

RECIPE E-BOOK



FITRASTA



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Breakfast



SAVOURY PANCAKES



MAKES

Six pancakes



SUITABLE FOR

Vegetarians



MACROS PER PANCAKE

101 calories, 2g fat, 13.3g carbs, 6.6 protein.



INGREDIENTS

- 130g (1 cup) chickpea flour
- 125g fat-free greek yoghurt
- 2-3 spring onions finely chopped
- 1 tsp grated ginger
- 1 tsp crushed garlic
- Bunch of fresh coriander chopped
- finely Pinch of fenugreek/methi (optional)
- Chilli powder (optional)
- Salt to taste
- Water as needed to thin the batter
- Your choice of oil for the pan
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METHOD

1. Mix chickpea flour and yoghurt in a bowl.
2. Add in enough water to make a batter that you can pour. It shouldn't be too runny or too thick.
3. Mix in spring onions, coriander, garlic, ginger, salt, and spices.
4. Allow the batter to sit for a few hours.
5. When you're ready to make the pancakes, heat a non-stick pan with a bit of oil and ladle in enough batter for the size of pancake you want. Don't make them too thick or they won't cook through.
6. Once bubbles start to form flip the pancake and let the other side cook for a few minutes.
7. Repeat until all the batter is used up.
8. Serve with eggs, raita or as is.



BAKED EGGS



SERVES

Two



SUITABLE FOR

Vegetarians



MACROS PER SERVE

305 calories, 16.1g fat, 22.6g carbs, 18.7g protein



INGREDIENTS

- 4 eggs 1 onion 1 tin chopped
- tomatoes 1 red bell pepper 1-2
- chillies 2 garlic cloves 10 ml
- ghee or oil 1/2 tsp turmeric 1/2
- tsp ground cumin 1/2 tsp
- ground coriander 1 tsp paprika
- 1/2 tsp chilli powder (optional)
- Salt to taste Fresh coriander to
- garnish
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METHOD

- 1.Preheat the oven to 160 C / 350 F / Gas Mark 4.
- 2.Heat the oil/ghee in a large ovenproof skillet or pan. Add in the onion and red pepper and cook until soft.
- 3.Add in the chopped tomatoes, garlic, spices and salt. Stir well.
- 4.Reduce the heat and simmer until the oil/ghee starts to seep through to the top.
- 5.Make 4 deep indentations in the sauce and carefully crack the eggs into each one. Sprinkle the eggs with salt and extra spices if desired.
- 6.Place the skillet into the oven and bake the eggs until the whites have set, between 8-12 minutes. They will continue cooking once you've removed them from the oven so don't overbake.
- 7.Remove from oven, top with fresh coriander and extra chillies if desired and serve with naan, roti, paratha or bread of choice.



HIGH PROTEIN SEMOLINA PORRIDGE



SERVES
One



SUITABLE FOR
Vegetarians



MACROS PER SERVE

431 calories, 16g fat, 35.4g carbs,
34.3g protein



INGREDIENTS

- 300-400ml unsweetened almond milk/ water or milk of choice
- 40g semolina
- 1 scoop protein powder
- Pinch of cardamom
- 10g chopped pistachio
- 10g almond flakes

METHOD

1. Bring the milk to a light simmer but don't boil 2. Add in the semolina with the cardamom and cook for about 8-10 minutes or until it starts to thicken, stirring constantly to prevent lumps. 3. Once the porridge is nice and thick, turn off the heat and add in the protein powder. 4. Mix thoroughly. If it's too thick add a bit more liquid. 5. Sprinkle with the pistachios and almonds and enjoy!



SCRAMBLED EGGS



SERVES
One



SUITABLE FOR
Vegetarians



**MACROS PER SERVE
(WITHOUT BREAD & AVO)**
298 calories, 20g fat, 9g carbs, 20g protein.



INGREDIENTS

- 2 spring onions
- 1-2 chillies
- 3 eggs
- Splash of milk
- 5g oil or ghee
- ¼ tsp ground coriander
- ¼ tsp paprika
- ¼ tsp turmeric
- ¼ tsp ground cumin
- 1/4 tsp chilli powder
- Bunch of fresh coriander
- Salt to taste

METHOD

1. Heat oil/ghee in a frying pan and sauté the spring onions and chillies on a low heat.
2. In the meantime whisk the eggs, milk and spices in a bowl.
3. Pour the egg mixture into the frying pan and stir occasionally till cooked.
4. Fold in the fresh coriander.
5. Garnish with fresh chillies and serve with naan, toast or roti and avocado if desired.



OATS UPMA



SERVES
Two



SUITABLE FOR
Vegetarians



MACROS PER SERVE

371 calories, 13.9g fat, 55.1g carbs,
12.5g protein.

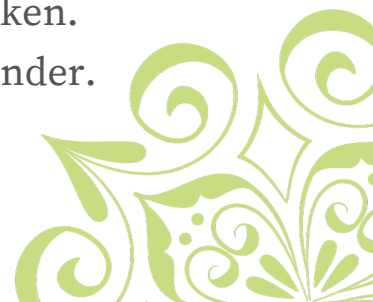


INGREDIENTS

- 80g instant oats
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 bell pepper, finely chopped
- 50g green beans, finely chopped
- 50g peas
- 20g cashew nuts, roughly chopped
- 1 tbsp chana dahl (soaked for 10 minutes)
- 10g oil or ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 7-8 curry leaves
- 1/2 tsp ginger paste
- 1/4 tsp turmeric powder
- 1-2 chillies (optional)
- 250ml water
- Fresh coriander leaves, chopped
- Salt to taste

METHOD

- 1.Heat a pan on medium heat. Once hot, add in the oats and roast for a few minutes, until slightly crispy. Remove from the pan and set aside for later.
- 2.Heat the oil/ghee in a deep pan or skillet. Add the mustard seeds and cumin seeds.
- 3.Once they start to pop, add the curry leaves, chana dahl and cashews. Sauté until the dahl and cashews begin to brown.
- 4.Add the onion and cook until it starts to soften.
- 5.Now add in the rest of the vegetables along with the ginger, turmeric, salt and chillies. Cook on a medium heat for about 2 minutes.
- 6.Add in the oats and water, stirring well.
- 7.Leave to cook for about 2-3 minutes or until the oats begin to thicken.
- 8.Garnish with fresh coriander.



FRENCH TOAST



SERVES

One

SUITABLE FOR
Vegetarians



MACROS PER SERVE



400 calories, 17.2g fat, 36.9g
carbohydrates, 22.8g protein



INGREDIENTS

- 2 slices of brown/whole wheat bread
- 2 eggs
- 1-2 spring onions, green parts only, finely chopped
- 1-2 chillies (optional)
- 1/4 tsp minced ginger
- 1/4 tsp turmeric
- 1/4 tsp chilli powder (optional)
- A bunch of coriander, finely chopped
- Splash of milk
- 5g oil/ ghee
- Salt to taste

METHOD

1. In a bowl, whisk the eggs with the milk.
2. Add in the salt, ginger, turmeric, chilli powder, chillies, coriander and spring onions. Mix well.
3. Heat the ghee/oil in a pan on medium-high heat.
4. Dip the bread in the egg mixture, making sure to coat it completely.
5. Place the bread in the pan and cook for a few minutes on each side, until nice and brown and the egg has cooked.





Lunch



TOFU & VEGETABLE CURRY



SERVES
Four



SUITABLE FOR

Vegetarians



MACROS PER SERVE

241 calories, 8.3g fat, 28.7g carbs,
16.2g protein.



INGREDIENTS

- 300g white potatoes, peeled & cubed
- 15ml oil/ ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 7-8 curry leaves
- 1 block tofu (~300g), pressed dry & cut into cubes.
- 1 tin chopped tomatoes
- 100g green beans
- 300g cauliflower
- 100g green peas
- 1 bell pepper
- 100g carrot
- 100g broccoli
- 6 garlic cloves, crushed
- 1 tbsp ginger paste
- 2-3 chillies, finely diced (optional)
- 2 tsp paprika
- 1 tsp turmeric
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp chilli powder (optional)
- Salt to taste

METHOD

1. Place potatoes in a pot with cold water and salt. Bring to a boil and cook for about 5 minutes or until you can pierce with a fork.
2. In the meantime, heat butter/oil/ghee in a deep skillet or wok along with the mustard seeds, cumin seeds and curry leaves.
3. Once the seeds start to pop, add in the tinned tomatoes, garlic, ginger and spices. Leave to simmer until the oil starts to seep through to the top of the tomato.
4. Now add the potatoes and cauliflower and cook for about 10 minutes or until soft.
5. Add in the tofu and rest of the vegetables and simmer for a further 5 minutes or so. If you need more sauce at this point you can add some water.
6. Serve with rice/ naan/ roti.



CUMIN CHICKEN SALAD



SERVES

Four



MACROS PER SERVE

334 calories, 14g fat, 16g carbohydrates, 37g protein



INGREDIENTS

For the chicken

- 500g chicken breast cut into strips
- 125g fat-free Greek yoghurt
- 15g oil/ghee
- 5 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp paprika
- 1 tsp garam masala
- 1 tsp chilli powder (optional)
- Salt to taste

For the salad

- 1 bag salad leaves
- 2 carrots, peeled & chopped or grated
- 100g cucumber, cut into quarters
- 1 red bell pepper, chopped
- 100g cherry tomatoes, halved
- 1 avocado, sliced

For the dressing

- 100g fat-free Greek Yoghurt
- 1 tbsp lemon juice
- 1-2 garlic cloves, crushed
- 1 tsp cumin
- 50ml unsweetened almond milk or milk of choice
- Salt to taste

METHOD

1. Marinate the chicken breast in the yoghurt, garlic and spices for a few hours.
2. When ready to cook, heat a pan on high with the butter.
3. Once the pan is hot, add in the chicken breast and cook until nice & brown.
4. While the chicken is cooking, mix all the ingredients for the dressing in a bowl or small jug and set aside.
5. Assemble the salad in a large serving bowl or in individual plates/bowls.
6. Once the chicken is cooked, add to the salad.
7. Pour the dressing over and enjoy!



CHANA DAHL



SERVES

Four



SUITABLE FOR

Vegetarians



MACROS PER SERVE

302 calories, 7g fat, 41g carbs,
17g protein



INGREDIENTS

- 15g oil/ghee
- 250g chana dahl, soaked for a few hours or overnight
- 1 tin chopped tomatoes or 4 fresh tomatoes, puréed
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 7-8 curry leaves
- 5-6 garlic cloves, crushed
- 2 tsp ginger paste
- 1-2 chillies (optional)
- 1 tsp turmeric
- 2 tsp paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp chilli powder (optional)
- Salt to taste
- 3-4 cups water, as needed (use less if using tinned tomatoes).

METHOD

1. Heat the oil/ghee in a pressure cooker or large pot and add in the curry leaves, cumin seeds and mustard seeds.
2. When these start to pop, add in the tomatoes with the garlic, ginger, chillies, spices and salt.
3. When the oil starts to seep to the top, add in the dahl and the water.
4. Pressure cook for 5-7 minutes or until the dahl is cooked and soft.
5. If using a pot, cover with a lid and leave to simmer for 45 minutes to an hour.



MASALA CHICKEN WRAP



SERVES

Four



MACROS PER SERVE

381 calories, 12g fat, 30g carbs,
36g protein



INGREDIENTS

- 4 large rotis or wraps
- 15g oil/ghee
- 500g chicken breast, cut into strips
- 125g fat-free Greek Yoghurt
- 1 tbsp tomato purée/paste
- 4-5 garlic cloves
- 1 tbsp lemon juice
- 2 tsp paprika
- 1 tsp chilli powder
- 1 tsp turmeric
- 1 tsp garam masala
- 2 tsp ground cumin
- Salt to taste

METHOD

1. Add the chicken breast, yoghurt, lemon juice and spices to a bowl.
2. Mix well and leave in the fridge to marinate for a few hours.
3. When you're ready to cook, heat butter/oil in a skillet.
4. Add marinated chicken breast to the skillet with the tomato purée.
5. Cook until the chicken is nice and brown and the yoghurt mixture has thickened into a sauce.
6. Serve in a roti or wrap with your choice of leaves/vegetables and sauces.



PANEER PIZZA



SERVES

One



SUITABLE FOR

Vegetarians



MACROS PER SERVE

648 calories, 28g fat, 67g carbs, 33g protein.



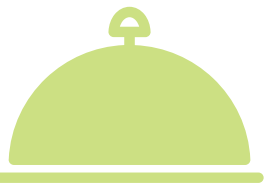
INGREDIENTS

- 1 large naan
- 75g paneer
- 50g fat-free plain Greek yoghurt
- 1/2 bell pepper, diced
- 1/2 small red onion, diced
- 1-2 chillies (optional), finely chopped
- 2 tbsp pizza sauce or tomato purée
- 50g mozzarella cheese
- 1 tsp lemon juice
- 1/4 tsp garlic paste
- 1/2 tsp ginger paste
- 1/4 tsp turmeric
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp garam masala
- 1/4 tsp paprika
- 1/4 tsp chilli powder
- Salt to taste

METHOD

1. Preheat the oven to 180 C / 375 F / Gas Mark 6.
2. In a bowl, combine the paneer, yoghurt, lemon juice, garlic and ginger pastes, spices and salt. Mix well and set aside.
3. Place the naan on a baking tray and spread over the pizza sauce or tomato purée.
4. Sprinkle the onion, pepper and chillies over the naan, and then add the paneer.
5. Top with cheese and a pinch of salt.
6. Bake for 8-10 minutes or until the cheese has melted and the paneer has started to brown.





Dinner



CURRIED MEATBALLS



SERVES

Four

MACROS PER SERVE:



234 calories, 6g fat, 8.2g carbs, 36.5g protein.



INGREDIENTS

For the Meatballs:

- 500g chicken breast mince
- 1 egg
- 1-2 spring onions
- 2 cloves garlic, crushed
- 1 tsp ginger paste
- A handful of coriander leaves
- Salt to taste
- 1/2 tsp chill powder (if you want them spicy)
- 1/2 tsp paprika

For the Sauce:

- 10ml oil/ghee
- 1 tin chopped tomatoes
- 50g fat free plain greek yoghurt
- 4-5 garlic cloves
- 2 tsp ginger paste
- 5 peppercorns
- 3 cardamom pods
- 3 cloves
- 1 cinnamon stick
- 1 tsp paprika
- 1 tsp chilli powder
- 1 tsp garam masala
- Salt to taste

METHOD

1. Preheat oven to 180 C/ Gas Mark 4/ 350 F. Line a baking tray with baking paper.
2. Add the ingredients for the meatballs to a large bowl and mix thoroughly (hands work best for this)
3. Roll the mixture into golf-sized balls - you should get about 20 meatballs (~30g each)
4. Place onto the baking tray and bake until brown, approx 30 minutes.
5. While your meatballs are in the oven, heat the butter, peppercorns, cardamom, cloves and cinnamon in a skillet or deep pan.
6. When the spices start to pop add in the tin of tomatoes and cook until the butter/oil starts to seep through to the top.
7. Add in garlic, ginger and the remaining spices.
8. Simmer until the sauce is nice and thick. If you want more sauce, you can add a bit of extra water.
9. When your meatballs are done, take them out of the oven and add them to the sauce.
10. Lastly, stir in the yoghurt and serve with rice and/or naan and garnish with fresh coriander.



BUDDHA BOWL



SERVES

Four



SUITABLE FOR Vegetarians

MACROS PER SERVE



264 calories, 6.9g fat, 32.6g carbs,
12.9g protein.



INGREDIENTS

For the Kidney Bean Masala

- 2 tins kidney beans (800g)
- 1 onion, grated
- 2 large tomatoes, grated or finely chopped
- 15g oil/ghee
- 1 tsp cumin seeds
- 4-5 garlic cloves, crushed
- 2 tsp ginger paste
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 2 tsp paprika
- 1 tsp chilli powder
- Salt to taste

For each Buddha Bowl

- 125g cooked rice
- 1/4 avocado
- 1 carrot, grated or julienned
- 1 cup spinach or leaves of choice
- 30g fat-free greek yoghurt
- 50g cucumber, grated

METHOD

- 1.Heat the oil/ghee in a large skillet or deep pan with the cumin seeds.
- 2.Once they start to pop, add in the onion and sauté until soft and aromatic.
- 3.Add in the tomatoes, garlic, ginger, salt and spices.
- 4.Cook for 2 minutes or so and add in the kidney beans.
- 5.Leave to simmer on a low heat for 20-30 minutes. Add in water if it starts getting too dry.
- 6.When ready to serve, assemble the Buddha bowls by adding the rice, avocado, cucumber and spinach to a bowl.
- 7.Add in the kidney beans.
- 8.Top with the yoghurt and cucumber.



SHEPHERD'S PIE



SERVES

Four



MACROS PER SERVE:

458 calories, 20g fat, 37g carbs, 31g protein.



INGREDIENTS

- 500g lamb mince (or vegetarian mince) 500g
- potato (raw weight) 100g
- diced carrot 100g peas 1
- onion 1 tin chopped
- tomatoes 15g oil/ ghee 15g
- butter 5-6 garlic cloves,
- crushed 2-3 tsp ginger paste
- 1 tsp garam masala 2 tsp
- paprika 3-4 whole cloves 3-
- 4 cardamom pods 1 stick
- cinnamon 4 black
- peppercorns 1 tsp chilli
- powder Salt to taste Splash
- of milk for the mash
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METHOD

- 1.Heat the oil/ ghee in a large skillet or deep pan with the cloves, cardamom pods, peppercorn and cinnamon stick.
- 2.Once they start to pop, add the onion and cook for a few minutes until it starts to soften.
- 3.Add in the mince along with the garlic, ginger and spices. Cook until brown.
- 4.Add peas, carrot and the tomato and leave to simmer for about 10 minutes.
- 5.In the meantime, preheat the oven to Gas Mark 6/ 200 C or 400 F.
- 6.Make your mash potato with the remaining butter and milk.
- 7.Once the mince has absorbed all the flavours and thickened, pour it into an ovenproof dish.
- 8.Spoon the mashed potato on top in an even layer.
- 9.Place in the oven for 25-30 minutes or until the top of the mash is turning nice and brown.



CHICKPEA & POTATO CURRY



SERVES
Four



SUITABLE FOR
Vegetarians



MACROS PER SERVE

374 calories, 7g fat, 52g carbs, 19g protein.



INGREDIENTS

- 300g white potatoes, peeled & cubed
- 2 tins chickpeas (800g)
- 15ml oil/ ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 7-8 curry leaves
- 1 tin chopped tomatoes
- 6 garlic cloves, crushed
- 2 tsp ginger paste
- 2-3 chillies, finely diced
- 2 tsp paprika
- 1 tsp turmeric
- 2 tsp cumin powder
- 2 tsp coriander powder
- 1 tsp chilli powder
- (optional) Salt to taste
- Fresh coriander to garnish
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METHOD

1. Parboil the potatoes for 6-8 minutes or until partially cooked.
2. Heat oil/ghee in a deep skillet or wok along with the mustard seeds, cumin seeds and curry leaves.
3. Once the seeds start to pop, add in the tinned tomatoes, garlic, ginger and spices. Leave to simmer until the oil starts to seep through to the top of the tomato.
4. Now add the potatoes and cook for about 10 minutes or until soft.
5. Add in the chickpeas and leave to simmer for a further 20 minutes or until the potatoes are completely cooked through. If you need more sauce at this point you can add some water.



EASY CHICKEN CURRY



SERVES

Four



MACROS PER SERVE:

238 calories, 7.8g fat, 11.3g carbs, 30.1g protein.



INGREDIENTS

- 500g boneless, skinless chicken breast
- 15g oil/ ghee
- 1 onion, grated or finely chopped
- 2-3 large tomatoes, blended or grated
- 5-6 garlic cloves, crushed
- 2-3 tsp ginger paste
- 2-3 chillies, finely chopped
- 1 tsp garam masala
- 1 tsp turmeric
- 2 tsp paprika
- 3-4 whole cloves
- 3-4 cardamom pods
- 1 stick cinnamon
- 4 black peppercorns
- 1 tsp chilli powder
- Salt to taste
- A bunch of fresh coriander leaves

METHOD

- 1.Heat the oil/ ghee in a large skillet or deep pan with the cloves, cardamom pods, peppercorn and cinnamon stick.
- 2.Once they start to pop, add the onion and cook for a few minutes until it starts to soften.
- 3.Add in the tomatoes along with the garlic, ginger, chillies and spices.
- 4.When the oil starts to seep to the top of the tomatoes, add in the chicken breast and leave to simmer for about 20 minutes, until the chicken is tender and juicy.
- 5.If the curry gets too dry add a cup or so of water for extra sauce.
- 6.Garnish with fresh coriander and serve with rice.



ALOO KEEMA



SERVES

Four

MACROS PER SERVE



407 calories, 21g fat, 26g carbs, 29g protein.



INGREDIENTS

- 500g lamb mince or vegetarian mince
- 300g white potato, peeled and cubed
- 100g green peas
- 1 onion, finely chopped
- 2 tomatoes, finely chopped or grated
- 15ml oil/ghee
- 6 garlic cloves
- 2 tsp ginger paste
- 2-3 chillies, finely chopped
- 2-3 cloves
- 2-3 cardamom pods
- 1 cinnamon stick
- 2 tsp paprika
- 1 tsp garam masala
- 1 tsp chilli powder
- Salt to taste
- Coriander leaves to garnish

METHOD

1. Parboil the potatoes for 6-8 minutes or until partially cooked.
2. Heat the ghee/oil in a large skillet or pan and add in the cloves, cardamom pods and cinnamon stick.
3. Once these start to pop, add in the onion, chillies, garlic and ginger and cook until golden and soft.
4. Add the lamb mince with the spices and sauté until nice and brown.
5. Once the mince is brown, add in the tomato and potatoes with 1/2 cup of water.
6. Cover with a lid and leave to simmer for ~30 minutes. Add more water if you want more sauce.
7. Lastly, add the peas and cook for a further 5 minutes.
8. Garnish with fresh coriander leaves.





Snacks



HIGH PROTEIN MANGO LASSI



SERVES

Two



SUITABLE FOR Vegetarians



MACROS PER SERVE

330 calories, 2g fat, 47.3g carbs, 27.1g protein.



INGREDIENTS

- 500ml mango purée (fresh mango is best but you can use tinned too)
- 250ml fat-free plain Greek yoghurt
- 250ml almond milk or milk of choice
- 1 scoop vanilla protein powder
- 1/2 tsp ground cardamom

METHOD

1. In a blender, add the mango purée with the yoghurt and milk.
2. Add in the cardamom and protein powder.
3. Blend everything well and chill before serving.
4. Garnish with pistachios and extra cardamom or mint if desired.



CARDAMON & PISTACHIO PARFAIT



SERVES

One



SUITABLE FOR

Vegetarians



MACROS PER SERVE

356 calories, 10.2g fat, 25.8g carbs, 41.7g protein.



INGREDIENTS

- 125g plain fat-free Greek yoghurt
- 1 scoop vanilla protein powder
- 1/4 tsp cardamom
- 20g pistachio nuts
- 100g fruit of choice

METHOD

1. In a bowl, mix together the yoghurt, protein powder and cardamom.
2. Assemble the parfait by adding half of the yoghurt to a jar, glass or cup.
3. Top with half of the fruit and half of the pistachios.
4. Add the remainder of the yoghurt mixture and finish off with the remaining pistachios and fruit.



CHOCOLATE CHIP BANANA MUFFINS



MAKES
12 muffins



SUITABLE FOR
Vegetarians



MACROS PER MUFFIN

115 calories, 3.4g protein, 6.4g fat,
11.6g carbs



INGREDIENTS

- 3 mashed ripe bananas
- 60g almond or peanut butter (smooth and preferably runny)
- 2 eggs
- 60g coconut flour
- 50g chocolate chips (add more or less as desired)
- 20g chopped pecans or walnuts (optional)
- 1 tsp vanilla extract
- 3/4 tsp baking soda
- 1/4 tsp salt

METHOD

- Preheat oven to 180 C or Gas mark 4 and line a muffin tin with 12 cupcake/muffin liners. In a bowl mix the mashed banana,
- nut butter and vanilla essence until completely combined. Add in the eggs one at a time and mix until combined. Add in
- dry ingredients and mix until combined. Fold in chocolate chips and nuts if using.
- Scoop the batter evenly into the muffin liners and top with extra nuts and
- chocolate chips. Bake for 25-35 minutes or
- test the centre with a knife or skewer (it should come out clean). Allow to cool thoroughly before removing from the tin.
- Enjoy warmed up with a smear of nut butter.

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EASY PROTEIN KHEER

SERVES

One

SUITABLE FOR

Vegetarians

MACROS PER SERVE

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344 calories, 10g fat, 30g carbs, 31g protein



INGREDIENTS

- 100g cooked basmati rice
- 1 scoop vanilla protein powder
- 125ml almond milk or milk of choice
- 1/4 tsp ground cardamom
- 8g almond slivers
- 8g pistachio nuts, chopped

METHOD

- 1.Heat the milk in a pot (don't boil) with the cardamom and nuts.
- 2.Add in the cooked rice and allow to cook for about two minutes or until the rice starts to thicken and soak up the milk.
- 3.Remove from the heat and stir in the protein powder.
- 4.Top with extra nuts if desired.



BAKED PAKORA WITH RAITA



SERVES
Two



SUITABLE FOR
Vegetarians



MACROS PER SERVE
324 calories, 3g fat, 57g carbs, 18g protein



INGREDIENTS

For the Pakora

- 1 large carrot, peeled and grated
- 1 potato, peeled and grated
- 50g spinach
- 1 onion, finely sliced
- 50g sweetcorn
- A handful of fresh coriander, chopped
- 75g chickpea flour
- 1 tsp cumin seeds
- 1/2 tsp ginger paste
- 1/2 tsp turmeric
- 1/2 tsp chilli powder
- Salt to taste
- Water, as needed

For the Raita

- 125g fat-free plain greek yoghurt
- 50g cucumber, grated
- 1/2 tsp crushed garlic
- 1/2 tsp ground cumin
- Salt to taste

METHOD

1. Add all the ingredients for the pakora to a large mixing bowl, except the chickpea flour and water.
2. Sieve the chickpea flour into the bowl and combine all the ingredients thoroughly.
3. Leave the mixture to sit for about 10 minutes.
4. When ready to bake, preheat the oven to 180 C/ Gas Mark 6 and line a baking tray with parchment.
5. Check the pakora batter, it should be sticking to the vegetables but if too dry, add in a little bit of water until you have a thick paste.
6. Place spoonfuls of the mixture on the baking tray, pop in the oven and bake for 25-30 minutes or until nice and brown, turning halfway through baking.
7. While the pakoras are baking, mix all the ingredients for the raita in a bowl and serve with the pakoras when ready.

