

MUFFINS & SLICES

COOKBOOK

50 family
favourites



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Welcome to The Healthy Mummy **MUFFINS & SLICES** Cookbook!

As busy mums, we know how handy it is to have healthy snacks available to nourish ourselves between main meals and satisfy our hungry families.

This cookbook is loaded with a selection of our favourite healthy muffin and slice recipes that are so easy to put together. The recipes cover a variety of tastes and include nut-free, gluten-free, dairy-free, savoury and sweet options.

One of the reasons we love muffin and slice recipes so much is not only are they quick and easy to prepare, but you can mix up the flavour combinations to suit what you have available. If you don't have a certain ingredient, swap it for something else to create your own combinations.

Muffins and slices are very versatile. You can make a batch of high-fibre, low-added-sugar muffins and store them in the freezer to defrost, reheat and serve later. Most slices can be stored for a while in the fridge to have available to add to lunch boxes, or for morning or afternoon tea.

We hope you love the yummy and nutritious recipes we've included in this cookbook that you can prepare and share with family and friends.

Rhian

& The Healthy Mummy Team



CARAMEL
SLICE
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Notes on sugar

At The Healthy Mummy, we believe that a healthy lifestyle is all about balance. If you include lots of fresh fruit, vegetables, lean proteins, whole grains and dairy (or calcium-rich ingredients) into your diet, then you are going to feel great, manage weight loss and have loads of energy.

But we also understand that enjoying something sweet or a “treat” every now and then is what makes life enjoyable, and therefore we don’t remove these types of foods but suggest they are discretionary items to be enjoyed every now and then.

The recipes in this cookbook do contain sugars, but are a healthier choice than buying a store-bought sweet, chocolate bar or baked item as you have made them yourself and know exactly what ingredients have been used and can adjust sugar levels to suit you.

The Low-Down On The Sweet Stuff

We’ve included some relevant information about sugar and what you need to consider when it comes to the quantity of sugar in your diet, so you can make the right decisions for your lifestyle:

Why should we consider the quantity of sugar in our diets?

Eating too much sugar in foods can reduce your energy, affect your sleeping patterns, cause problems with general health and reduce your ability to lose weight.

Reducing the amount of sugar you consume or being aware of the healthier choices to adding sweetness to your foods is great for a healthy lifestyle.

You don’t need to obsessively count grams of sugar you consume, but becoming more educated on where sugar might be lurking, and then finding healthy and tasty alternatives, is a good practice to have.

It’s added sugar (free sugars), most notably found in processed foods or added in cooking, that should be reduced. The “free sugars” mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



How much added sugar should I have?

The current recommendation from the World Health Organisation is to reduce “free sugar” intake to less than 10 per cent of a person’s total energy intake, adding that a further reduction to below 5 per cent would provide further health benefits. Free sugars are defined as simple sugars like glucose, fructose and sucrose, which are added to lots of processed foods and are naturally present in honey, syrups, fruit juices and fruit juice concentrates.

- Try to stick to 6 teaspoons or less of added sugar (free sugar) per day. 1 teaspoon of added sugar (free sugar) = 4 grams.
- Remember that there are natural sugars in many foods, but it’s the free sugars – that is, simple sugars (added sugars) – you should be looking to reduce.
- When a food is in its whole and natural form, like a piece of fruit or full-fat milk, then the other elements in the food balance out the sugar and our

bodies can cope with it. So, if a recipe has a total of 20 grams of sugar in it, but is made with fresh fruit, vegetables, proteins and dairy, then the sugars are ones our body can cope with.

- Try to use alternatives to provide sweetness to your recipes, e.g. using fruit rather than adding brown sugar, honey, maple syrup all the time.
- Don’t worry yourself silly counting every teaspoon of sugar you eat, but be conscious of the added (free sugars) in your diet.

MUFFINS

USING HEALTHY AND FRESH INGREDIENTS, MUFFINS ARE THE PERFECT SNACK TO HAVE ON HAND AS THEY ARE SO EASY TO MAKE AND IDEAL TO ADD TO LUNCH BOXES, TO FILL THOSE HUNGRY BELLIES AFTER SCHOOL OR SHARE WITH FRIENDS WHEN ENTERTAINING.



Bacon & Egg Muffins

■ NUT FREE, GLUTEN FREE ✓ ■ SERVES 1 ■ PREP TIME 5MINS:

■ COOKING TIME 20 MINS

Ingredients

- cooking oil spray
- 2 rashers of bacon, lean & trimmed (54g)
- 1/8 red onion, chopped (12.5g)
- 1/8 red capsicum, chopped (12.5g)
- 2 free-range eggs (100g)
- 1 tbsp reduced-fat milk of choice (15ml)
- 1 tsp reduced-fat cheddar cheese, grated (5g)

Method

1. Preheat oven to 180C / gas mark 4. Lightly spray 2 holes of a muffin tin with cooking oil spray. Beat eggs with milk and set aside.
2. Line each of the prepared holes of the muffin tin with a rasher of bacon.
3. Divide onion and red pepper between the muffin tin holes. Then top each with an even amount of the egg mix.
4. Place in the oven for 20 minutes or until eggs are set. Sprinkle with grated cheese while still hot to serve.

Nutrition Per Serve: **Energy:** 234cals/ 983kjs
Protein: 23.4g **Fibre:** 0.3g **Total Fat:** 14.3g
Carbohydrates: 3.3g **Saturated Fat:** 4.6g
Total Sugar: 2.7g **Free Sugar:** 0g



Beetroot, Courgette & Apple Muffins

■ NUT FREE ✓ ■ SERVES 12 ■ PREP TIME 5MINS ■ COOKING TIME 20MINS

Ingredients

- ½ cup coconut oil, melted (120ml)
- ¼ cup honey (62ml)
- 1½ cups wholemeal self-raising flour (180g)
- 1 tsp baking powder (2.5g)
- ¼ cup reduced-fat milk of choice (62ml)
- ½ courgette, grated (55g)
- ½ apple, grated (50g)
- 1 small fresh beetroot, grated (50g)
- 2 free-range eggs (100g)

Method

1. Preheat oven to 200C / gas mark 6 and lightly grease or line 12 holes of a muffin tin.
2. Combine oil, honey, eggs and milk in a large bowl and whisk well. Stir through grated beetroot, apple and courgette.
3. Fold in dry ingredients until just combined.
4. Divide batter evenly between each muffin tin hole and bake in the oven for 20 minutes or until muffins spring back when lightly touched.
5. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 193cals/810kjs
Protein: 3.2g **Fibre:** 1g **Total Fat:** 11.4g
Carbohydrates: 19.7g **Saturated Fat:** 9.9g
Total Sugar: 7.5g **Free Sugar:** 6.1g



Berry Banana Quinoa Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 20MINS ■ COOKING TIME 22MINS

Ingredients

- ¼ cup quinoa, uncooked (45g)
- ⅔ cup plain wholemeal flour (80g)
- ½ tsp baking powder (1.3g)
- ¼ teaspoon salt (0.3g)
- 1 free-range egg (50g)
- 1 tbsp butter, melted (16g)
- ½ tsp vanilla extract (2.5ml)
- 1 banana, mashed (90g)
- ¼ punnet strawberries, chopped (62g)
- ¼ cup water (60ml)

Method

1. Preheat the oven to 180C / gas mark 4. Grease 6 muffin tin holes with cooking spray or use muffin liners. Cook quinoa as per packet directions and cool.
2. In a mixing bowl, combine flour, baking powder, salt and quinoa.
3. In a separate bowl, combine the mashed banana, butter, egg, water and vanilla and mix until smooth.
4. Add banana mixture to dry ingredients and stir until just combined – do not over-mix. Fold in chopped strawberries.
5. Divide the batter among the prepared muffin tin holes. Bake for 20-22 minutes, until a skewer comes out clean when inserted into the centre.
6. Remove from oven and cool on a wire rack for 10 minutes before serving.
7. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 124cals/522kjs
Protein: 4.3g **Fibre:** 2.7g **Total Fat:** 3.8g
Carbohydrates: 17.4g **Saturated Fat:** 1.7g
Total Sugar: 2.9g **Free Sugar:** 0g



Blueberry & Cream Cheese Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS ■ COOKING TIME 20MINS

Ingredients

- 1 cup plain wholemeal flour (120g)
- 2 tbsp coconut sugar (32g)
- 1 tsp baking powder (2.5g)
- ½ tsp bicarbonate soda (1.3g)
- ¼ tsp salt (0.3g)
- 1 tbsp butter (16g)
- 150ml reduced-fat milk of choice
- 2 free-range eggs (100g)
- 1 tsp vanilla extract (5ml)
- ¾ cup blueberries, fresh or frozen (180g)
- 2 tbsp low fat cream cheese (40g)
- ½ cup reduced-fat Greek natural yogurt (130g)

Method

1. Preheat oven to 180C / gas mark 4 and line 6 holes of a muffin tin with paper liners. Melt the butter.
2. Sift flour, baking powder, bi-carbonate soda and salt into a bowl, stir through the blueberries. In a large jug whisk together milk, eggs, butter, vanilla and sugar.
3. Add wet ingredients to dry and stir until just combined.
4. Spoon half of the batter into lined muffin holes, top each with a bit of cream cheese then the remaining batter.
5. Bake for 18-22 mins until skewer comes out clean (try to avoid the cream cheese centre and enter the testing skewer on the side as otherwise you won't be able to tell if the muffins are cooked or not).
6. Cool on rack. Serve with a spoonful of yogurt.
7. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 180cals/756kjs
Protein: 7.5g **Fibre:** 4g **Total Fat:** 6.3g
Carbohydrates: 21.6g **Saturated Fat:** 1.7g
Total Sugar: 11g **Free Sugar:** 5.3g



Blueberry Chia Muffins

■ DAIRY FREE, NUT FREE ✓ ■ SERVES 12 ■ PREP TIME 10MINS

■ COOKING TIME 25MINS

Ingredients

- 1 cup wholemeal self-raising flour (120g)
- 1/4 tsp salt (0.3g)
- 1/2 tsp baking powder (1.3g)
- 1/4 cup honey (62ml)
- 1/2 cup reduced-fat coconut milk (125ml)
- 3 free-range eggs (150g)
- 2 1/2 tbsp coconut oil, melted (40ml)
- 1 tsp vanilla extract (5ml)
- 2 tbsp chia seeds (30g)
- 1/2 cup blueberries, fresh or frozen

Method

1. Use eggs at room temperature for this recipe so they don't harden the coconut oil during mixing. Preheat oven to 180C / gas mark 4. Line a 12 hole muffin tin with paper cases, or lightly grease with cooking oil spray.
2. Sift flour, salt and baking powder in a large bowl.
3. In a jug or another bowl whisk honey, coconut oil, coconut milk, eggs, vanilla and chia seeds. Pour wet ingredients into flour mixture, stir to combine and set aside for 5 minutes to allow the chia seeds to absorb some of the liquid.
4. Fold through blueberries and divide batter into prepared tin.
5. Bake for approximately 10-12 minutes until muffins are golden and a skewer comes out clean when inserted into the centre.
6. Remove from tin immediately and cool on a wire rack.
7. 1 serve is 1 muffin.
8. Store leftovers in an airtight container in the fridge for 3-4 days or freeze and defrost as required.

Nutrition Per Serve: **Energy:** 130cals/546kjs
Protein: 3.3g **Fibre:** 1.4g **Total Fat:** 6g
Carbohydrates: 15.8g **Saturated Fat:** 3.3g
Total Sugar: 7.2g **Free Sugar:** 6.4g



Cashew Banana Muffins

■ DAIRY FREE ✓ ■ SERVES 8 ■ PREP TIME 10MINS ■ COOKING TIME 15MINS

Ingredients

- 1 cup cashew nuts, unsalted (120g)
- 1 banana (90g)
- 2 free-range eggs (100g)
- 2½ tbsp honey (40ml)
- 1 tbsp coconut oil (15ml)
- ¼ cup wholemeal self-raising flour (30g)
- 2 tbsp milled flaxseed (30g)
- 1 tsp vanilla extract (5ml)

Method

1. Preheat oven to 180C / gas mark 4. Line 8 holes of a muffin tray with cases or lightly spray with cooking oil.
2. Combine cashews, banana, honey, coconut oil and vanilla extract together in a food processor, pulsing until the nuts are chopped up well.
3. Add the eggs, milled flaxseed meal and wholemeal self raising flour to the processor and mix until just combined (don't over mix or the muffins will be tough).
4. Divide batter into prepared muffin tin holes, until each hole is approximately ¾ full.
5. Bake for 13-15 minutes or until a skewer comes out clean when inserted into the middle.
6. Allow to cool for 5 minutes in the tin before turning out and cooling completely.
7. 1 serve is 1 muffin.
8. Store leftovers in an airtight container in the pantry for up to a week.

Nutrition Per Serve: **Energy:** 228cals/961kjs
Protein: 6.5g **Fibre:** 2.3g **Total Fat:** 15.7g
Carbohydrates: 14.8g **Saturated Fat:** 4.3g
Total Sugar: 9.1g **Free Sugar:** 5.8g



Cheesy Broccoli & Egg Muffins

■ NUT FREE ✓ ■ SERVES 1 ■ PREP TIME 10MINS ■ COOKING TIME 18MINS

Ingredients

- 2 free-range eggs (100g)
- ½ cup broccoli (50g)
- salt
- pepper
- cooking oil spray
- 1 tbs plain wholemeal flour (10g)
- ¼ cup grated reduced-fat cheddar cheese (60g)

Method

1. Preheat oven to 180C / gas mark 4. Cut broccoli into florets and steam until just tender.
2. Grease 3 holes of a muffin tray with a light spray of cooking oil spray and dust well with the flour.
3. Whisk eggs and season with salt and pepper, then fold through cooled broccoli pieces and half of the cheese.
4. Divide egg mixture evenly into muffin holes and top each with remaining grated cheese.
5. Bake for 12 minutes, or until set.
6. 1 serve is 3 muffins.
7. Store leftovers in an airtight container in the pantry for up to a week.

Nutrition Per Serve: **Energy:** 261cals/1096kjs
Protein: 24.8g **Fibre:** 3.1g **Total Fat:** 14.5g
Carbohydrates: 6.7g **Saturated Fat:** 4.6g
Total Sugar: 0.6g **Free Sugar:** 0g



Chocolate Chia Muffins

■ NUT FREE, EGG FREE ✓ ■ SERVES 12 ■ PREP TIME 10MINS ■ COOKING TIME 20MINS

Ingredients

- 1 cup reduced-fat milk of choice (250ml)
- 1/4 cup chia seeds (45g)
- 1/2 cup honey (125ml)
- 1/2 cup butter, softened (125g)
- 1 cup spelt flour (120g)
- 1/2 cup plain wholemeal flour (60g)
- 2 tbsp cacao/cocoa powder (16g)
- 2 tsp baking powder (5g)

Method

1. Preheat oven to 180C / gas mark 4. Line or lightly grease 12 holes of a muffin tin tray(s).
2. Combine the milk and the chia seeds and set aside to allow the chia seeds to absorb the milk. Stir regularly to avoid the chia seeds sinking to the bottom.
3. Use a whisk or hand-held mixer to whip together the butter and honey until combined and smooth. Add milk and chia seed mix and combine well.
4. Sift in the spelt and wholemeal flours together with the baking powder and cacao/cocoa. Stir to combine well.
5. Divide the batter evenly between the prepared muffin tin holes and bake for 20-25 minutes or until a skewer inserted into the centre comes out clean.
6. 1 serve is 1 muffin.
7. Can be served as soon as cooled slightly from oven, or allow to cool completely and store in an airtight container in the fridge for 3-4 days or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 213cals/896kjs
Protein: 4.4g **Fibre:** 3g **Total Fat:** 10.6g
Carbohydrates: 24.6g **Saturated Fat:** 6.1g
Total Sugar: 13.6g **Free Sugar:** 11.6g



Corn & Chilli Muffins

■ NUT FREE ✓ ■ SERVES 3 ■ PREP TIME 10MINS ■ COOKING TIME 25MINS

Ingredients

- cooking oil spray
- ½ cup wholemeal self-raising flour (60g)
- ½ cup dry polenta (90g)
- ¾ cup corn kernels, fresh or tinned (120g)
- 2 free-range eggs (100g)
- ¼ cup jalapeno chillies, sliced (25g)
- 1 tbsp reduced-fat Greek natural yogurt (20g)
- 1 tsp baking powder (2.5g)
-

Method

1. Preheat oven to 180C / gas mark 4. Lightly spray 6 holes of a muffin tin with cooking oil spray.
2. Combine all ingredients until just combined.
3. Divide batter between the prepared muffin holes and bake for 25 minutes, until golden brown and cooked through.
4. 1 serve is 2 muffins.
5. Store leftovers in an airtight container in the fridge to reheat for another meal or freeze individually then defrost and reheat.

Nutrition Per Serve: **Energy:** 330cals/1385kjs
Protein: 15.5g **Fibre:** 4.5g **Total Fat:** 9g
Carbohydrates: 43g **Saturated Fat:** 4g
Total Sugar: 10g **Free Sugar:** 0g



Double Choc Mini Muffins

■ NUT FREE ✓ ■ SERVES 5 ■ PREP TIME 20MINS

■ COOKING TIME 12MINS

Ingredients

- ½ cup plain wholemeal flour (60g)
- 1 tsp baking powder (2.5g)
- ⅓ cup reduced-fat milk of choice (83ml)
- ¾ tsp cider vinegar (3.8ml)
- 1 free-range eggs whisked (50g)
- 3 tsp cacao/cocoa powder (6g)
- 2 tbsp coconut sugar (32g)
- 2 tbsp dark chocolate bits (20g)

Method

1. Preheat oven to 180C / gas mark 4. Grease 10 holes of a mini muffin pan.
2. Combine vinegar and milk, set aside (allow it to curdle and turn into buttermilk).
3. Add flour, baking powder, sugar and cacao in a mixing bowl and combine well.
4. Add whisked egg and milk/vinegar mix and mix gently until thoroughly combined. Fold through chocolate bits.
5. Divide evenly into prepared muffin tray and bake for approximately 12 minutes until firm on top.
6. 1 serve is 2 muffins.
7. Leftovers can be stored in an airtight container in the fridge for 2-4 days or freeze individually and defrost as required.

Nutrition Per Serve: **Energy:** 130cals/542kjs
Protein: 4g **Fibre:** 2g **Total Fat:** 3g
Carbohydrates: 20g **Saturated Fat:** 2g
Total Sugar: 9g **Free Sugar:** 8g



Grain-Free Banana Bread Muffins

■ NUT FREE, GLUTEN FREE, DAIRY FREE ✓ ■ SERVES 4 ■ PREP TIME 20MINS

■ COOKING TIME 12MINS

Ingredients

- 5 free-range eggs (250g)
- 2 bananas (180g)
- 3 tbsp coconut oil, melted (45ml)
- 1/3 cup coconut flour (42g)
- 1 tsp baking powder (2.5g)
- 1 tsp vanilla extract (5ml)
- 1/4 cup reduced-fat milk of choice (60ml)

Method

1. Preheat oven to 200C / gas mark 6. Line or lightly spray 4 holes of a muffin tin.
2. Place all ingredients in a food processor or blender and blitz until smooth. If batter is too thick, add a little water or milk to thin, but don't let it get too runny
3. Divide batter between prepared muffin tin holes and bake for 25-30 minutes until lightly brown and firm to touch.
4. 1 serve is 1 muffin.
5. Serve warm or store leftovers in the fridge in an airtight container for 2-3 days.

Nutrition Per Serve: **Energy:** 268cals/1126kjs
Protein: 11.5g **Fibre:** 5.6g **Total Fat:** 20.5g
Carbohydrates: 15.4g **Saturated Fat:** 13.8g
Total Sugar: 9.5g **Free Sugar:** 1g



Lemon & Coconut Muffins

■ DAIRY FREE, EGG FREE ✓ ■ SERVES 6 ■ PREP TIME 5MINS

■ COOKING TIME 25MINS

Ingredients

- ¾ cup wholemeal self-raising flour (90g)
- ½ cup plain wholemeal flour (60g)
- 2 tbsp honey (30ml)
- ½ tsp baking powder (1.3g)
- 1 tsp vanilla extract (5ml)
- 2½ tbsp coconut oil (40 mls)
- 1 cup water (250ml)
- 1 tsp grated lemon rind (4g)
- 2 tsp lemon juice (10ml)
- 1 tbsp desiccated coconut (8g)
- 2 tbsp ground almonds (30g)

Method

1. Preheat oven to 180C / gas mark 4. Line 6 holes of a muffin tray with paper or silicon cases, or spray lightly with oil.
2. Combine 1 teaspoon of honey and 1 teaspoon of lemon juice. Set aside until muffins are baked.
3. Combine dry ingredients in a large bowl. Whisk wet ingredients in a jug. Add wet to dry and stir until just combined – do not over mix.
4. Divide mix evenly between the muffin holes and bake for 20-25 minutes or until a skewer comes out clean.
5. Remove muffins from oven, turn onto a cooling rack and brush with the honey lemon syrup while still warm.
6. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 196cals/820kjs
Protein: 3.8g **Fibre:** 4g **Total Fat:** 9.3g
Carbohydrates: 22g **Saturated Fat:** 6.7g
Total Sugar: 5.6g **Free Sugar:** 4.8g



Mini Chia & Orange Muffins

■ GLUTEN FREE, DAIRY FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS

■ COOKING TIME 20MINS

Ingredients

- 1 orange (130g)
- ¼ cup coconut oil, melted (60ml)
- 1¼ cups ground almonds (188g)
- ½ tsp baking powder (1.3g)
- salt
- 1 free-range egg (50g)
- 100ml of reduced-fat milk of choice
- 1 tsp Natvia* (4g)
- 1 tsp vanilla extract (5ml)
- 2 tbsp chia seeds (30g)

*available from Tesco

Method

1. Preheat oven to 180C / gas mark 4. Line or lightly spray 6 holes of a mini muffin tin.
2. Zest and juice the orange.
3. In a medium bowl, mix together ground almonds, baking powder and a pinch of salt.
4. In a larger bowl, whisk the egg. Add the Natvia, chia seeds, orange juice, milk, coconut oil, vanilla, and zest.
5. Add the dry ingredients to the wet ingredients. Gently combine, being careful to not over mix as otherwise muffins will be tough.
6. Pour batter into prepared muffin tins and bake for 18-20 minutes or until a skewer comes out clean when inserted into the centre.
7. Serve warm.
8. 1 serve is 1 muffin.
9. Refrigerate in an airtight container for 3-4 days or freeze individually for up to a month.

Nutrition Per Serve: **Energy:** 330cals/1390kjs
Protein: 8.4g **Fibre:** 5.1g **Total Fat:** 30.7g
Carbohydrates: 5.5g **Saturated Fat:** 10.5g
Total Sugar: 3.2g **Free Sugar** 0g



Passionfruit Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 7MINS

■ COOKING TIME 20MINS

Ingredients

- 1 free-range egg (50g)
- ½ cup reduced-fat Greek natural yogurt (130g)
- 2 tbsp passionfruit pulp (40g)
- ¼ cup water (62ml)
- 1 tbsp honey (15ml)
- 1¼ cups wholemeal self-raising flour (150g)
- ¼ tsp baking powder (0.6g)

Method

1. Preheat oven to 180C / gas mark 4 and lightly spray 6 holes of a muffin tray with cooking oil or line with cases.
2. In a large mixing bowl, whisk together yogurt, egg, water, honey and half the passionfruit pulp. Sift over flour and baking powder and gently fold through.
3. Divide batter between prepared muffin tin holes, top each with remaining passionfruit pulp and bake for 18-20 minutes until a skewer comes out clean when inserted into the centre of a muffin.
4. 1 serve is 1 muffin.
5. Store leftovers in an airtight container in the pantry for 2-3 days or freeze and defrost as required.

Nutrition Per Serve: **Energy:** 132cals/ 554kjs
Protein: 5.4g **Fibre:** 2.9g **Total Fat:** 1.3g
Carbohydrates: 22.7g **Saturated Fat:** 0.3g
Total Sugar: 5.8g **Free Sugar:** 5g



Pear, Date & Courgette Muffins

■ DAIRY FREE ✓ ■ SERVES 6 ■ PREP TIME 15MINS

■ COOKING TIME 22MINS

Ingredients

- cooking oil spray
- $\frac{3}{4}$ cup pear, grated (100g)
- $\frac{1}{4}$ cup courgette, grated (38g)
- $\frac{1}{4}$ cup dried dates, pitted (42g)
- $\frac{1}{3}$ cup honey (83ml)
- $\frac{1}{4}$ cup coconut oil (60ml)
- $\frac{1}{2}$ tsp vanilla extract (2.5ml)
- $\frac{3}{4}$ cup plain wholemeal flour (90g)
- 1 tsp baking powder (2.5g)
- 1 free-range egg (50g)
- $\frac{1}{2}$ cup walnuts, chopped (80g)

Method

1. Preheat the oven to 180C / gas mark 4. Grease 6 muffin holes with some cooking oil spray or line with paper cases.
2. Chop the pitted dates and place in a large bowl with the grated pear and courgette. Add the honey, coconut oil (melt if hard), vanilla and egg and whisk to combine.
3. Add the baking powder, flour (use gluten-free options if required) and walnuts and stir until just combined.
4. Divide the mixture among the muffin holes and place in the preheated oven for 18-22 minutes until a skewer comes out clean when inserted into the centre of a muffin.
5. Enjoy one muffin for breakfast (add some natural yogurt on the side if you like) or as a healthy snack.
6. Once the muffins are cooled they can be stored in an airtight container in the fridge for 2-3 days or in the freezer. Defrost or reheat in the microwave for a few seconds before serving.

Nutrition Per Serve: **Energy:** 297cals/1241kjs
Protein: 4.3g **Fibre:** 3.8g **Total Fat:** 19g
Carbohydrates: 36.8g **Saturated Fat:** 9g
Total Sugar: 22g **Free Sugar:** 15.6g



Pineapple & Coconut Muffins

■ DAIRY FREE, NUT FREE ✓ ■ SERVES 12 ■ PREP TIME 10MINS

■ COOKING TIME 25MINS

Ingredients

- cooking oil spray
- ½ cup coconut oil (120ml)
- ½ cup coconut sugar (100g)
- 2 free-range eggs (100g)
- 1 cup wholemeal self-raising flour (120g)
- 1 cup chopped pineapple, fresh or tinned (160g)
- ½ cup coconut cream (120g)
- 2½ tbsp pineapple juice, unsweetened (40ml)

Method

1. Preheat oven to 180C / gas mark 4. Lightly spray 12 muffin tin holes with cooking oil or line with cases.
2. With electric beaters, cream the chilled coconut oil with the coconut sugar, in a mixing bowl. Add the eggs one at a time, combining after each addition. Add flour and then stir in coconut cream, pineapple pieces and juice.
3. Divide batter evenly into prepared muffin tin holes and bake for 25 minutes or until golden brown on top and a skewer inserted into the centre comes out clean.
4. One muffin is one serve.

Nutrition Per Serve: **Energy:** 170cals/712kjs
Protein: 3g **Fibre:** 2g **Total Fat:** 11.5g
Carbohydrates: 13g **Saturated Fat:** 10g
Total Sugar: 6g **Free Sugar:** 4g



Raspberry Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS

■ COOKING TIME 22MINS

Ingredients

- cooking oil spray
- cooking oil spray
- 1½ cups plain wholemeal flour (160g)
- ½ tsp baking powder (1.3g)
- 1 cup fresh or frozen raspberries (240g)
- 2 free-range eggs (100g)
- ¼ cup reduced-fat milk of choice (62ml)
- ¼ cup butter, melted (62g)
- 2½ tbsp honey (40ml)
- 1 tsp grated lemon rind (4g)

Method

1. Preheat oven to 180C / gas mark 4. Lightly spray 6 muffin moulds with cooking oil spray or line with baking paper.
2. Combine all the dry ingredients in a bowl. Stir through raspberries to coat well.
3. Lightly whisk the eggs, butter, milk, honey and zest. Add to dry ingredients and stir to just combine (do not over mix).
4. Divide mixture between muffin moulds and bake for 20-22 minutes until a skewer inserted into the centre comes out clean.
5. 1 serve is 1 muffin.
6. Once the muffins are cooled they can be stored in an airtight container in the fridge for 2-3 days or in the freezer. Defrost or reheat in the microwave for a few seconds before serving.

Nutrition Per Serve: **Energy:** 231cals/969kjs
Protein: 6g **Fibre:** 4g **Total Fat:** 11g
Carbohydrates: 26g **Saturated Fat:** 6g
Total Sugar: 10g **Free Sugar:** 5.5g



Smoked Salmon & Feta Muffins

■ SERVES 4 ■ PREP TIME 8MINS ■ COOKING TIME 30MINS

Ingredients

- 1 cup wholemeal self-raising flour (120g)
- ¼ cup ground almonds (28g)
- 50g smoked salmon
- 50g reduced-fat feta, crumbled
- 2 free-range eggs (100g)
- 1 tbsps extra virgin olive oil (15ml)
- ½ cup reduced-fat milk of choice (125ml)
- pepper

Method

1. Preheat oven to 160C / gas mark 3. Lightly grease or line 4 large muffin tin holes or 1-cup size ramekins. Finely dice the salmon.
2. Combine the flour and ground almonds. Stir through the diced salmon and crumbled feta to coat well.
3. In a large jug whisk together eggs, oil and milk. Add to dry ingredients and stir until just combined – do not over mix.
4. Divide mixture between the muffin tin holes (or ramekins, if using) and place in oven for 25-30 minutes until cooked through and golden.
5. Allow to cool in tin (or ramekins) for 5 minutes before turning out onto a wire rack to completely cool.
6. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 248cals/1043kjs
Protein: 14g **Fibre:** 3g **Total Fat:** 14g
Carbohydrates: 19g **Saturated Fat:** 4g
Total Sugar: 4.2g **Free Sugar:** 0g



Spiced Apple & Sultana Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS

■ COOKING TIME 15MINS

Ingredients

- 1 cup plain wholemeal flour (120g)
- 2 tsp baking powder (5g)
- ½ tsp ground nutmeg (0.5g)
- ¼ tsp cinnamon (0.3g)
- ½ tsp vanilla extract (2.5ml)
- 2½ tbsp honey (40ml)
- ½ apple, grated (50g)
- 2 tbsp butter, softened (32g)
- 2 free-range eggs, beaten (100g)
- 2 tbsp sultanas (30g)

Method

1. Preheat oven to 180C / gas mark 4. Lightly grease 6 holes of a muffin pan.
2. Combine flour, baking powder, cinnamon and nutmeg, and whisk together.
3. Add beaten egg, vanilla, honey and butter. Mix well.
4. Fold in grated apple and sultanas.
5. Bake for 13-15 minutes or until firm on top.
6. 1 serve is 1 muffin.
7. Leftovers can be stored in an airtight container in the fridge for 2-4 days or freeze individually and defrost as required.

Nutrition Per Serve: **Energy:** 198cals/833kjs
Protein: 5.5g **Fibre:** 3g **Total Fat:** 6.2g
Carbohydrates: 29g **Saturated Fat:** 3.4g
Total Sugar: 12g **Free Sugar:** 11g



Sticky Orange & Poppy Seed Muffins

■ DAIRY FREE, NUT FREE ✓ ■ SERVES 8 ■ PREP TIME 10MINS

■ COOKING TIME 25MINS

Ingredients

- $\frac{3}{4}$ cup wholemeal self-raising flour (90g)
- $\frac{1}{2}$ cup plain wholemeal flour (60g)
- $\frac{1}{2}$ tsp baking powder (1.3g)
- 1 tbsp honey (15ml)
- $\frac{1}{2}$ tsp vanilla extract (2.5ml)
- 2 tbsp extra virgin olive oil (30ml)
- $\frac{1}{2}$ cup water (125ml)
- 1 tsp orange zest (4g)
- 2 tsp orange juice (10ml)
- 2 tbsp poppy seeds (32g)
- 1 free-range egg (50g)

Method

1. Preheat oven to 180C / gas mark 4 and line or lightly spray with cooking oil spray 8 holes of a muffin tin.
2. Combine flours and baking powder in a large bowl.
3. Whisk honey, vanilla, olive oil, water, orange zest, orange juice, poppy seeds and eggs in another bowl. Add wet mix to dry and stir until just combined – do not over mix or the muffins will be tough.
4. Divide mix evenly between the muffin tray and bake for 20-25 minutes or until a skewer comes out clean.
5. 1 serve is 1 muffin.
6. Perfect for lunchboxes and freezer friendly.

Nutrition Per Serve: **Energy:** 151cals/633kjs
Protein: 3.5g **Fibre:** 2.1g **Total Fat:** 7.2g
Carbohydrates: 17.1g **Saturated Fat:** 1.1g
Total Sugar: 4.2g **Free Sugar:** 3.7g



Sweet Potato Muffins with Cinnamon & Maple Cream Cheese

■ NUT FREE ✓ ■ SERVES 12 ■ PREP TIME 10MINS ■ COOKING TIME 22MINS

Ingredients

- 1 sweet potato, peeled and cubed (160g)
- ½ cup maple syrup (125ml)
- 2 cups wholemeal self-raising flour (240g)
- 1 tsp baking powder (2.5g)
- 2 free-range eggs, lightly beaten (100g)
- ½ cup reduced-fat milk of choice (125ml)
- ½ cup coconut oil, melted (120ml)
- 1 cup light cream cheese (260g)
- 1 tsp cinnamon (1g)

Method

1. Combine softened cream cheese, cinnamon and 1½ tablespoons of maple syrup. Stir until smooth and set aside.
2. Preheat oven to 180C / gas mark 4. Line a muffin tray with 12 paper liners.
3. Steam sweet potato until very soft. Drain, cool slightly and mash well with a fork.
4. Whisk remaining maple syrup, coconut oil and milk into mashed sweet potato until smooth. Whisk in eggs. Add flour and baking powder and fold to just combine.
5. Divide batter into lined muffin tins and bake for 18-22 minutes, until a toothpick inserted into the centre comes out clean.
6. Turn out and cool completely on a wire rack, when cool spread each muffin with 1 tablespoon of the pre-prepared cream cheese frosting.
7. 1 serve is 1 muffin with cream cheese frosting.
8. Store leftover cream cheese mix and muffins in airtight containers in the fridge for 3-4 days or freeze muffins individually to defrost and reheat as required.

Nutrition Per Serve: **Energy:** 281cals/1177kjs
Protein: 5.8g **Fibre:** 3g **Total Fat:** 16.7g
Carbohydrates: 26.1g **Saturated Fat:** 4.3g
Total Sugar: 9.8g **Free Sugar:** 8.2g



Sweet Potato Pesto Muffins

■ SERVES 12 ■ PREP TIME 10MINS

■ COOKING TIME 40MINS

Ingredients

- 1 cup rolled oats (100g)
- ¾ cup reduced-fat Greek natural yogurt (195g)
- ¼ cup extra virgin olive oil (62ml)
- 2 free-range eggs, lightly beaten (100g)
- ¼ cup water (62ml)
- ¼ cup basil pesto, store-bought (48g)
- 1 tbsp rosemary leaves, chopped (4g)
- salt
- pepper
- 200g sweet potato
- 1 cup spelt flour (120g)
- ½ tsp bicarbonate soda (1.3g)
- 2 tsp baking powder (5g)
- 2 tsp baking powder

Method

1. Preheat oven to 180C / gas mark 4 and grease or line 12 muffin tin holes.
2. In a large bowl stir together oats, water and yogurt.
3. Add oil, eggs, pesto, herbs, salt and pepper and mix well.
4. Grate the sweet potato and stir into the oat mixture.
5. Add spelt flour, baking powder and bi-carb to the batter and fold to just combine.
6. Spoon batter evenly into prepared muffin tin holes and cook in the oven for 38-40 minutes or until lightly golden on top.
7. 1 serve is 1 muffin.
8. Store leftovers in an airtight container in the fridge for 4-5 days.

Nutrition Per Serve: **Energy:** 162cals/680kjs
Protein: 4.7g **Fibre:** 2.5g **Total Fat:** 9.2g
Carbohydrates: 16.2g **Saturated Fat:** 1.8g
Total Sugar: 2g **Free Sugar:** 0g



Wholemeal Choc Chip Muffins

■ NUT FREE ✓ ■ SERVES 12 ■ PREP TIME 5MINS

■ COOKING TIME 20MINS

Ingredients

- cooking oil spray
- 2 cups wholemeal self-raising flour (240g)
- ½ cup dark chocolate bits (60g)
- 2 free-range eggs (100g)
- 1 cup reduced-fat milk of choice (250ml)
- ¼ cup extra virgin olive oil (62ml)
- ¼ cup honey (62ml)
- 1 tsp vanilla extract (5ml)

Method

1. Preheat oven to 170C / gas mark 3 and lightly spray 12 holes of a muffin tin tray with cooking oil spray or line with muffin cases.
2. Sift flour into a large mixing bowl and combine with the chocolate bits.
3. Whisk eggs and combine with milk, olive oil, honey and vanilla.
4. Make a well in the flour mix and add all the liquids, stir to combine well.
5. Divide batter between each muffin tin hole and bake for 15-20 minutes until a skewer comes out clean when inserted in the centre.
6. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:**183cals/ 771kjs
Protein: 3.8g **Fibre:** 2.5g **Total Fat:** 8g
Carbohydrates: 22.9g **Saturated Fat:** 2.7g
Total Sugar:10.3g **Free Sugar:** 9.9g



Courgette & Corn Muffins

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS

■ COOKING TIME 20MINS

Ingredients

- ¼ cup corn kernels, fresh or tinned (40g)
- ½ cup reduced-fat Greek natural yogurt (130g)
- 1 free-range egg (50g)
- ½ courgette, grated (55g)
- ¼ cup broccoli, finely chopped (25g)
- 1 tbsp cheddar cheese, grated (20g)
- ½ spring onion, finely chopped (7.5g)
- ½ cup wholemeal self-raising flour (60g)

Method

1. Preheat oven to 200C / gas mark 6.
2. Place corn, eggs and yogurt in a food processor on high until well combined and corn is roughly chopped.
3. Place corn mixture into a large mixing bowl and stir through courgette, broccoli, cheese and spring onion. Add flour and fold through until well combined, but do not beat or over mix.
4. Spoon mixture evenly into 6 muffin tray holes that have been lined with patty cases.
5. Bake in the oven for 15-20 minutes or until golden.
6. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 90cals/377kjs
Protein: 5.5g **Fibre:** 2.2g **Total Fat:** 1.5g
Carbohydrates: 12g **Saturated Fat:** 0.4g
Total Sugar: 1.8g **Free Sugar:** 0g



Courgette, Green Tea & Chocolate Muffins

■ SERVES 8 ■ PREP TIME 10MINS ■ COOKING TIME 25MINS

Ingredients

- cooking oil spray
- 1½ cups plain wholemeal flour (180g)
- 1 tsp baking powder (2.5g)
- 1 tbsp matcha green tea powder (16g)
- ⅓ cup coconut sugar (67g)
- ¼ cup almond milk, unsweetened (62ml)
- ½ cup water (125ml)
- 1 tbsp coconut oil, melted (15ml)
- 1 free-range egg (50g)
- 1 tsp cider vinegar (5ml)
- ¼ cup dark chocolate bits (30g)
- 1 courgette, grated (110g)

Method

1. Preheat oven to 180C / gas mark 4 and lightly spray 8 holes of a muffin tin with cooking oil spray.
2. Combine flour, baking powder and matcha green tea powder in a bowl.
3. In a large jug use a fork to whisk together almond milk, water, melted coconut oil, coconut sugar, egg, courgette and cider vinegar.
4. Pour wet ingredients into dry and stir gently to combine. Fold in chocolate bits and divide into the 8 prepared muffin tin holes.
5. Bake in the oven for 20-22 minutes or until a skewer comes out clean when inserted into the centre.
6. 1 serve is 1 muffin.

Nutrition Per Serve: **Energy:** 166cal/696kjs
Protein: 5g **Fibre:** 4g **Total Fat:** 5g
Carbohydrates: 23g **Saturated Fat:** 3g
Total Sugar: 4g **Free Sugar:** 3.8g



SLICES

SAVOURY OR SWEET, THESE DELICIOUS SLICES ARE LOADED WITH NUTRITIOUS INGREDIENTS AND ARE THE PERFECT MORNING, AFTERNOON OR EVENING SNACK. POP INTO A LUNCH BOX FOR A SCHOOL-FRIENDLY TREAT OR MAKE A BATCH TO TAKE NEXT TIME YOU VISIT FRIENDS.



Apricot & Coconut Slice

■ NUT FREE, GLUTEN FREE, DAIRY FREE, EGG FREE ✓ ■ SERVES 12 ■ PREP TIME 10MINS

Ingredients

- 1 cup dried apricots (160g)
- 4 medjool dates, pitted (60g)
- 2½ tbsp coconut oil (40ml)
- 2 tbsp chia seeds (30g)
- ¼ cup desiccated coconut (25g)
- ⅓ cup sunflower seeds (64g)
- ⅓ cup pepitas, roasted (60g)
- 2½ tbsp water (40ml)

Method

1. Blitz apricots in a food processor/blender until they resemble crumbs.
2. Add dates and coconut oil and blitz again until combined, then set aside.
3. Blitz chia seeds, coconut, sunflower seeds and pepitas together.
4. Add both mixtures together in the blender and blitz again.
5. Add water then pulse for a final time to combine well.
6. Line a 20cm x 20cm tray with baking paper. Press mixture evenly into tray and place in the fridge until firm.
7. When firm, cut into 12 slices.
8. 1 serve is 1 slice.
9. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 127cals/534kjs
Protein: 2.8g **Fibre:** 3.2g **Total Fat:** 8.8g
Carbohydrates: 8.8g **Saturated Fat:** 4.2g
Total Sugar: 6.8g **Free Sugar:** 0.1g



Beetroot Choc Slice

■ SERVES 12 ■ PREP TIME 10MINS ■ COOKING TIME 40MINS

Ingredients

- 100g beetroot, fresh
- 1 tbsp extra virgin olive oil (15ml)
- $\frac{2}{3}$ cup reduced-fat Greek natural yogurt (173g)
- 2 free-range eggs (100g)
- $\frac{1}{3}$ cup honey (83ml)
- 1 tsp vanilla extract (5ml)
- 2 tbsp cacao/cocoa powder (16g)
- 1 cup plain wholemeal flour (120g)
- $1\frac{1}{2}$ cups ground almonds (225g)
- 2 tsp baking powder (5g)
- salt

Method

1. Preheat oven to 180C / gas mark 4. Scrub and grate the beetroot.
2. In a bowl, mix olive oil, yogurt, eggs, honey and vanilla and mix until well combined, now add the grated beetroot.
3. In a separate bowl, mix cacao/cocoa, flour, ground almonds, baking powder and a pinch of salt together. Combine wet and dry ingredients together without over working.
4. Pour mixture into a lined square tin 20cm x 20cm and bake in the oven for 35-40 mins. Allow to cool slightly then slice into 12 squares.
5. 1 serve is 1 square.
6. Store leftovers in an airtight container in the fridge for up to a week.

Nutrition Per Serve: **Energy:** 151cals/634kjs
Protein: 4.6g **Fibre:** 1.8g **Total Fat:** 6.8g
Carbohydrates: 20g **Saturated Fat:** 1.1g
Total Sugar: 9.6g **Free Sugar:** 7.7g



Caramel Slice

DAIRY FREE ✓ SERVES 16 PREP TIME 90MINS COOKING TIME 5MINS

Ingredients

Base

- $\frac{3}{4}$ cup rolled oats (75g)
- 1 tsp cacao/cocoa powder (2g)
- 2 tbsp coconut oil (30ml)
- 2 tbsp maple syrup (30ml)
- $\frac{1}{2}$ tsp vanilla extract (2.5ml)

Caramel

- 1 cup dates, soaked in boiling water (170g)
- $\frac{1}{2}$ cup cashews, soaked in boiling water for 15 minutes (60g)
- $\frac{1}{2}$ tsp vanilla extract (2.5ml)

Top Layer

- 1 tbsp coconut oil, melted (15ml)
- 1 tbsp cacao/cocoa powder (6g)
- 2 tsp maple syrup (10ml)

Method

1. Line a small, square or rectangular tin or container (approx 10cm x 15cm) with baking paper. Leave some excess baking paper over the edges to help remove the slice when ready to cut.
2. Combine all ingredients for the base together and evenly press into the base of the prepared tin/container.
3. Drain and rinse cashews and dates then process in a blender or food processor with the vanilla until smooth. Spread this caramel mixture over the base and place in the refrigerator for 30 minutes until set.
4. Mix the cacao/cocoa and maple syrup from the top layer ingredients into the melted coconut, in a saucepan, over a low heat. Stir until well combined.
5. Pour this layer over the top of the caramel layer and return to the refrigerator for another 30 minutes or until set.
6. Lift caramel slice out of container using the excess baking paper. Slice into 16 squares. 1 serve is 1 square.

Nutrition Per Serve: **Energy:** 108cals/457kjs
Protein: 1.6g **Fibre:** 1.5g **Total Fat:** 6.4g
Carbohydrates: 10.8g **Saturated Fat:** 3.7g
Total Sugar: 6.7g **Free Sugar:** 2.5g

Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freezer for up to 3 months.



Carrot Cake Slice

■ NUT FREE ✓ ■ SERVES 6 ■ PREP TIME 10MINS ■ COOKING TIME 22MINS

Ingredients

- 1¼ cups plain wholemeal flour (150g)
- 1 tsp baking powder (2.5g)
- ½ tsp cinnamon (0.5g)
- ¼ tsp ground cloves (0.3g)
- ¼ tsp ground ginger (0.3g)
- 1 cup carrot, grated (140g)
- 1¼ cups plain wholemeal flour (150g)
- 1 tsp baking powder (2.5g)
- ½ tsp cinnamon (0.5g)
- ¼ tsp ground cloves (0.3g)
- ¼ tsp ground ginger (0.3g)
- 1 cup carrot, grated (140g)

Method

1. Preheat oven to 180C / gas mark 4. Lightly spray a 20cm baking tin with cooking oil and line base and sides with baking paper.
2. Mix all the dry ingredients together. Stir through carrot and currants to coat well.
3. Whisk eggs in a large jug, add melted butter, honey, milk and vanilla and whisk again to combine.
4. Pour wet ingredients into dry and fold until just mixed – be careful not to over mix.
5. Pour into prepared pan, smooth surface and bake for 20-22 minutes until a skewer inserted into the centre comes out clean.
6. Cool in pan for 5 minutes, run a knife around the unlined edge and turn out onto a rack to cool completely. Cut into 6 slices.
7. 1 serve is 1 slice.
8. Note: this can also be made as 6 muffins. Just divide mix into a greased muffin tray and bake for 18-22 minutes.

Nutrition Per Serve: **Energy:** 248cals/1040kjs
Protein: 6g **Fibre:** 6g **Total Fat:** 11g
Carbohydrates: 30g **Saturated Fat:** 6g
Total Sugar: 12.2g **Free Sugar:** 7.8g



Cherry Chocolate Slice

■ NUT FREE, GLUTEN FREE, EGG FREE ✓ ■ SERVES 10 ■ PREP TIME 260MINS

■ COOKING TIME 5MINS

Ingredients

- 150g cherries, pitted (fresh or frozen)
- 45ml coconut oil
- ½ cup desiccated coconut (50g)
- 2 tbsp chia seeds (30g)
- 60g dark chocolate (70%)
- 1 tbsp coconut flour (10g)

Method

1. If using frozen cherries, allow them to defrost and drain off excess moisture.
2. Place all ingredients except the chocolate and coconut flour into a food processor and blitz until well combined. Some small lumps of cherry are fine and add to the texture of the slice.
3. Line a loaf pan with baking paper and spoon mixture in, smoothing it with a spatula. Put the pan in the fridge while you melt the chocolate.
4. Break the chocolate into small pieces and melt in a small bowl or jug over a saucepan of boiling water, stirring occasionally.
5. Once it is completely melted, pour the chocolate over the cherry mixture and tilt the pan to get a thin, even coat of chocolate. Return the pan to the fridge for at least 4 hours.
6. When ready, dust a chopping board liberally with the coconut flour, and place the slice onto the board. This will give it a slightly cakey base.
7. Cut the slice with a hot knife into 10 equal pieces. 1 serve is 1 piece.
8. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 141cals/ 590kjs
Protein: 2g **Fibre:** 1.9g **Total Fat:** 11g
Carbohydrates: 6g **Saturated Fat:** 9g
Total Sugar: 2.7g **Free Sugar:** 0.6g



Chocolate Coconut Slice

■ NUT FREE, EGG FREE ✓ ■ SERVES 15 ■ PREP TIME 15MINS ■ COOKING TIME 25MINS

Ingredients

- 5 wheat cereal biscuits like Weetabix, crushed (75g)
- 2 tbsp cacao/cocoa powder (16g)
- 1 tsp vanilla extract (5ml)
- 1/3 cup coconut oil, melted (80ml)
- 1/3 cup reduced-fat Greek natural yogurt (87g)
- 1 cup wholemeal self-raising flour (120g)
- 1 cup desiccated coconut (100g)
- 1/2 cup coconut sugar (100g)
- 1 free-range egg, whisked (50g)
- 1/2 cup reduced-fat milk of choice (125ml)
- 75g dark chocolate (70%)
- 2 tsp extra virgin olive oil (10ml)

Method

1. Preheat oven to 180C / gas mark 4. Line a baking dish or slice tray, approximately 20cm x 20cm in size.
2. Combine crushed biscuits, cocoa/cacao, vanilla, coconut oil, yogurt, flour, desiccated coconut, coconut sugar, egg and milk. Stir until well combined. If mix seems too dry, add a little more milk. Mixture should be moist and thick.
3. Press mixture into prepared dish with back of a spoon and bake for 20-25 minutes or until a knife comes out clean. The slice will be firm when ready.
4. Once slice has cooled, make the icing by combining the chocolate and olive oil in a saucepan. Stir over a low heat until starting to melt. Remove from heat and continue stirring until smooth. Allow chocolate mixture to cool slightly before spreading evenly over the top of the slice.
5. Once icing starts to set, cut slice into 15 pieces. 1 serve is 1 piece.
6. You may refrigerate the slice to set the icing further in warm weather. Store leftovers in an airtight container in the fridge for up to a week.

Nutrition Per Serve: **Energy:** 209cals/880kjs
Protein: 3.5g **Fibre:** 2g **Total Fat:** 13g
Carbohydrates: 19g **Saturated Fat:** 11g
Total Sugar: 10.5g **Free Sugar:** 9g



Chocolate, Date & Bran Slice

■ NUT FREE, EGG FREE ✓ ■ SERVES 8 ■ PREP TIME 30MINS

■ COOKING TIME 45MINS

Ingredients

- ½ cup dried dates, chopped & pitted (85g)
- 1 tbsp cacao/cocoa powder (6g)
- 1 cup water (240ml)
- 1 tbsp chia seeds (11g)
- ¼ tsp vanilla extract (1.3ml)
- 2 tbsp honey (30ml)
- 1 cup rolled oats (100g)
- ½ cup bran cereal (35g)
- ½ cup reduced-fat Greek natural yogurt (120g)
- 2 tbsp light cream cheese (30g)
- 2 tsp ricotta cheese (10g)
- 1 tsp maple syrup (5ml)

Method

1. Combine chopped dates, cacao/cocoa, water, vanilla and chia seeds in a bowl to soak for 20 minutes.
2. Preheat oven to 180C / gas mark 4.
3. Add honey, oats and bran to date mix and soak for a further 10 minutes.
4. Stir through Greek yogurt and spread the mix evenly across the base of a lined loaf tin.
5. Bake for 45 minutes, until top is firm to touch – slice will still be fairly moist in the centre. Turn onto a wire rack to cool.
6. Mix together the cream cheese, ricotta and maple syrup to make the frosting and spread over cooled slice. Cut into 8 pieces.
7. 1 serve is 1 piece.
8. Store leftover slice in the fridge or freezer in an airtight container.

Nutrition Per Serve: **Energy:** 146cals/614kjs
Protein: 4g **Fibre:** 4g **Total Fat:** 3g
Carbohydrates: 24g **Saturated Fat:** 1g
Total Sugar: 15g **Free Sugar:** 6.4g



Chocolate Fruit & Nut Slice

DAIRY FREE, GLUTEN FREE, EGG FREE ✓ SERVES 12 PREP TIME 60MINS

Ingredients

- ½ cup peanut butter (96g)
- 4 tbsp maple syrup (60ml)
- ¼ cup walnuts, roughly chopped (40g)
- 1 tsp vanilla extract (5ml)
- 2½ tbsp coconut oil, melted (40ml)
- 2 tbsp cacao/cocoa powder (16g)
- ¼ cup dried cranberries (30g)
- 1 tbsp desiccated coconut (8g)

Method

1. Place all ingredients in a bowl and mix well to combine.
2. Spoon into a baking tray/loaf pan lined with baking paper.
3. Place in the fridge or freezer to set.
4. When firm, remove from pan and cut into 12 pieces.
5. 1 serve is 1 piece.
6. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 160cals/676kjs
Protein: 4.5g **Fibre:** 2.6g **Total Fat:** 12g
Carbohydrates: 8.2g **Saturated Fat:** 4.3g
Total Sugar: 6.2g **Free Sugar:** 4g



Cinnamon Nut Slice

GLUTEN FREE ✓ SERVES 14 PREP TIME 70MINS

Ingredients

- 1 cup sultanas (170g)
- 1 tbsp water (15ml)
- 2 tbsp desiccated coconut (16g)
- ¼ cup almonds (30g)
- ½ cup pepitas, roasted (90g)
- ½ cup cashews, unsalted (60g)
- 1 tsp cinnamon (1g)
- 25g dark chocolate (70%)

Method

1. Line a 20cm x 20cm tray with baking paper and set aside.
2. Blitz sultanas and water together in a blender or food processor and set aside.
3. Blitz coconut, almonds, pepitas, cashews and cinnamon in a blender or food processor until crumbly.
4. Mix both mixtures together until well combined.
5. Press firmly into prepared tray and place in the fridge or freezer to set.
6. Once slice is set, melt chocolate using your preferred method and drizzle over the slice. Return to fridge until chocolate has set.
7. When firm, remove from tray and slice into 14 pieces.
8. 1 serve is 1 piece.
9. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 132cals/556kjs
Protein: 3.1g **Fibre:** 1.7g **Total Fat:** 7.9g
Carbohydrates: 12g **Saturated Fat:** 2.2g
Total Sugar: 10g **Free Sugar:** 0.4g



Coconut Weetabix Slice

DAIRY FREE, EGG FREE ✓ SERVES 16 PREP TIME 130MINS

COOKING TIME 15MINS

Ingredients

- 4 wheat cereal biscuits, like Weetabix, crushed (60g)
- 100ml coconut oil
- 1 cup plain wholemeal flour (120g)
- ½ cup coconut sugar (100g)
- ½ cup desiccated coconut (50g)
- 1 tbsp cacao/cocoa powder (8g)
- ¼ cup boiling water (62ml)
- ½ cup peanut butter (96g)
- 1 tbsp honey (15ml)

Method

1. Preheat oven to 160C / gas mark 3. Line a square tin with baking paper.
2. In a bowl stir together crushed Weetabix, flour and desiccated coconut.
3. In a jug combine 60ml of melted coconut oil, boiling water, cacao/cocoa and coconut sugar and mix well.
4. Pour wet ingredients into dry and stir to coat. Tip mixture into prepared pan and press with the back of a spoon or your fingers to create an even layer.
5. Bake for 15 minutes then cool slightly in tin.
6. While slice is baking make the icing. Whisk together remaining of melted coconut oil, peanut butter and honey until smooth.
7. Spread icing over warm slice and refrigerate for 2 hours or until set.
8. Slice into 16 slices. 1 serve is 1 slice.
9. Store leftovers in an airtight container in the fridge for 3-4 days.
Tip: if you store peanut butter in the fridge, bring it to room temperature before whisking with the melted coconut oil or the oil will firm back up!

Nutrition Per Serve: **Energy:** 171cals/720kjs
Protein: 3.3g **Fibre:** 2g **Total Fat:** 11.6g
Carbohydrates: 13.7g **Saturated Fat:** 8g
Total Sugar: 6g **Free Sugar:** 3.9g



Coffee Date Slice

DAIRY FREE, EGG FREE ✓ SERVES 10 PREP TIME 190MINS

COOKING TIME 30-35MINS

Ingredients

- 400g dates, pitted
- 1 tbsp instant coffee powder (16g)
- 1 cup wholemeal self-raising flour (120g)
- ¼ cup almonds, walnuts or Brazil nuts, chopped (30g)

Method

1. Chop dates roughly.
2. Add coffee to 375ml cups of boiling water, then pour over the dates to soak for approximately 3 hours.
3. After soaking time, preheat oven to 170C / gas mark 3.
4. Stir sifted flour and chopped nuts into date mixture. Mix well.
5. Pour into a greased and lined loaf tin.
6. Bake for 30-35 minutes or until a skewer inserted into the centre comes out clean. Allow to cool then slice into 10 pieces.
7. 1 serve is 1 piece.
8. Store leftovers in an airtight container in the fridge for up to 2 weeks or freeze individual slices for up to 3 months.

Nutrition Per Serve: **Energy:** 135cals/571kjs
Protein: 3.3g **Fibre:** 4.3g **Total Fat:** 2.2g
Carbohydrates: 23.8g **Saturated Fat:** 0.1g
Total Sugar: 12.8g **Free Sugar:** 0g



Easy Chocolate Slice

DAIRY FREE, GLUTEN FREE, EGG FREE ✓ SERVES 12 PREP TIME 70MINS

Ingredients

- $\frac{3}{4}$ cup cashews, unsalted (90g)
- $\frac{1}{2}$ cup desiccated coconut (50g)
- 2 tbsp cacao/cocoa powder (16g)
- 2 tsp coconut oil (10ml)
- 2 medjool dates, pitted (30g)
- 1 tsp vanilla extract (5ml)
- 1 tbsp maple syrup (15ml)

Method

1. Line a 20cm x 20cm tray with baking paper and set aside.
2. Place cashews in a blender or food processor and quickly blitz until broken into smaller pieces. Add remaining ingredients and blitz until well combined.
3. Spoon evenly into prepared tray and place into the fridge or freezer to set.
4. Once set, remove from tray and cut into 12 pieces.
5. 1 serve is 1 piece.
6. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 97cals/408kjs
Protein: 2.2g **Fibre:** 1.9g **Total Fat:** 7.3g
Carbohydrates: 4.8g **Saturated Fat:** 3.3g
Total Sugar: 3g **Free Sugar:** 1.3g



Hedgehog Slice

■ GLUTEN FREE, EGG FREE ✓ ■ SERVES 16 ■ PREP TIME 25MINS

Ingredients

- ½ cup dried dates, pitted (85g)
- 1 cup walnuts (160g)
- 2½ tbsp honey (40ml)
- 2 tbsp cacao/cocoa powder (16g)
- 3 tbsp desiccated coconut (24g)
- 1 cup puffed rice* (25g)
- 100g dark chocolate bits
- 1 tbsp coconut oil (15ml)

*available from health food shops

Method

1. Line a loaf tin with baking paper. Soak pitted dates in boiling water for 10 minutes, then drain.
2. In a food processor, blend walnuts, soaked dates, honey, cocoa/cacao powder and desiccated coconut. Transfer mix to a bowl and mix through puffed rice. Press mix into the prepared tin. Set aside while you make the topping.
3. Melt chocolate bits and coconut oil together in the microwave in 30 second increments. Stir until combined and smooth, then pour over base. Move tin from side to side so that the topping evenly covers the base. Tap tin on bench then place into freezer for 10 minutes to set.
4. Cut slice into 16 bars. 1 serves is 1 slice.
5. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 134cals/566kjs
Protein: 1.7g **Fibre:** 1.2g **Total Fat:** 8.1g
Carbohydrates: 14g **Saturated Fat:** 3g
Total Sugar: 10.3g **Free Sugar:** 4.4g



Jelly Slice

■ NUT FREE, EGG FREE ✓ ■ SERVES 12 ■ PREP TIME 270MINS ■ COOKING TIME 5MINS

Ingredients

Base

- ½ cup firmly packed dates, pitted (85g)
- 1 cup rolled oats (100 grams)
- 1 tbsp coconut oil, melted (15ml)

Middle Layer

- 250g light cream cheese
- 1 cup Greek natural yogurt (260g)
- 2 tbsp maple syrup (30ml)
- ½ tsp vanilla extract (2.5ml)
- 2 tsp powdered gelatine (8g)
- 3 tbsp boiling water (45ml)

Top Layer

- 400 strawberries, fresh, washed, hulled and sliced
- 1 cup fresh orange juice (250ml)
- ¼ tsp vanilla extract (1.25ml)
- 2 tbsp maple syrup (30ml)
- 1 tbsp powdered gelatine (16g)
- 3 tbsp boiling water (45ml)

Method

1. Line a medium slice container with baking paper. Soak dates in boiling water for 20 minutes. Drain and rinse. In a food processor, add dates, oats and coconut oil and pulse until it becomes a sticky crumb. Press into base of container. Refrigerate.
2. Make the middle layer by adding cream cheese, yogurt, maple syrup and vanilla to a mixing bowl. Beat until smooth. Dissolve gelatine in boiling water and add to cream cheese mix. Beat for 1 minute. Smooth mixture over the base layer and set in refrigerator for 2 hours.
3. Make the top layer by adding half orange juice and all strawberries to a saucepan. Stir over a low heat for 2 minutes until strawberries soften. Add remaining juice and process until smooth.
4. Dissolve gelatine from top layer ingredients in boiling water and add to strawberry mixture. Freeze for 10 minutes. Remove and mix again before spreading evenly over the cream cheese. Cover with a clean tea towel and refrigerate for 2 hours until jelly has set.
5. Slice into 12 pieces to serve once set. 1 serve is 1 piece.

Nutrition Per Serve: **Energy:** 157cals/660kjs
Protein: 6.7g **Fibre:** 1.1g **Total Fat:** 7.9g
Carbohydrates: 14.8g **Saturated Fat:** 5.3g
Total Sugar: 13.5g **Free Sugar:** 5.3g



Lemon & Coconut Slice

DAIRY FREE, GLUTEN FREE, EGG FREE ✓ SERVES 15 PREP TIME 130MINS

Ingredients

Base

- 2 cups desiccated coconut (240g)
- 1 cup ground almonds (150g)
- 3 tbsp coconut oil, melted (45ml)
- 1 tbsp honey (15ml)
- 2 lemons, juiced and rind zested

Topping

- 300g coconut yogurt
- ¼ cup desiccated coconut (30g)
- 2 tbsp coconut oil (30ml)
- 1 tsp honey (5ml)

Method

1. Line a long non-stick loaf pan with baking paper.
2. Mix all the ingredients for the slice base layer in a food processor until well combined – use a little water if needed to bring the mix together.
3. Press into the prepared tin and place into the freezer until firm.
4. Mix all the topping ingredients in a food processor until well combined and pour over the base layer.
5. Return the tin to the freezer until topping has set.
6. Slice into 15 pieces. 1 serve is 1 piece.
7. Leftovers can be stored in an airtight container in the freezer for up to 2 months. Remove a piece approximately 30 minutes before ready to serve to defrost slightly.

Nutrition Per Serve: **Energy:** 202cals/894kjs
Protein: 2.4g **Fibre:** 2.2g **Total Fat:** 20.9g
Carbohydrates: 3.9g **Saturated Fat:** 15.2g
Total Sugar: 3.2g **Free Sugar:** 1.9g



Lentil Slice with Garden Salad

DAIRY FREE, NUT FREE, GLUTEN FREE ✓ SERVES 1

PREP TIME 10MINS COOKING TIME 50MINS

Ingredients

- ½ cup green beans, trimmed (60g)
- 150g tinned brown lentils, rinsed & drained
- ½ carrot, grated (35g)
- ½ courgette, grated (55g)
- ¼ brown onion, finely diced (25g)
- 3 large free-range eggs (150g)
- 1 tsp curry powder (1g)
- 1 cup mixed lettuce leaves (30g)
- 1 tsp lemon juice (5ml)
- salt
- pepper

Method

1. Preheat oven to 180C / gas mark 4 and line a lasagne tray with baking paper. Cut beans into small rounds.
2. In a mixing bowl combine lentils, grated carrot, courgette, diced onion, beans and curry powder. Whisk the eggs in a separate bowl then add to lentil mixture.
3. Transfer mixture into prepared lasagne tray and press down firmly.
4. Cook in pre-heated oven for approx 40-50 minutes until cooked through and set.
5. Serve with mixed salad leaves dressed with lemon juice, salt and pepper.

Nutrition Per Serve: **Energy:** 366cal/1533kjs
Protein: 31g **Fibre:** 9.3g **Total Fat:** 16.2g
Carbohydrates: 19.5g **Saturated Fat:** 4.2g
Total Sugar: 5.1g **Free Sugar:** 0g



No Bake Choc Cranberry Rice Slice

■ GLUTEN FREE, ADD EGG FREE ✓ ■ SERVES 6 ■ PREP TIME 60MINS

Ingredients

- 2 cups puffed rice* (50g)
- ¼ cup dried cranberries (30g)
- 1 tbsp peanut butter (16g)
- 100g dark chocolate (70%)

*available from health food shops

Method

1. Line a slice dish with baking paper.
2. Combine rice puffs with cranberries in a bowl.
3. Melt chocolate and peanut butter together in a microwave-safe bowl in 20 second increments.
4. Once melted pour over rice mixture until completely coated. Spoon into prepared dish and smooth over the top. Place in refrigerator until set, approximately 1 hour, then slice into 12 pieces,
5. 1 serve is 2 pieces.
6. Store leftovers in an airtight container in the fridge for up to a week.

Nutrition Per Serve: **Energy:** 163cals/687kjs
Protein: 2.7g **Fibre:** 2.7g **Total Fat:** 8.8g
Carbohydrates: 18.1g **Saturated Fat:** 4.4g
Total Sugar: 7.4g **Free Sugar:** 4g



No Bake Chocolate & Tahini Slice

■ NUT FREE, EGG FREE ✓ ■ SERVES 10 ■ PREP TIME 70MINS

Ingredients

- ½ cup plain wholemeal flour (60g)
- 1 tbsp cacao/cocoa powder (8g)
- 2½ tbsp honey (40ml)
- ⅓ cup tahini (85g)
- 35g dark chocolate bits
- 1 tsp coconut oil (5ml)

Method

1. Combine flour, cacao/cocoa, honey and tahini and mix well.
2. Press into a small container lined with baking paper (approx. 10cm x 15cm). Place into the freezer for at least 30 minutes.
3. In a saucepan over a low heat, melt together chocolate and oil. Remove from heat and stir until smooth.
4. Remove slice from freezer and spread melted chocolate over the top. Return to freezer or fridge to set for another 30 minutes.
5. Cut into 10 even slices. 1 serve is 1 slice.
6. Store leftovers in an airtight container in the fridge or freezer for up to a week.

Nutrition Per Serve: **Energy:** 118cals/495kjs
Protein: 2.8g **Fibre:** 2.3g **Total Fat:** 7g
Carbohydrates: 10.2g **Saturated Fat:** 1.9g
Total Sugar: 5.6g **Free Sugar:** 5.2g



Nut Fudge Slice

■ GLUTEN FREE, DAIRY FREE, EGG FREE ✓ ■ SERVES 8 ■ PREP TIME 130MINS

Ingredients

- 1/3 cup ground almonds (50g)
- 1/3 cup coconut flour (42g)
- 1/4 cup coconut oil, melted (60ml)
- 1 tbsp cacao/cocoa powder (8g)
- 1/4 cup reduced-fat milk of choice (62ml)
- 2 1/2 tbsp honey (40ml)
- salt

Method

1. Mix all the ingredients, with a pinch of salt, in a bowl to form a batter. Spread into a lined small loaf tin.
2. Place the tin in the fridge for 2 hours until the fudge is firm.
3. Cut into 8 pieces. 1 serve is 1 piece.
4. Store leftover fudge in an airtight container in the fridge or freezer.

Nutrition Per Serve: **Energy:** 136cals/571kjs
Protein: 1.7g **Fibre:** 1.5g **Total Fat:** 11.6g
Carbohydrates: 8.7g **Saturated Fat:** 8g
Total Sugar: 6.8g **Free Sugar:** 6.1g



Oat & Honey Slice

EGG FREE ✓ SERVES 20 PREP TIME 10MINS COOKING TIME 25MINS

Ingredients

- cooking oil spray
- 2 cups rolled oats (200g)
- 1 cup desiccated coconut (100g)
- 1 cup plain wholemeal flour (120g)
- 2 tsp baking powder (5g)
- ½ cup raisins (120g)
- ¾ cup butter, melted (188g)
- ¼ cup honey (62ml)
- 2 tbsp crunchy peanut butter (32g)

Method

1. Preheat the oven to 180C / gas mark 4. Lightly grease a slice pan with cooking oil spray and line with baking paper.
2. In a large bowl, combine all the dry ingredients and mix well
3. Add the melted butter, peanut butter and honey and stir well to combine (you can heat these ingredients in a small saucepan over low heat to make them softer and easier to stir, if required).
4. Press mixture into the prepared slice pan using a spoon to flatten and smooth the top.
5. Place in the oven for 20-25 minutes or until golden brown.
6. Allow to cool and slice into 20 squares. 1 serve is 1 square.
7. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks.

Nutrition Per Serve: **Energy:** 175cals/735kjs
Protein: 2.4g **Fibre:** 1.4g **Total Fat:** 12.2g
Carbohydrates: 14.5g **Saturated Fat:** 8.5g
Total Sugar: 7.2g **Free Sugar:** 3.6g



Peanut Caramel Slice

EGG FREE ✓ SERVES 16 PREP TIME 10MINS COOKING TIME 90MINS

Ingredients

Base

- ¼ cup almonds (30g)
- ¼ cup desiccated coconut (25g)
- 6 medjool dates, pitted (90g)
- ¼ cup rolled oats (25g)
- 1 tbsp coconut oil, melted (15ml)

Filling

- 6 medjool dates, pitted (90g)
- ½ cup peanut butter (96g)
- 2 tbsp maple syrup (30ml)
- 1 tbsp coconut oil, melted (15ml)
- 2 tbsp crushed peanuts (30g)

Drizzle

- 15g dark chocolate (70%)

Method

1. Line a 25cm x 13cm slice tray with baking paper.
2. Blitz all base ingredients together in a food processor until sticky and combined.
3. Press into lined tray and place in the freezer to set.
4. Blitz the dates from the filling ingredients in a food processor until broken down. Add peanut butter, maple syrup and coconut oil. Blitz again until combined.
5. Fold through the peanuts then remove base from freezer and spoon filling mixture over the top of the base. Return to the freezer to set.
6. Once filling has set, melt chocolate using preferred method and drizzle over the top of the slice. Return to freezer or fridge to set chocolate.
7. When set, slice into 16 pieces. 1 serve is 1 piece.
8. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 152cals/640kjs
Protein: 4g **Fibre:** 2.4g **Total Fat:** 10.9g
Carbohydrates: 9.2g **Saturated Fat:** 4.1g
Total Sugar: 7.3g **Free Sugar:** 2.2g



Peppermint Chocolate Slice

DAIRY FREE, EGG FREE ✓ SERVES 12 PREP TIME 60MINS

Ingredients

- 12 medjool dates, pitted (180g)
- 1 cup rolled oats (100g)
- 1 tbsp cacao/cocoa powder (8g)
- salt
- ½ teaspoon peppermint extract (2.5ml)
- 2 tbsp coconut oil, melted (30ml)
- ¼ cup cashews, unsalted (30g)
- ¼ cup pepitas, roasted (45g)
- 1 tbsp desiccated coconut (8g)

Method

1. Line a 20cm x 20cm slice tin with baking paper.
2. Blitz dates using a food processor or blender until they form a paste.
3. To the dates, add all remaining ingredients. Blitz until well combined.
4. Press mixture very firmly into the slice tin and place in the fridge or freezer to set.
5. Once set, slice into 12 pieces. 1 serve is 1 piece.
6. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 126cal/528kjs
Protein: 2g **Fibre:** 2.6g **Total Fat:** 8g
Carbohydrates: 12g **Saturated Fat:** 4.4g
Total Sugar: 6.2g **Free Sugar:** 0g



Simple Courgette & Bacon Slice

■ NUT FREE ✓ ■ SERVES 1 ■ PREP TIME 10MINS ■ COOKING TIME 30MINS

Ingredients

- 1 bacon rasher, diced (27g)
- ½ courgette, grated (55g)
- ½ carrot, grated (35g)
- 2 tbsp fresh parsley, chopped (10g)
- 2 free-range eggs (100g)
- 1 tbsp plain wholemeal flour (10g)
- 1 tbsp cheddar cheese, grated (20g)
- pepper
- cooking oil spray

Method

1. Preheat oven to 170C / gas mark 3.
2. Combine grated vegetables, bacon, parsley, whisked eggs, flour and grated cheese to form a batter. Season with pepper.
3. Pour into a baking dish greased lightly with cooking oil spray and place in the oven for 25-30 minutes until set in the centre and golden on top.
4. Allow to cool slightly before serving.

Nutrition Per Serve: **Energy:** 325cal/1361kjs
Protein: 27g **Fibre:** 4g **Total Fat:** 19g
Carbohydrates: 10g **Saturated Fat:** 7g
Total Sugar: 3g **Free Sugar:** 0g



“Snickers” Slice

■ GLUTEN FREE, DAIRY FREE ✓ ■ SERVES 24 ■ PREP TIME 90MINS ■ COOKING TIME 5MINS

Ingredients

Base

- 125g cashews, unsalted
- 1 cup ground almonds (150g)
- 1 tbsp cacao/cocoa powder (8g)
- 1 tsp vanilla extract (5ml)
- 1 tbsp maple syrup (15ml)

Middle

- 125g cashews, unsalted
- 200g dates, pitted
- 1 tsp vanilla extract (5ml)
- 1 tbsp maple syrup (15ml)
- 1 tbsp coconut oil, melted (15ml)
- 1 cup peanuts, roasted, lightly salted (140g)

Top

- 3 tbsp coconut oil, melted (45ml)
- 3 tbsp cacao/cocoa powder (24g)
- 1 tbsp maple syrup (15ml)

Method

1. Line a 20cm x 20cm square baking dish with baking paper.
2. Soak the cashews from the Base and Middle ingredients in boiling water for 20 minutes. Soak dates from Middle ingredients in boiling water for 20 minutes. Rinse and drain cashews and dates. Add cashews only to a food processor and pulse until smooth. Divide cashew mixture in half.
3. Add one half of the cashew mixture to the rest of the base ingredients and mix well. Press into the lined dish evenly and flatten.
4. Place all the middle ingredients (excluding the peanuts) with remaining cashew mixture, into a food processor and pulse until smooth. Stir through chopped peanuts. Smooth mixture over base and refrigerate for 30 minutes to set a little.
5. Add the top ingredients into a small saucepan. Stir over a low heat until melted. Pour over the top of the slice and return to the fridge for 20-30 minutes to set.
6. When set gently cut into 24 rectangles with a sharp knife. 1 serve is 1 rectangle.
7. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.

Nutrition Per Serve: **Energy:** 184cals/773kjs
Protein: 5g **Fibre:** 2.7g **Total Fat:** 12.5g
Carbohydrates: 8g **Saturated Fat:** 4.4g
Total Sugar: 5.7g **Free Sugar:** 2g



Strawberry & Rhubarb Crumble Slice

DAIRY FREE, EGG FREE ✓ SERVES 24 PREP TIME 120MINS COOKING TIME 5MINS

Ingredients

Base

- 125ml coconut oil
- 2 cups ground almonds (300g)

Middle

- 125g strawberries, hulled and cut in half
- 80g rhubarb, chopped
- 1 tbsp coconut sugar (16g)

Top

- 50g untoasted muesli
- 1 tbsp honey (15ml)

Method

1. Blitz almond meal and melted coconut oil from the base ingredients in a food processor or blender and press into a lined 25cm x 13cm slice tin.
2. Place in fridge or freezer to firm.
3. Place strawberries, rhubarb and coconut sugar in a saucepan with about ½ cup of water and cook on low, stirring regularly until reduced and like a jam consistency. Add more water if required to avoid burning.
4. Spread over the top of the base once ready.
5. Stir over low heat until honey melted.
6. Spread mixture over the fruit layer and return to the fridge or freezer to set.
7. Slice into 16 pieces. 1 serve is 1 piece.
8. Leftovers can be stored in an airtight container in the fridge for up to 1 week or freeze for up to 2 months.

Nutrition Per Serve: **Energy** 116cal/489kjs
Protein: 2.2g **Fibre:** 1.4g **Total Fat:** 10.4g
Carbohydrates: 3.4g **Saturated Fat:** 4.8g
Total Sugar: 2.7g **Free Sugar:** 1.5g



THE HEALTHY MUMMY SMOOTHIES

FIBRE & DIGESTION

With **2.4g⁺** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.

OMEGA 3 & 6

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.

NUTRIENTS & AMINO ACIDS

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.

21.7g⁺ of complete protein per serve from non-GM soy protein that helps build lean muscle.

No artificial sweeteners, preservatives or caffeine.

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss* and moving things along.



PROTEIN



NO NASTIES



STAY FULL FOR LONGER

NO ADDED SUGARS

*When vanilla flavour is made up with skimmed milk as directed.
*When used in conjunction with a diet reduced in energy and including regular exercise.
Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

9/10 MUMS say they got better results when using the **SMOOTHIES** while completing the **28 DAY WEIGHT LOSS CHALLENGE**

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins & minerals
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- ✓ Plant based protein
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- ✓ High in protein & fibre
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Available in

Chocolate • Strawberry • Vanilla

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THE 28 DAY WEIGHT LOSS CHALLENGE APP

The 28 Day Weight Loss Challenge app is your Challenge companion. It's **EASY** to download with the Challenge and gives you 24/7 access to everything you LOVE about the Challenge.

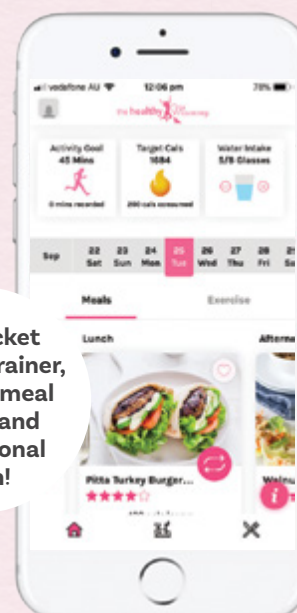
Customise your meal plans, access shopping lists, update your measurements, see your progress, get daily exercises and more.

Our time efficient, at home workouts are totally busy-mum friendly with a great variety including PLYO, HIIT and Pilates.

28 Day Weight Loss Challenge App Benefits:

- ✓ Track your daily calories, activity minutes & water consumption in one spot!
- ✓ Choose from over 4,000 recipes to suit your needs and dietary requirements
- ✓ Set up your profile to select your default meal serve size requirements and dietary restrictions, and work out your daily calorie needs depending on your weight loss goals
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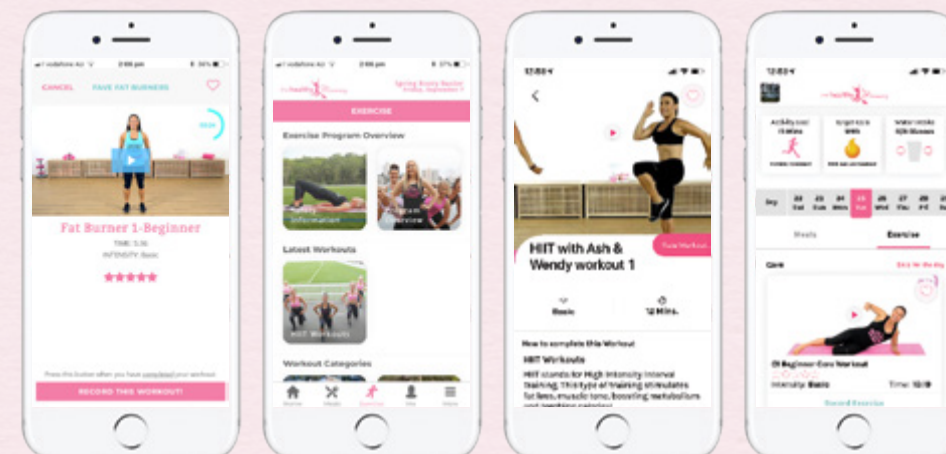


Available on the
App Store



PLUS, the App:

- ✓ Gives you push notifications
- ✓ Allows you to bulk swap meal choices to suit your weight loss journey
- ✓ Ability to track your water intake
- ✓ Ability to track your water intake and calories
- ✓ Gives you access to all the latest workouts
- ✓ And **EVEN MORE** new items to be launched in the APP in upcoming Challenges!



JOIN 100,000s OF MUMS JUST LIKE YOU AND REACH YOUR GOALS.*

*results may vary by person

Go to www.healthymummy.co.uk

BE INSPIRED BY THESE AMAZING MUMS and their 28 Day Weight Loss Challenge stories

Melissa Timer



MELISSA **LOST 5.7ST**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Since losing 5.7st, Melissa is down to 11.6st and looking forward to getting to 11st by building and toning her muscles.

"I would say my meal plan is high protein, moderate carb intake," she says.

The busy mum-of-two has not only been following the 28 Day Weight Loss Challenge, she's also been drinking The Healthy Mummy smoothies, which work as a healthy meal replacement.

Alicia Whitbread



ALICIA **LOST 4.7ST**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Alicia and her family are vegan but she chooses not to select the vegan option in the meal plan when customising: "It limits the food options so I make swaps and substitutions to suit the meat meals for my family."

This shows how adaptable and easy The Healthy Mummy meal plans are!

"I might leave out the meat and add extra vegetables or legumes or swap dairy products for vegan dairy-free cheeses and spreads," she says.

Stacey Chisholm



STACEY **LOST 6.6ST**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Stacey is loving life 6.6st lighter and she says she's healthier than ever.

Stacey's meal prep has recently changed from just prepping snacks to making main meals and lunches to freeze. She says, "It may take up a day of cooking but it's worth it during the week with less time in the kitchen and more time with the kids.

"I still have to have one Healthy Mummy smoothie a day – smoothies are life."

Shantelle Van Der Leeuw



SHANTELE **LOST 5.6ST**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Shantelle has gone through a huge transformation in the past 16 months, from 17.4st to 11.8st in 16 months. That's a massive total loss of 5.6st on the 28 Day Weight Loss Challenge.

"I can't explain how fantastic and confident I feel. Sticking at it and not giving up were the hardest things I've done but the best decision of my life."



We hope you've enjoyed reading and using our Muffins and Slices Cookbook.

If you would like to purchase any of our products and plans, or want access to more health information and recipes, please visit our website, www.healthymummy.co.uk

If you have any questions regarding anything in this book or any of our plans you can email us at support@thehealthymummy.com and we'll do our best to answer your query.

Good luck on your healthy lifestyle journey!

Love Rhian

and The Healthy Mummy team

XXX