



TEAM FITTY

THE TEAM FITTY RECIPE BOOK

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Hey Team! We hope you enjoy these recipes as much as we do!

Remember - you can swap out meat for veggie/vegan alternatives

Holly & Jacob

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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KEY

-  VEGETARIAN
-  VEGAN
-  DAIRY FREE
-  GLUTEN FREE
-  CONTAINS NUTS
-  HIGH PROTEIN
-  LOW CARB
-  LOW FAT
-  LOW CALORIE

BREAKFAST



EASY BERRY PARFAITS



SERVES: 4



TOTAL TIME:
15 minutes



INGREDIENTS

400g fresh strawberries, cut into pieces
380g fresh blueberries
4 teaspoons reduced-fat raspberry walnut vinaigrette
210g Greek yoghurt or strawberry yoghurt
2 teaspoons fresh mint, chopped
desiccated coconut, optional

INSTRUCTIONS

Place strawberries and blueberries in separate bowls. Drizzle each with 2 teaspoons vinaigrette, toss to coat.

In a small bowl, mix yoghurt and mint.

Spoon strawberries into 4 parfait glasses. Layer each with yoghurt mixture and blueberries.

If desired, top with coconut and fresh chopped mint.

CALORIES

170

PROTEIN

5

CARBS

24

FATS

6

FIBRE

4

PER PORTION





BELL PEPPERS, HAM, CHEESE AND EGGS BREAKFAST



SERVES: 3



TOTAL TIME:
20 minutes



INGREDIENTS

2 bell peppers, sliced into rings
6 eggs, beaten
1 teaspoon salt and freshly
ground black pepper
110g chopped bacon
2 teaspoons chopped parsley
2 teaspoons chopped thyme
75g feta cheese, crumbled

CALORIES

413

PROTEIN

29

CARBS

9

FATS

29

FIBRE

2

PER PORTION

INSTRUCTIONS

In a medium bowl, whisk together eggs, feta cheese and chopped bacon. Add salt and black pepper and thyme.

Heat a nonstick frying pan over medium heat, and grease lightly with olive oil.

Place a bell pepper ring in the frying pan then add mixture with bacon and cheese. Cook 2 minutes, then flip the ring and cook 2 minutes more.

Repeat with other bell pepper rings and cheese mixture.

Garnish with chopped parsley.





STRAWBERRY PUDDING



SERVES: 2



TOTAL TIME:
5 minutes



INGREDIENTS

14 large strawberries, chopped and frozen
1 tablespoon peanut butter
170g low-fat cottage cheese
1 tablespoons honey
1/2 teaspoon vanilla extract
2 tablespoon chia seeds
1 tablespoon almond, chopped

INSTRUCTIONS

In a blender or food processor add all ingredients, except chia seeds and almonds, until smooth.

Put the pudding in glasses, sprinkle with chia seeds and chopped almonds.

If you like a thicker consistency freeze 15 minutes before serving.

Store remaining serving in the freezer.

CALORIES

292

PROTEIN

17

CARBS

29

FATS

12

FIBRE

8

PER PORTION





TOFU BREAKFAST BOWL



SERVES: 2



TOTAL TIME:
45 minutes



INGREDIENTS

300g firm tofu, cut into cubes
2 tbsp olive oil
1 tbsp tamari
1 courgette, diced
1 red bell pepper, diced
1/2 broccoli, grated

CALORIES

382

PROTEIN

24

CARBS

13

FATS

26

FIBRE

5

PER PORTION

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Prepare the tofu by placing it in between two sheets of paper towel. Gently push on the tofu to drain out the excess water.

Place half the olive oil and tamari in a medium-sized bowl, add the tofu and toss to coat well.

Transfer tofu to the baking tray. Place in the oven and cook for 25-30 minutes.

Meanwhile, heat the remaining olive oil in a medium-sized frying pan.

Add the courgette and bell pepper and cook for 5 minutes. Stir through the grated broccoli and cook for another 2 minutes.

Transfer vegetables to 2 serving bowls and top with tofu.





STRAWBERRY BANANA SMOOTHIE



SERVES: 2



TOTAL TIME:
5 minutes



INGREDIENTS

300g strawberries
2 frozen bananas
2 scoops vanilla protein powder
(vegan if required)
500ml almond milk

INSTRUCTIONS

Add all of the ingredients to your blender and blitz until smooth.
Divide between 2 tall glasses.

CALORIES

304

PROTEIN

30

CARBS

37

FATS

4

FIBRE

6

PER PORTION



SIDES



CHILLI GLAZED SWEET POTATOES



SERVES: 4



TOTAL TIME:
60 minutes



INGREDIENTS

1kg sweet potatoes, peeled and cut into chunks
50g butter
100g sweet chilli sauce
1 spring onion, finely sliced

INSTRUCTIONS

Preheat the oven to 180C/350F/Gas Mark 4.

Place sweet potatoes in a single layer in a roasting tin.

Add the butter and sweet chilli sauce in a saucepan over medium-high heat, stirring for 2-3 minutes. Remove from heat and add to the potatoes. Use tongs to toss and coat evenly. Cover the tray with foil and roast for 30 minutes. Then remove foil, gently toss the potato pieces and roast for a further 20 minutes until tender and sticky.

CALORIES

327

PROTEIN

3

CARBS

54

FATS

11

FIBRE

5

PER PORTION





HOUMOUS, BEETROOT AND CUCUMBER RICE CAKES



SERVES: 1



TOTAL TIME:
5 minutes

INGREDIENTS

3 rice cakes
75g reduced fat houmous
40g cucumber, sliced
40g pickled beetroot, drained
and diced
1 tsp sesame seeds

INSTRUCTIONS

Slice the cucumber and remove the seeds, prepare the beetroot and add both to a bowl. Add sea salt and stir together. Set aside.

Lay rice cakes onto a plate and add 25g (1 tbsp) houmous to each cake.

Add even amounts of cucumber and beetroot to each and sprinkle with sesame seeds.

CALORIES

246

PROTEIN

8

CARBS

31

FATS

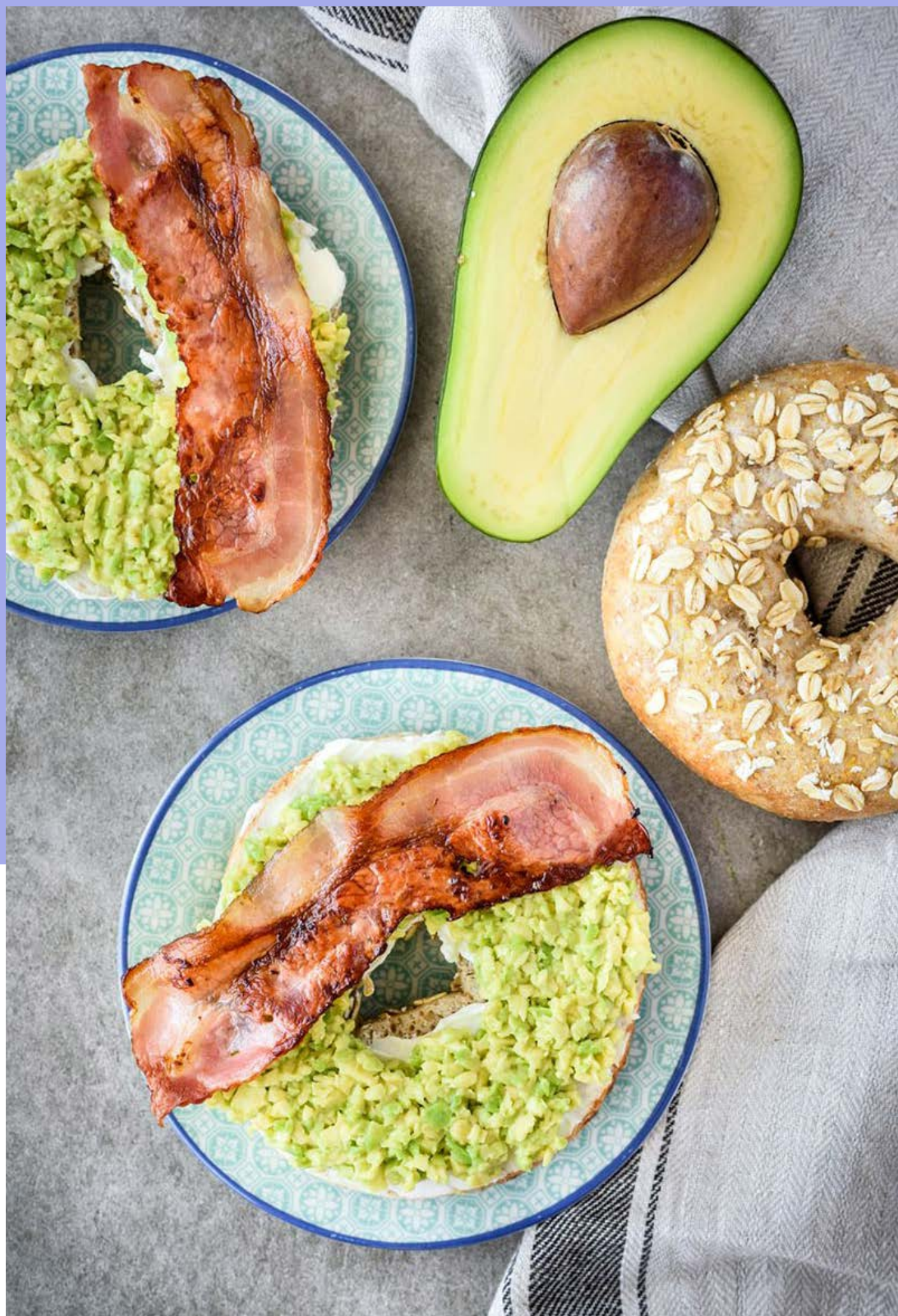
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FIBRE

6

PER PORTION





HOT BACON AND AVOCADO PROTEIN BAGEL



SERVES: 1



TOTAL TIME:
12 minutes

INGREDIENTS

2 slices of back bacon
40g avocado flesh
1/4 limes juice
60g low fat spreadable soft cheese
1 seeded protein bagel thin

INSTRUCTIONS

Prepare the avocado by halving and removing the stone with a knife or spoon and add the flesh into a bowl. Squeeze in the lime juice and season, then mash roughly together with a fork.

Heat a non-stick frying pan on medium heat and lay in the bacon rashers whilst the pan is cold and fry until crispy and brown, 6-8 mins on each side. Cook bacon thoroughly.

Meanwhile, halve your bagel and toast in your toaster.

Spread each bagel half with the cream cheese and top with your avocado flesh and rashers of bacon.

CALORIES

409

PROTEIN

27

CARBS

28

FATS

21

FIBRE

5

PER PORTION





ROASTED TINNED POTATOES



SERVES: 2



TOTAL TIME:
30 minutes



INGREDIENTS

2x 540g cans of new potatoes,
drained
320g tomatoes, quartered
4 tbsp balsamic vinegar
4 tbsp olive oil
1/2 tsp sea salt

INSTRUCTIONS

Preheat the oven to 180C/350F/Gas Mark 4.

Add all of the ingredients to a roasting tray and mix together very well until fully coated.

Add to the oven for 25 minutes, mixing the tray together halfway through.

CALORIES
243

PROTEIN
4

CARBS
32

FATS
11

FIBRE
3

PER PORTION





GRILLED SPRING ONIONS AND TOMATO SAUCE



SERVES: 2



TOTAL TIME:
25 minutes



INGREDIENTS

2 tbsp olive oil
1 clove of garlic, chopped
4 tomatoes, finely chopped
1 tsp chilli powder
180g spring onions, roots removed

INSTRUCTIONS

Heat 1 tbsp of the olive oil in a medium saucepan and add the garlic. Cook for 30-45s and add the tomatoes, chilli powder and a pinch of salt and sugar. Bring to low heat adding 2 tbsp water and simmer for 12 minutes until the tomatoes have thickened.

Heat a griddle pan over high heat and add 1 tbsp olive oil. When hot, add the spring onions and cook each side for 1 minute until lightly charred and softened.

Remove from the heat and serve with the tomato sauce.

CALORIES

160

PROTEIN

3

CARBS

10

FATS

12

FIBRE

3

PER PORTION



MAINS



BARLEY AND MUSHROOM SOUP



SERVES: 4



TOTAL TIME:
85 minutes



INGREDIENTS

2 tbsp olive oil
1 brown onion, chopped
1 clove garlic, minced
1 carrot, diced
2 celery stalks, diced
400g mushrooms, chopped
200g pearl barley
800ml vegetable stock
cracked pepper

INSTRUCTIONS

Heat the oil in a large saucepan over high heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, carrot and celery and cook for an additional 5 minutes.

Next, stir through the mushrooms and cook for 2 minutes.

Add the vegetable stock, barley and a generous sprinkling of cracked pepper.

Bring to a boil, reduce to a low simmer and cook for 50-60 minutes or until barley is cooked.

Divide between four bowls and serve with crunchy bread, optional.

CALORIES

297

PROTEIN

9

CARBS

45

FATS

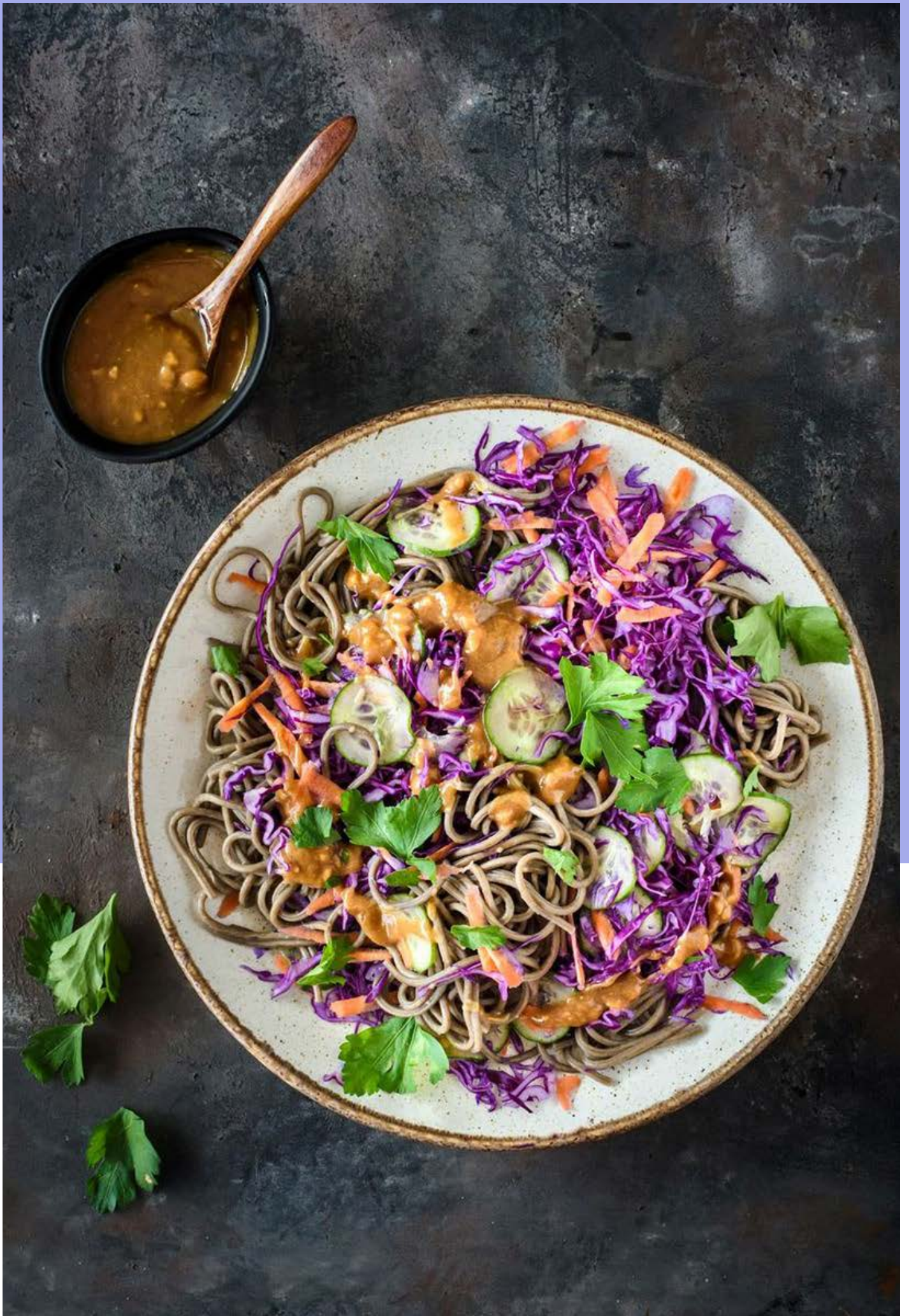
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FIBRE

10

PER PORTION





SOBA NOODLE SLAW



SERVES: 4



TOTAL TIME:
30 minutes



INGREDIENTS

120g soba noodles (uncooked)
140g red cabbage, shredded
2 large carrots, grated
1 large cucumber, thinly sliced
For the sauce:
100g peanut butter
3 tbsp tamari
2 tbsp maple syrup
1 lime juiced
2 tsp sesame oil
2 cloves garlic, minced

1/2 tbsp ginger, grated
For garnishing:
40g coriander, leaves picked
1 long red chilli, sliced

INSTRUCTIONS

Cook the soba noodles according to the packet instructions. Drain and set aside.

In a large bowl, toss together the cabbage, carrots and cucumber.

In a small bowl, whisk together all dressing ingredients. If the sauce is too thick, just add a little water.

Stir the dressing through the salad and top with coriander and fresh red chilli.

CALORIES

347

PROTEIN

14

CARBS

39

FATS

15

FIBRE

5

PER PORTION





RICH TOMATO AND TUNA PASTA



SERVES: 4



TOTAL TIME:
35 minutes

INGREDIENTS

1 tbsp olive oil
1 onion, diced
500g aubergine, sliced
1 long red chilli, sliced
750g ripe tomatoes, peeled and chopped
125g tinned tuna, drained
40g chopped basil leaves
400g penne pasta (gluten-free if required)

INSTRUCTIONS

Heat the oil in a large frying pan. Add the onion and aubergine and cook, stirring continuously for 10 minutes or until aubergine has softened.

Add the tomatoes and basil, cover and simmer for 15 minutes.

Meanwhile, cook the pasta according to packet instructions. Drain and rinse.

Once the pasta is cooked, stir the tuna through the sauce, followed by the pasta for 1-2 minutes.

Divide between 4 bowls.

CALORIES

499

PROTEIN

23

CARBS

86

FATS

7

FIBRE

8

PER PORTION





CAULIFLOWER PURÉE WITH CHICKPEAS



SERVES: 6



TOTAL TIME:
45 minutes



INGREDIENTS

2 heads cauliflower, cut into big florets
60ml almond milk
3 tbsp olive oil
sea salt and cracked pepper
For the chickpeas:
1 x (400g) tin chickpeas, drained
1 tbsp olive oil
2 tsp paprika
1 tsp chilli flakes
4 cloves garlic

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6. Line a baking tray with baking paper.

Bring a large pot of salted water to boil. Cook cauliflower for 20-25 minutes or until soft. Drain, allow to cool and then using a tea towel, squeeze out as much water as you can.

Meanwhile, take the drained chickpeas and dry them in kitchen towel. Lightly rub them to loosen the outside shells. Toss in olive oil, paprika and chilli flakes and lay on the baking tray, along with the full cloves of garlic. Place in the oven and cook for 25-30 minutes or until crispy.

Transfer the cooled cauliflower, along with the garlic cloves to a blender or food processor. Blitz until smooth and creamy.

Pour purée into a large serving bowl and top with chickpeas. Season with a little extra sea salt and cracked pepper.

Serve immediately, with pita bread or vegetable sticks.

CALORIES

221

PROTEIN

12

CARBS

14

FATS

13

FIBRE

6

PER PORTION





STUFFED TOFU



SERVES: 5



TOTAL TIME:
35 minutes



INGREDIENTS

500g fried tofu, cut into 5 large squares
10 mushrooms, finely chopped
5g basil, chopped
50g vegan cheese, grated
Salt and cracked pepper
1 tbsp olive oil
700ml passata
2 cloves garlic, minced
2 tsp oregano
1-2 tsp chilli flakes
2 tbsp spring onions, diced

INSTRUCTIONS

Prepare the tofu shells by using a sharp knife to carve out the inside of each square.

Add the carved out tofu mixture to a medium-sized bowl, along with the mushrooms, basil, vegan cheese, salt and cracked pepper.

Transfer the mixture back into the tofu shells.

Heat the olive oil in a large frying pan and cook the squares for about 5 minutes each side or until crispy. Once cooked, remove and set aside on some kitchen towel.

In the same frying pan, add the passata, garlic, oregano and chilli flakes. Heat for about 5 minutes.

Return the tofu squares to the frying pan and cook for another 5 minutes, flipping once to coat

Transfer to a large shallow bowl, top with spring onions and serve immediately.

CALORIES

380

PROTEIN

31

CARBS

19

FATS

20

FIBRE

1

PER PORTION





MEXICAN SOUP



SERVES: 4



TOTAL TIME:
30 minutes



INGREDIENTS

1 tbsp olive oil	1 tsp cayenne pepper
1 brown onion	1 tsp chilli flakes
2 red bell peppers, cut into small chunks	1l vegetable stock
1 green bell pepper, cut into small chunks	1 x (400g) tin chopped tomatoes
1 courgette, sliced and quartered	
2 x (400g) tin black beans, drained and rinsed	
1 tbsp paprika	
1 tbsp oregano	

INSTRUCTIONS

In a large saucepan heat the olive oil. Add the onion and cook for 5 minutes or until translucent.

Add the bell pepper and courgette and cook for another 5 minutes.

Next, add the black beans, paprika, oregano, cayenne pepper, chilli flakes, stock and tinned tomatoes. Heat on medium for 10 minutes.

CALORIES

243

PROTEIN

13

CARBS

32

FATS

7

FIBRE

12

PER PORTION





FETTUCCINE STROGANOFF



SERVES: 3



TOTAL TIME:
35 minutes



INGREDIENTS

190g fettucini
1 tbsp olive oil
250g firm tofu, cut into strips
1 brown onion, sliced
1 clove garlic, minced
250g mushrooms, sliced
1 tsp paprika
125ml vegetable stock
1 tbsp soy sauce
1 tbsp tomato purée
1 tbsp flour
80ml coconut milk

INSTRUCTIONS

Cook the pasta according to the packet instructions.

Heat oil in a large fry pan. Add the tofu slices and cook for 5 minutes on each side or until golden.

Transfer to a plate and cover with aluminium foil.

Add onion and garlic to the same fry pan and cook for 5 minutes, stirring continuously.

Add the mushrooms and paprika and cook for another 3-4 minutes.

Pour in the vegetable stock and soy sauce.

In a small bowl whisk together the tomato purée and flour and add to the saucepan.

Simmer for about 10 minutes or until the sauce has thickened.

Finally, stir through the coconut milk and remove from the heat.

Divide pasta between 3 bowls, top with stroganoff sauce and season with salt and pepper.

CALORIES

431

PROTEIN

18

CARBS

56

FATS

15

FIBRE

5

PER PORTION





LENTIL PILAF



SERVES: 3



TOTAL TIME:
40 minutes



INGREDIENTS

185g brown rice (raw)	1 courgette, grated
1 brown onion, diced	1 carrot, grated
2 x (400g) tinned lentils, rinsed and drained	550ml vegetable stock
1 tsp ground cumin	
1 tsp ground cinnamon	
1 tsp ground coriander	
1/2 tsp ground turmeric	
1 tsp salt	
1 tsp coconut sugar	
3 tbsp tomato purée	

INSTRUCTIONS

Cook the rice according to the packet instructions. Once cooked, drain well.

Heat the olive oil in a large saucepan. Add the onion and cook for 5 minutes or until translucent.

Add the cooked rice to the pan and sauté for 2 minutes.

Now, add all remaining ingredients. Bring to a boil, reduce to low heat, cover and cook for 15 minutes. If there is too much excess water, take the lid off and simmer until absorbed.

CALORIES

421

PROTEIN

16

CARBS

78

FATS

5

FIBRE

8

PER PORTION





BUTTERBEAN TACOS



SERVES: 4



TOTAL TIME:
20 minutes



INGREDIENTS

1 tbsp olive oil
2 x (400g) tin butter beans cubes
1 tsp ground cumin
1 tsp paprika
1/2 tsp dried oregano
1/4 tsp chilli flakes
8 corn tortilla
120g baby spinach
2 Lebanese cucumbers, diced
1/2 red onion, thinly sliced
330g mango, cut into small

INSTRUCTIONS

Heat the olive oil in a large fry pan on medium heat, add the beans, cumin, paprika, oregano and chilli flakes. Cook, stirring continuously for about 5 minutes.

Heat the corn tortillas in the microwave for 40 seconds.

Top each tortilla with spinach, cucumber, red onion, mango and cooked beans.

CALORIES
473

PROTEIN
19

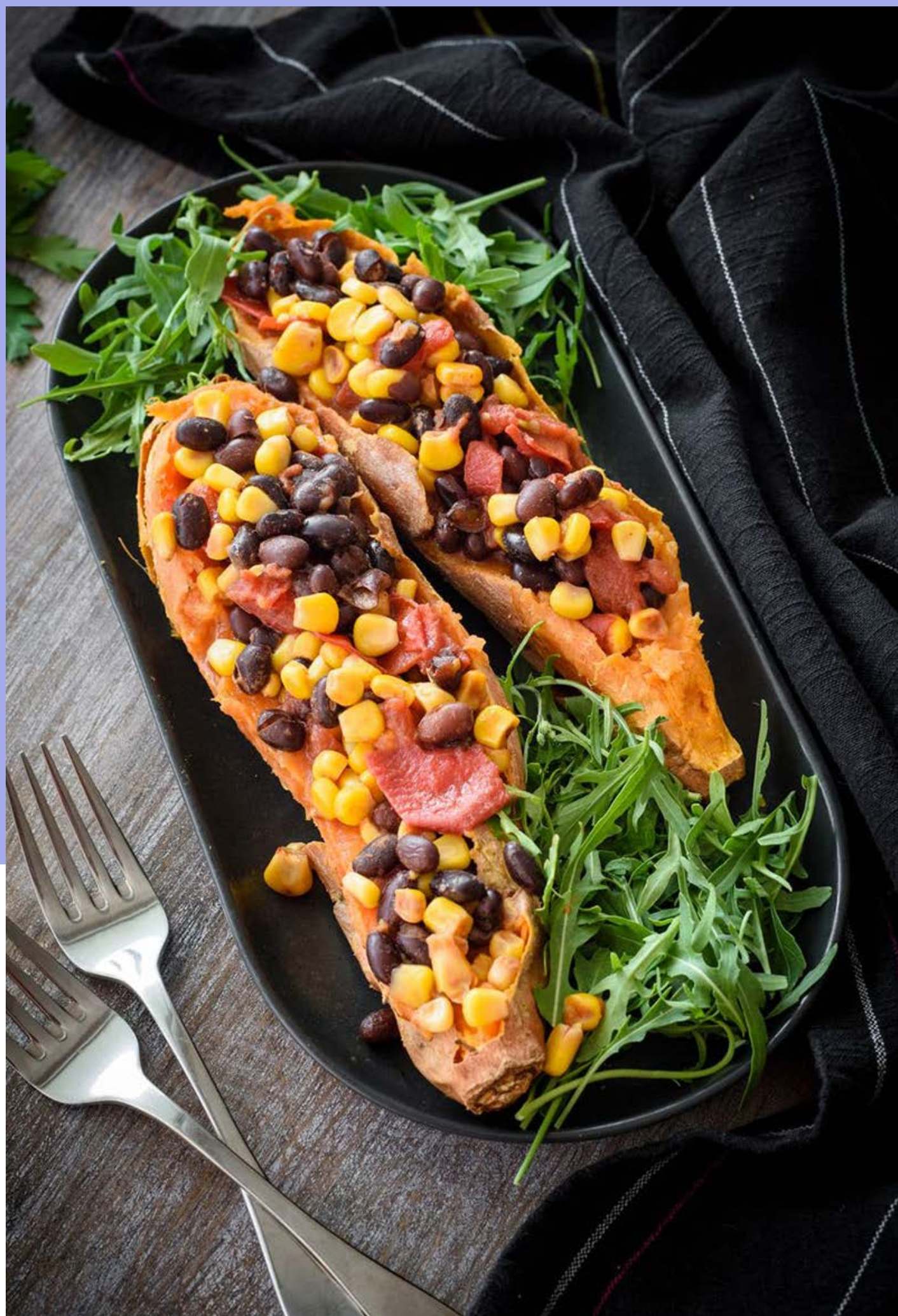
CARBS
79

FATS
9

FIBRE
12

PER PORTION





STUFFED SWEET POTATOES



SERVES: 2



TOTAL TIME:
70 minutes



INGREDIENTS

2 medium sweet potatoes
1 tbsp olive oil
salt and cracked pepper.
3/4 x (400g) tin black beans,
drained and rinsed
80g corn kernels
1 large tomato, diced
1 tsp cumin
1 tsp paprika
25g rocket

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6. Line a baking tray with baking paper.

Rub half the olive oil over the sweet potato, season with salt and pepper, place in the oven and cook for 50-60 minutes.

Meanwhile, heat the remaining oil in a medium-sized frying pan. Add the black beans, corn, tomato, cumin and paprika and cook, stirring continuously for 5 minutes.

Once the potatoes are cooked, allow them to cool for 5 minutes.

Transfer to 2 serving plates, top with bean mix and rocket.

CALORIES

456

PROTEIN

14

CARBS

78

FATS

10

FIBRE

12

PER PORTION





VIETNAMESE PORK NOODLES



SERVES: 2



TOTAL TIME:
30 minutes



INGREDIENTS

75g vermicelli noodles
1/2 tbsp peanut oil
300g pork mince
2 long red chillies, sliced
1 1/2 tbsp fish sauce
30ml lime juice
1/2 tbsp coconut sugar
1 large carrot, shredded
2 1/2 tbsp fresh mint, leaves torn
2 1/2 tbsp coriander, leaves
picked

INSTRUCTIONS

Cook the noodles according to the packet instructions. Drain and set aside.

Next, add the peanut oil to a large wok and bring it to a medium-high heat. Add the pork mince and cook for 5-7 minutes or until cooked through.

Mix together the fish sauce, lime juice and coconut sugar in a small bowl, then pour it over the pork.

Stir to heat through.

Toss the pork with the cooked noodles, shredded carrot, mint leaves and coriander.

CALORIES

470

PROTEIN

27

CARBS

23

FATS

30

FIBRE

3

PER PORTION





SHIITAKE TACOS



SERVES: 6



TOTAL TIME:
20 minutes



INGREDIENTS

1 tbsp olive oil
2 garlic cloves, minced
1 tsp chilli flakes
250g shiitake mushrooms
1 bunch broccolini, stems cut in half lengthways
1 avocado, mashed
1 lime juiced
4 corn tortillas, warmed
1/2 bunch coriander, leaves picked
chilli sauce

INSTRUCTIONS

Mix together the olive oil, garlic and chilli flakes and toss the mushrooms and broccolini to coat.

Transfer the vegetables to a large frying pan and cook for 5-6 minutes.

Meanwhile, mash the avocado with the lime juice.

Divide the vegetables between the tortillas, top with avocado, coriander and chilli sauce.

CALORIES

439

PROTEIN

13

CARBS

54

FATS

19

FIBRE

9

PER PORTION





VEGAN BOLOGNESE



SERVES: 4



TOTAL TIME:
30 minutes

INGREDIENTS

350g brown spiral pasta (gluten-free if required)
1 tbsp olive oil
1 brown onion, diced
3 cloves garlic, minced
1 courgette, grated
1 carrot, grated
1 x (800g) tin diced Italian tomatoes
1 tbsp dried oregano
1 tbsp dried parsley
1 x (425g) tin brown lentils, drained
2 tbsp nutritional yeast

INSTRUCTIONS

Cook the pasta according to the packet instructions.

Meanwhile, heat the oil in a large frying pan on medium-high heat. Add the onion and cook for 5 minutes.

Add all the other ingredients and cook, stirring regularly for 7-10 minutes.

Divide pasta between four bowls, top with bolognese sauce and sprinkle with nutritional yeast flakes.

CALORIES

475

PROTEIN

19

CARBS

84

FATS

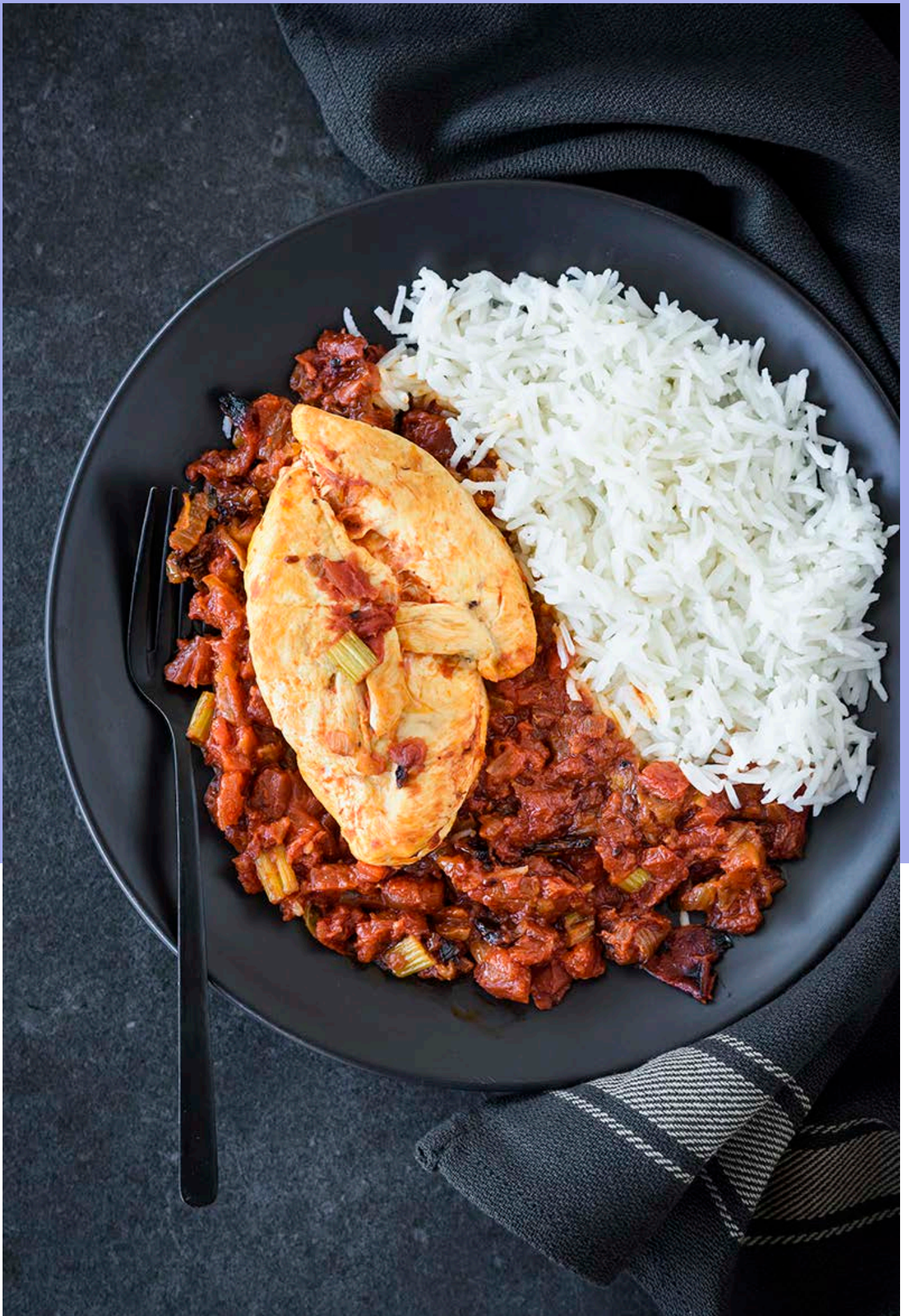
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FIBRE

10

PER PORTION





BAKED CHICKEN



SERVES: 4



TOTAL TIME:
75 minutes



INGREDIENTS

2 tsp olive oil
700g chicken breast
1 brown onion, diced
3 stalks celery, sliced
1 tsp Italian seasoning
1 x (400g) tinned tomatoes
To serve:
180g rice (cooked)

INSTRUCTIONS

Preheat the oven to 180C/350F/Gas Mark 4.

Add the oil to a frying pan and bring to medium-high heat. Add the chicken and brown the pieces all over.

Transfer the chicken to an ovenproof casserole dish.

In the same pan, add the onion, celery, Italian seasoning and tinned tomatoes and bring to a boil.

Pour the tomato sauce all over the chicken and place in the oven for 45-55 minutes, or until chicken is fully cooked.

Serve with a side of rice.

CALORIES

311

PROTEIN

40

CARBS

22

FATS

7

FIBRE

2

PER PORTION





OKONOMIYAKI



SERVES: 2



TOTAL TIME:
40 minutes



INGREDIENTS

500g potatoes, grated
1 egg
3 stalks spring onion
salt and cracked pepper
50ml teriyaki sauce
4 tsp Kewpie mayonnaise

INSTRUCTIONS

Drain as much water out of the grated potato as you can. Transfer to a large bowl, add the egg, spring onion, salt and cracked pepper. Mix to combine.

Bring a large frying pan to medium heat and add olive oil. Spoon half the mixture into a pancake shape into the pan. Cook for about 5 minutes each side or until the potato has turned golden. Set aside and cook the remainder of the potato.

Add the teriyaki sauce to the same pan and heat on low. Place the pancakes gently back into the pan and coat in the sauce.

Remove from the pan, divide on two plates and drizzle with Kewpie mayonnaise and extra spring onions.

CALORIES

466

PROTEIN

13

CARBS

81

FATS

10

FIBRE

7

PER PORTION



DESSERTS



CHEESECAKE BERRY PUDDING



SERVES: 2



TOTAL TIME:
5 minutes



INGREDIENTS

250g ricotta
32g whey protein
150g punnet of raspberries
1 teaspoon lemon juice
1 teaspoon powdered sweetener

INSTRUCTIONS

Place the ricotta into a bowl with the protein powder and mix very well until combined.

Add the berries with a small amount of lemon juice and sweetener, stir to combine and serve.

CALORIES

263

PROTEIN

25

CARBS

7

FATS

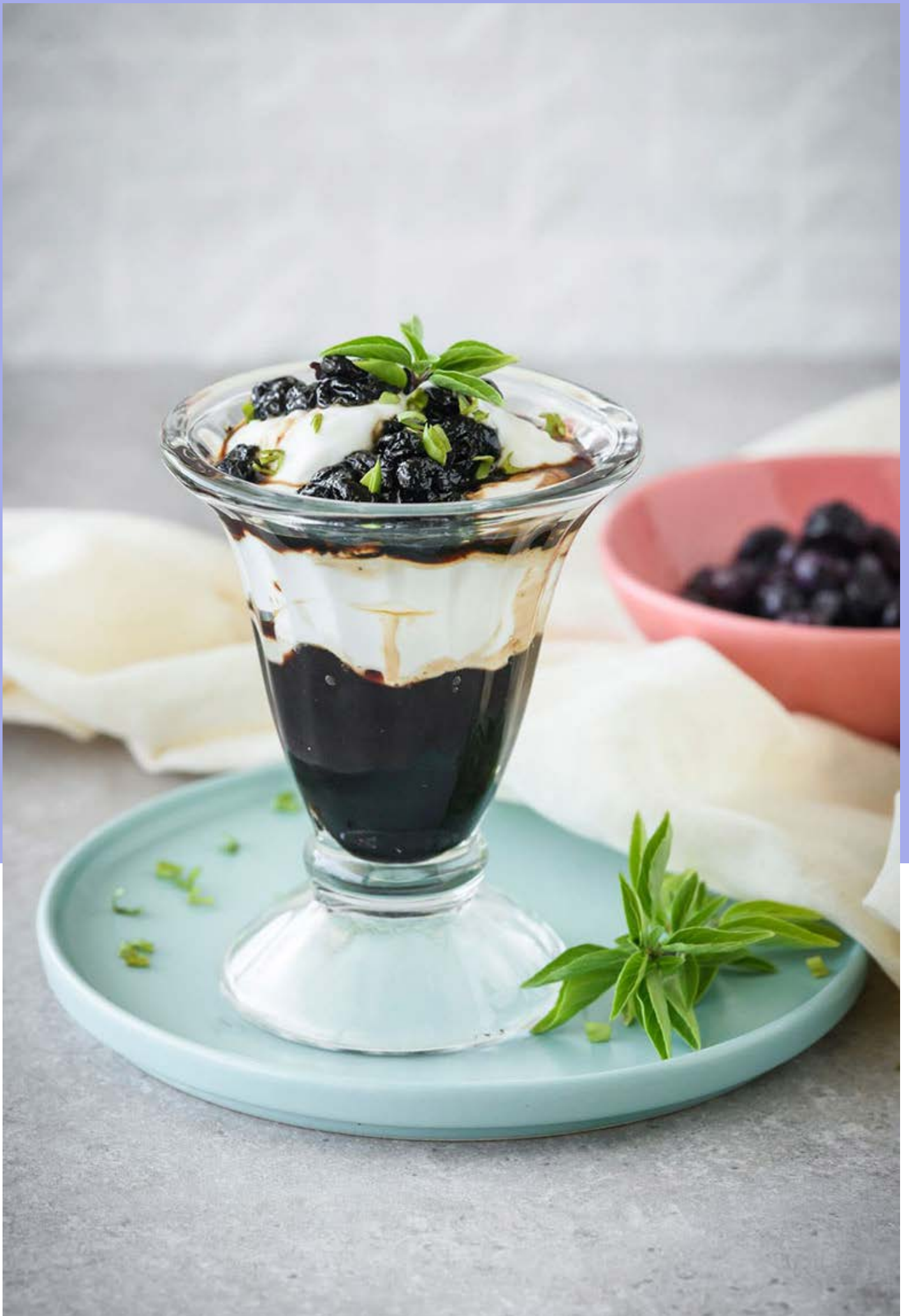
15

FIBRE

2

PER PORTION





BLUEBERRY, MINT AND VANILLA BEAN YOGHURT PARFAITS



SERVES: 2



TOTAL TIME:
15 minutes

INGREDIENTS

350ml grape juice
760g frozen or fresh blueberries
2 tablespoons chopped fresh
mint leaves
400g low-fat vanilla bean Greek
yoghurt

INSTRUCTIONS

Bring grape juice to boil in a large skillet over high heat, and cook for 5 minutes.

Add blueberries and continue cooking until reduced and bubbling thickly, about 4 minutes longer. Transfer sauce to a bowl, cover and refrigerate until chilled.

When ready to serve, stir mint into a sauce. Layer yoghurt and sauce in two glasses and enjoy.

CALORIES

440

PROTEIN

17

CARBS

84

FATS

4

FIBRE

8

PER PORTION





HONEY BAKED FRUITS WITH MASCARPONE



SERVES: 4



TOTAL TIME:
20 minutes



INGREDIENTS

6 large ripe plums, halved and destoned
2 tablespoon honey
250g light mascarpone
1 tablespoon chopped pistachios
1/2 orange juice
4 apricots, halved and destoned

INSTRUCTIONS

Preheat the oven to 160C/300F/Gas Mark 2.

Put the plums and apricots, cut side up, in a large baking dish. Drizzle over 1 tablespoon of the honey and bake for 15 minutes until tender.

Add the remaining honey on top and bake for another 5 minutes.

Divide the mascarpone between plates and top with the plums. Drizzle with the orange juice and juice from the pan, sprinkle with chopped pistachios and enjoy.

CALORIES

375

PROTEIN

5

CARBS

28

FATS

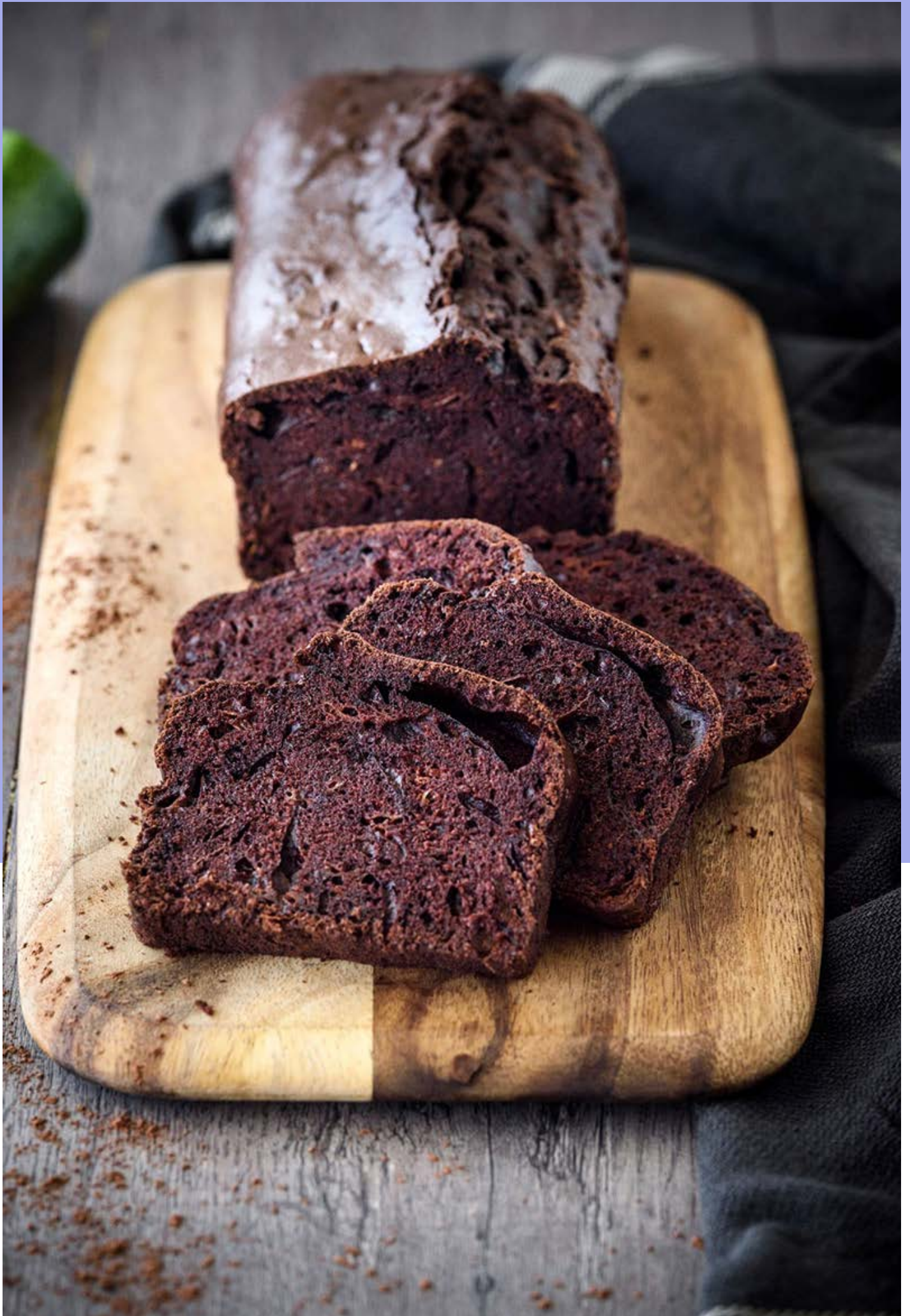
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FIBRE

2

PER PORTION





CHOCOLATE COURGETTE BREAD



SERVES: 4



TOTAL TIME:
55 minutes



INGREDIENTS

250-300g courgette finely
grated
2 eggs
85g pure maple syrup
3 tablespoon sunflower oil
1 1/2 teaspoon vanilla extract
1 teaspoon bicarbonate soda
1/2 teaspoon salt
35g cacao powder
60g whole-grain flour

INSTRUCTIONS

Preheat the oven to 175C/350F/Gas Mark 4.

Using a food processor, finely grate courgette. Squeeze excess moisture out of the courgette by dabbing with a kitchen towel. You will end up with a little over 1 cup of grated courgette once water is squeezed out.

In a large bowl whisk together eggs, maple syrup, oil, and vanilla.

In a separate medium-sized bowl combine flour, bicarbonate soda, cocoa powder and salt. Whisk until well combined.

Add dry ingredients to wet ingredients and mix by hand until batter is smooth. Stir in grated courgette until just combined.

Spray a 9x5 inch loaf pan with non-stick cooking spray and/or line it with parchment paper. Pour in the courgette bread batter and spread it out evenly in the pan. Sprinkle with additional chocolate chips, if desired.

Bake in a preheated oven for 50-60 minutes or until a toothpick when inserted in comes out clean. Let cool to room temperature before serving. Enjoy!

CALORIES
320

PROTEIN
9

CARBS
35

FATS
16

FIBRE
7

PER PORTION





ALMOND BUTTER AND OAT MUFFINS



SERVES: 4



TOTAL TIME:
25 minutes

INGREDIENTS

100g rolled oats
80g almond butter
1 banana
2 dates
60ml almond milk
1 teaspoon baking powder
20g goji berries
40g dark chocolate, chopped

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6, and line a standard muffin tin with paper muffin cups.

Place all of the ingredients except the chocolate in the blender and blend until smooth, scraping down the sides of the blender as needed. Use a rubber spatula to stir in the chocolate chips.

Scoop equal amounts of the batter into each muffin cup. Top with a few more chocolate chips or goji berries if desired, then place the muffins in the oven and bake for 13-15 minutes or until a toothpick inserted in the centre comes out clean. Cool on a wire rack for a few minutes before eating.

Muffins may be wrapped individually in plastic wrap and stored in a freezer bag in the freezer for eating at a later date.

CALORIES

250

PROTEIN

5

CARBS

35

FATS

10

FIBRE

5

PER PORTION



TEAM FITTY

THE TEAM FITTY RECIPE BOOK

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