Registered Clinical Nutritionist.

CHOCOLATE PROTEIN BARS

INGREDIENTS

- 1 cup Almond Butter
- 3 tbs unsweetened Almond Milk
- 1/4 cup Brown Rice Syrup
- 1 tbs Cocoa Powder
- 4 scoops Protein Power (Chocolate)
- 1/2 cup Rolled Oats
- 1/4 cup Chocolate Chips (optional)



DIRECTIONS

Mix all of the wet ingredients together (almond butter, almond milk and brown rice syrup) in a medium-sized bowl.

* Add in the dry ingredients (cocoa powder, protein powder, rolled oats and chocolate chips) and mix again.

* Form the dough into a large ball, (it's consistency is like cookie dough).

* Using your hands or a rubber spatula, press dough into the pan, spreading out evenly. Refrigerate for 30 minutes.

* Slice into bars or squares, and store in container in the fridge or freezer.

Recipe By:

Heather Barrow
Registered Clinical Nutritionist.



ENJOY

