Some recipes from

span

Chia pudding

<u>Nutrition</u>

For 1 serving Proteins: 11g Fats: 20g

Net Carbohydrates: 2g

Calories: 313kcals

<u>Ingredients</u>

1 servings 2 tablespoons of chia seeds 1 cup of almond milk A few drops of vanilla extract 1/2 tablespoon almond butter 1/2 tablespoon cacao nibs



<u>Method</u>

- 1. In a jar, add chia seeds, almond milk and vanilla extract. Put the lid on and give it a good shake. Leave to stand for a couple of minutes, and shake it up again to stop the chia seeds clumping together.
- 2. Pop it in the fridge to 'swell' overnight (or for at least 4 hours), and in the morning you'll have a lovely, thick pud. It's important to soak chia seeds for long enough to reduce phytic acid, which can cause tummy upset and gas.
- 3. You may need to give it another shake before you eat it- the more you shake, the thicker it gets. Top with almond butter and cacao nibs - enjoy!



Fat-bomb smoothie

<u>Nutrition</u>

Proteins: 10.4g Fats: 48.7g

Net Carbohydrates: 7.1g

Calories: 532kcals

<u>Ingredients</u>

1 servings

1 whole small avocado (approx. 125g) 50ml double cream — use coconut cream for dairy free

1 egg* – organic or free range

1–2 tablespoons cacao

Pinch salt

Natural sweetener

<u>Method</u>

- 1.Blitz together the avocado, cream, egg, cacao and pinch of salt till smooth. Taste and adjust the cacao, or add sweetener to your preference.
- 2. Thin out the mixture with half a cup of ice or a splash of water.

*Remove the egg if you're pregnant, immune suppressed, or just cautious of raw egg. You can use a scoop of low-carb protein powder or collagen powder to increase protein, instead.



Oh My Goodness bread

<u>Nutrition</u>

For 1 slice Proteins: 6g

Fats: 13g

Net Carbohydrates: 1g

Calories: 165kcals

<u>Ingredients</u>

13 servings

80g ground almond

250g flaxseeds (whole/ground

or a mixture of both)

2 tablespoons chia seeds

11/2 teaspoon bicarb soda

1 teaspoon salt

4 eggs (higher welfare)

50g of butter or coconut oil (melted)

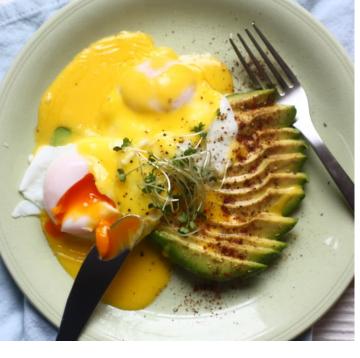
2 tablespoons lemon juice

100ml water

Poppy seeds or sesame seeds

<u>Method</u>

- 1.Preheat the oven to 170°C (338°F). Grease and line a tin or baking tray with parchment paper.
- 2.In a bowl, mix all the dry ingredients together. Make a well in the middle of the dry ingredients and add the, eggs, butter, lemon juice and water.
- 3. Mix everything together and leave it to stand for a few minutes to thicken up. It will be sloppy to begin with, but you'll be surprised by how much it will stiffen.
- 4. Add the mixture to a tin, or form into your desired shape and place on a baking tray.
- 5.Top with sesame seed or poppy seeds and bake for 45 minutes until golden and cooked through.



Eggs with...

Nutrition

All variable - depending on what ingredients you use!

<u>Ingredients</u>

Eggs either scrambled; boiled; fried; poached or an omelette Whatever you'd like to pair with your eggs

Pairing sugestions:

1. For extra protein

- Smoked salmon or bacon (make sure they're not cured in sugar), ham, cheese, such as cheddar, feta, cooked halloumi, sardines
- 2. Vegetables
- Avocado, sautéed mushrooms, creamed spinach, steamed or wilted greens, roasted aubergine, cauliflower, cabbage, asparagus or broccoli, steamed veg like broccoli or asparagus, salad
- 3. Added extras for a punch of flavour
- Chilli oil, mayo, aubergine mayo, hollandaise, melted butter, lemon or lime juice, soft herbs like coriander or basil, nuts and seeds

