

Some recipes from span

Chia pudding

Nutrition

For 1 serving

Proteins: 11g

Fats: 20g

Net Carbohydrates: 2g

Calories: 313kcal

Ingredients

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

Method

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

Nutrition

Proteins: 10.4g

Fats: 48.7g

Net Carbohydrates: 7.1g

Calories: 532kcal

Ingredients

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



Method

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

Nutrition

For 1 slice

Proteins: 6g

Fats: 13g

Net Carbohydrates: 1g

Calories: 165kcal

Ingredients

13 servings

80g ground almond

250g flaxseeds (whole/ground or a mixture of both)

2 tablespoons chia seeds

1 1/2 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



Method

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!

Ingredients

Eggs either scrambled; boiled; fried; poached or an omelette

Whatever you'd like to pair with your eggs



Pairing suggestions:

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