



KINETIC ENERGY



August Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

kineticwellbeing.co.uk





Contents & Key

6	Mexican Cacao Chia Yogurt Pudding	GF	Gluten Free
8	Lemon Pancakes	DF	Dairy Free
10	Zucchini Parmesan Fritters	LC	Low Carb (20g- serve)
12	Mexican Breakfast Bowl	MP	Meal Prep/Freezer Friendly
14	Steamed Coconut Fish & Jasmine Rice	HP	High Protein (20g+ per serve)
16	Turkey Chorizo	V	Vegetarian
18	Argentinian Milanesa Napolitana	Q	Quick (under 30 mins)
20	Beef Kabobs with Smoky Chimichurri	N	Contains Nuts
22	Cashew Chicken Stir Fry		
24	Pineapple Shrimp Rice		
26	Creamy Baked Chicken & Asparagus		
28	Yakitori Chicken & Green Onion Skewers		
30	Better Sleep Protein Smoothie		
32	Mozzarella Waffles		
34	Cheesecake Stuffed Strawberries		



Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 3 bananas cherries strawberries 4 lemons 4 limes 1 orange 1 avocado	Meats 1 lb. (450g) lean ground turkey (turkey mince) 4 lbs. (1 kg 810g) boneless, skinless chicken thighs 12 oz. (340g) beef steaks, 4 slices 2 lbs. (900g) beef sirloin pack of sliced deli ham	Grains oat flour rolled oats Jasmine rice white rice	Oils coconut oil olive oil
Vegetables 2 onions 2 red onions 2 bunches green onions (spring onions) 2 shallots 1 bulb of garlic root ginger turmeric root lemongrass stalk 1 green bell pepper 2 red bell pepper 2 red chili peppers 1 jalapeño chili pepper cherry tomatoes 1 ½ lbs. (680g) zucchini (courgettes) 8 oz. (225g) asparagus 1 sweet potato 2 carrots	Fish & Seafood 4x 6 oz. (170g) white fish filets (e.g. cod or halibut) 1½ lbs. (680g) jumbo shrimp	Nuts & Seeds cashew nuts walnuts chia seeds sesame seeds	Sweeteners coconut sugar honey
Fresh Herbs basil cilantro (coriander) thyme	Cold 11 eggs butter almond milk oat milk Greek yogurt creme fraiche cottage cheese light cream cheese mozzarella cheese Parmesan cheese ricotta cheese quark	Baking all purpose flour baking powder cornstarch (cornflour) cocoa powder cacao nibs vanilla extract	Boxed, Canned & Condiments 14 oz. (400g) can black beans 7 oz. (200g) can light coconut milk 7 oz. (200g) can tomato sauce 14 oz. (400g) can pineapple chicken broth (stock) tomato ketchup oyster sauce tamari sauce mirin sake red wine vinegar rice vinegar marinara sauce panko breadcrumbs
		Dried Herbs & Spices black pepper white pepper chili powder red pepper flakes (chili flakes) smoked paprika ground coriander ground cumin ground cinnamon garlic powder onion powder dried oregano Herbs de Provence	Misc/Other sea salt chamomile tea Graham's cracker (digestive biscuits)



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Mexican Cacao Chia Yogurt Pudding	Steamed Coconut Fish & Jasmine Rice	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Yakitori Chicken & Green Onion Skewers
Tue	Mexican Cacao Chia Yogurt Pudding	Argentinian Milanesa Napolitana	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Yakitori Chicken & Green Onion Skewers
Wed	Zucchini Parmesan Fritters	Argentinian Milanesa Napolitana	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Cashew Chicken Stir Fry
Thu	Zucchini Parmesan Fritters	Cashew Chicken Stir Fry	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Creamy Baked Chicken & Asparagus
Fri	Mexican Breakfast Bowl	Beef Kabobs with Smokey Chimichurri	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Creamy Baked Chicken & Asparagus
Sat	Mexican Breakfast Bowl	Beef Kabobs with Smokey Chimichurri	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Meal Out - Enjoy!
Sun	Lemon Pancakes	Steamed Coconut Fish & Jasmine Rice	E.g. Better Sleep Protein Smoothie, Mozzarella Waffles, Cheesecake Stuffed Strawberries, Mexican Cacao Chia Yogurt Pudding	Pineapple Shrimp Rice





Mexican Cacao Chia Yoghurt Pudding

Serves 4

2 oz. (60g) chia seeds
4 fl. oz. (120ml) boiled hot water
3 tbsp. honey
2 tsp. vanilla extract
pinch of salt
13.2 oz. (375g) Greek yogurt
12 fl oz. (360ml) almond milk, unsweetened
3 tbsp. raw cocoa powder
1 tsp. ground cinnamon
½ tsp. chili powder
2 bananas, sliced
2 tbsp. cacao nibs
2 tbsp. walnuts

What you need to do

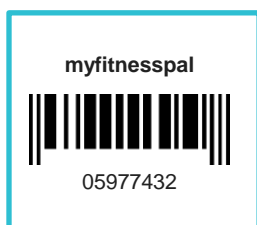
Place the chia seeds and hot water into a bowl and set aside to cool for 5 minutes.

Stir in the honey, vanilla extract and a pinch of salt. Now add the yogurt, almond milk, cocoa powder, cinnamon, chili powder, and whisk to combine.

Prepare 4 glasses or jars and fill them up almost half way with the chia pudding. Next layer with sliced banana, before covering with the remaining pudding. Top the puddings with the remaining banana, cocoa nibs, and walnuts.

Set aside in the refrigerator to chill for 1 hour before serving.

These puddings can be stored in the refrigerator for 4-5 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	300	10	42	14	10

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.





Lemon Pancakes

Serves 2

What you need to do

For the pancakes:

2.3 oz. (65g) oat flour
1½ tsp. baking powder
1 tsp. honey
4 fl oz. (120ml) oat milk
1 egg
1 tsp. lemon zest
1 tbsp. coconut oil

Place all the pancake ingredients (except for the coconut oil) into a large bowl and mix to form a batter.

Place a non-stick skillet over medium-high heat and warm up some coconut oil. Scoop about ¼ cup of the pancake batter into the skillet and cook until bubbles appear on the surface. Flip the pancake over and cook for another minute, then remove from the skillet.

Repeat this process with the remaining pancake batter.

Topping:

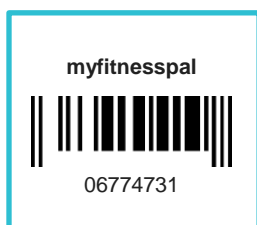
4 tbsp. Greek yogurt
2 lemon slices
1 tsp. lemon juice
1 tsp. lemon zest
2 tbsp. honey

Serve the pancakes topped with Greek yogurt, a slice of lemon, a little lemon zest and juice, and some honey.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	293	14	31	12	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Zucchini Parmesan Fritters

Serves 2

1½ lbs. (680g) zucchini,
grated, drained
1½ tsp. salt
6 tbsp. grated Parmesan
cheese
4 tbsp. ricotta cheese
1.6 oz. (45g) panko
breadcrumbs
1 large egg
¼ tsp. onion powder
½ tsp. garlic powder
½ tsp. dried oregano
¼ tsp. fresh ground black
pepper
1 tsp. lemon juice
2 tsp. olive oil

What you need to do

Line a baking sheet with a clean kitchen cloth. Grate zucchini onto the cloth and gently squeeze out the excess moisture.

Add the zucchini to a large bowl and add the remaining ingredients, with the exception of the olive oil, and mix well to combine.

Heat the olive oil in a large non-stick skillet over medium-high heat. Roll ¼ to ⅓ cup of batter into a ball, and add the ball to the pan. Use the back of the measuring cup to gently flatten the ball. Repeat this process with the remaining batter.

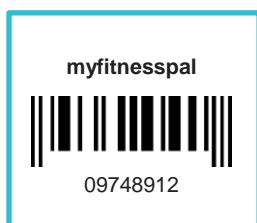
Fry the fritters for 3-4 minutes on each side until browned. Serve warm, with your favourite dip.

This recipe will make around 8 fritters, allowing 4 fritters per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	321	16	30	16	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Mexican Breakfast Bowl

Serves 4

- 1 sweet potato, cubed
- 2 tbsp. olive oil
- salt & pepper,
- pinch chili powder
- 2 servings Turkey Chorizo (see recipe in this pack)
- 14 oz. (400g) can black beans, drained
- 1 tsp. ground cumin
- 4 eggs
- 1 avocado, sliced
- 4 tbsp. cilantro, chopped
- 4 tbsp. Greek yogurt

What you need to do

Heat oven to 200°F (400°C).

Place the sweet potato onto a baking sheet, drizzle with olive oil, season with a generous pinch of salt, pepper and chili powder, and toss to combine. Place the baking sheet into the hot oven and roast the sweet potato for around 20 minutes, until cooked.

While the sweet potato is cooking, make the Turkey Chorizo (see recipe in this pack).

Place the black beans into a small pot, season with salt, pepper and ground cumin, then heat up gently over medium heat.

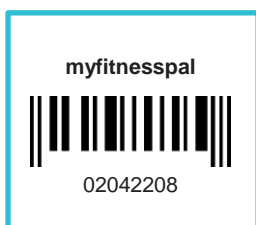
Fry the eggs to your liking.

Once the sweet potatoes are cooked, divide equally between 4 bowls. Top with the turkey chorizo, black beans and avocado. Then top with the fried egg, and garnish with cilantro and a spoon of yogurt.

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	454	27	30	26	12

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Steamed Coconut Fish & Jasmine Rice

Serves 4

4x 6 oz. (170g) white fish filets
(e.g. cod or halibut)
11 oz. (320g) cooked Jasmine rice
1 lemon, slices
basil, thinly sliced
red chili, sliced
2 carrots, cut into matchsticks
1 red bell pepper, sliced

For the marinade:

1 shallot, chopped
4 tbsp. ginger, chopped
1 lemongrass stalk, peeled & chopped into pieces
1 turmeric root, chopped
1 tsp. cilantro
½ red chili, seeds removed & chopped
zest from 1 lime
juice from ½ lime
4 tbsp. basil
7 oz. (200g) can light coconut milk
salt & pepper

What you need to do

Set the oven to 400°F (200°C).

Place all marinade ingredients in a food processor and blitz until smooth, season to taste with sea salt & pepper. Place the fish in a bowl, pour half of the marinade over the fish, and set aside in the refrigerator to marinate for 15-20 minutes.

Meanwhile, prepare 4 large sheets of parchment paper, about 16.5"x22" (40x55cm), and fold each sheet in half. Open up the parchment and in the center along the crease, add a ½ cup of cooked rice. Top the rice with 2 lemon slices, basil and red chili, and then place the fish on top. Spread the remaining marinade over the fish. Place the carrots and bell pepper alongside the fish. Fold the parchment parcel up, and roll the edges until sealed.

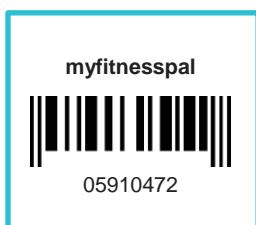
Place the parchment parcels on a baking sheet and bake in the hot oven for 15-20 minutes.

Serve immediately, taking care when opening the parcels to allow the steam to escape.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	337	6	33	37	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Turkey Chorizo

Serves 4

1 tbsp. olive oil
1 lb. (450g) lean ground turkey
¾ -1 tsp. salt
2 tsp. chili powder
2 tsp. smoked paprika
1 tsp. ground cumin
1 tsp. ground coriander
1 tsp. garlic powder
¼ tsp. red pepper flakes
1 tbsp. red wine vinegar

What you need to do

Heat the olive oil in a large skillet over medium heat. Add the remaining ingredients to the skillet, mixing to combine and breaking up the ground turkey.

Cook the mixture for 10 minutes, until the turkey is browned and cooked through. Remove from the heat and place in a bowl, or set aside in the refrigerator until you are ready to use.

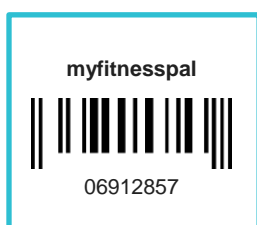
Use as part of the Mexican Breakfast Bowl recipe inside this pack.

TIP: Turkey Chorizo is a great addition to breakfast bowls like the Mexican Breakfast Bowl in this recipe pack.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	213	13	2	22	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Argentinian Milanesa Napolitana

Serves 4

4 thinly sliced beef steaks (12 oz./340g)
 3 large eggs
 1 tsp. dried oregano
 salt & black pepper
 3.5 oz. (100g) fresh breadcrumbs
 4 tbsp. grated Parmesan cheese
 2 cloves garlic, finely minced
 2 tbsp. olive oil
 7 oz. (200g) tomato sauce
 4 slices deli ham (1 oz./30g)
 2.3 oz. (65g) shredded mozzarella
 1 tsp. Herbs the Provence

What you need to do

Break the eggs into a shallow bowl, and whisk together with oregano and salt and pepper.

Stir the Parmesan cheese and garlic into the breadcrumbs and place in another shallow bowl.

Dip the steaks first in the egg mixture, then into the breadcrumbs until well coated.

Heat the olive oil in a skillet and cook the steaks for 3-4 minutes on each side, until golden brown and crispy. Remove from the pan and transfer onto kitchen paper to drain.

Place the steaks on a baking sheet and heat up the broiler (grill).

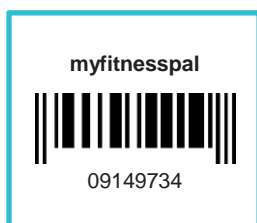
Top each steak with a slice of ham, 2-3 tablespoons of tomato sauce, 2 tablespoons of grated mozzarella cheese and sprinkle over the dried herbs.

Place steaks under the broiler until the cheese melts, about 3-4 minutes. Serve immediately.

MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	530	35	21	30	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Beef Kababs with Smoky Chimichurri

Serves 8

What you need to do

bamboo or metal skewers

Soak 8 bamboo skewers in warm water for 30 minutes, or use metal skewers.

For the skewers:

- 2 lbs. (900g) beef sirloin, cut into 1½ inch (4cm) cubes
- 10.6 oz. (300g) cherry tomatoes
- 2 red onions, cut into wedges

Place the diced beef into a zip lock bag and add in the marinade ingredients. Mix well until coated evenly and set aside to marinate.

For the marinade:

- 2 tbsp. olive oil
- 2 tbsp. lime juice, plus zest of one lime
- 2 cloves garlic, minced
- 1 tsp. onion powder
- 1 tsp dried oregano
- 1 tsp. ground cumin
- 1 tsp. salt
- ½ tsp. black pepper

Preheat the grill.

In the meantime, make the chimichurri sauce by placing all the ingredients in a food processor. Blitz repeatedly until the onion is minced well. Place in a small bowl and set aside.

For the smoky chimichurri sauce:

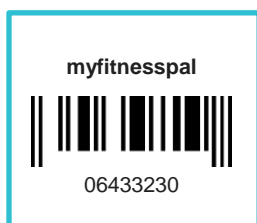
- 0.7 oz. (20g) cilantro
- 4 fl oz. (120ml) olive oil
- 2 tbsp. lime juice
- 1 jalapeño
- 1 small onion, chopped
- 1 garlic clove
- 1 tsp. ground coriander
- ½ tsp. smoked paprika
- ½ tsp. salt

Assemble the skewers alternating the cubes of beef, cherry tomato and onion slices. Place about 3-4 pieces of beef on each skewer.

Grill the skewers over medium high heat, rotating until the steak is nicely charred and cooked to your preference. Serve the beef skewers with the smoky chimichurri sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	30 mins	233	9	4	34	1



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.





Chicken Cashew Stir Fry

Serves 4

1½ lbs. (680g) boneless, skinless chicken thighs, fat trimmed & cut into 1-inch (2.5cm) pieces
1 tbsp. white pepper
1 tsp. coconut oil
1 green bell pepper, chopped
1 onion, chopped
1 tbsp. cornstarch
2 oz. (60g) unsalted roasted cashew nuts
14 oz. (400g) cooked white rice
2 green onion, sliced
1 red chili, sliced (optional)

For the sauce:

4 tbsp. water
4 tbsp. tamari sauce
2 tbsp. oyster sauce
3 tbsp. coconut sugar
1 tbsp. rice vinegar
2 garlic cloves

What you need to do

Place the sauce ingredients into a jar or bowl, stir to combine and set aside.

Place the chicken into a large bowl, season with 2-3 tablespoons of the sauce and the white pepper. Mix to combine, cover the bowl and set aside to marinate for 20 minutes.

Add the cornstarch to the remaining sauce, mix well, and set aside.

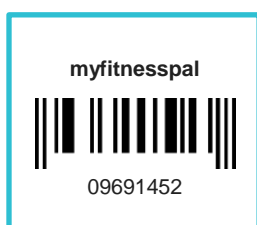
When ready to cook, add the coconut oil to a large skillet and place over medium-high heat. Add the bell pepper and onion to the skillet and cook for 2-3 minutes. Next add the chicken and cook for 7-8 minutes. Now reduce the heat to medium, and add the remaining sauce, stir continuously to warm the sauce.

Remove the skillet from the heat and mix through the cashews. Serve immediately with the cooked rice, garnished with green onions and the optional red chili.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	515	15	53	42	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Pineapple Shrimp Rice

Serves 4

6.5 oz. (185g) uncooked
Jasmine rice
1 tsp. coconut oil
1½ lbs.(680g) jumbo shrimp,
peeled
salt & black pepper
1 red bell pepper, chopped (or
use a mix of colours)

For the sauce:

14 oz. (400g) can pineapple,
reserve all liquid
juice from 1 orange
2 tbsp. tomato ketchup
1 tbsp. fresh ginger
2 tbsp. tamari sauce
1½ tbsp. cornstarch + 1 tbsp.
water, mixed

To garnish:

4 tbsp. cilantro, chopped
1 tbsp. sesame seeds

What you need to do

Cook the rice according to instructions on the packaging.

Transfer all of the liquid from the canned pineapple into a mixing bowl, place the pineapple aside. Add the remaining ingredients for the sauce into the pineapple juice and mix well.

Heat the coconut oil in a large skillet or wok over medium-high heat, and add the shrimp. Season with salt & pepper and cook for 2-3 minutes. Add the bell pepper and cook for a further 2 minutes.

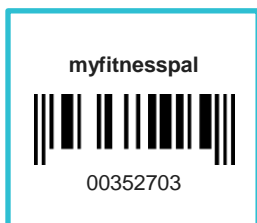
Reduce the heat to medium and pour in the sauce, then add in the cornstarch mixture and stir immediately.

Stir in the cooked rice and serve with a garnish of cilantro and sesame seeds.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	382	3	51	39	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Creamy Baked Chicken & Asparagus

Serves 4

- 1½ lbs. (680g) boneless, skinless chicken breasts
- 1 tsp. salt
- black pepper, to taste
- 1 tbsp. all purpose flour
- 1 tbsp. butter
- 1 tbsp. olive oil
- 1 shallot, finely chopped
- 4 tbsp. lemon juice
- 4 fl oz. (120ml) chicken broth
- 8 oz. (225g) asparagus, trimmed & sliced into 2-inch pieces
- 4 oz. (115g) creme fraiche
- 3 sprigs fresh thyme

What you need to do

Preheat the oven to 425°F (220°C) degrees.

Season the chicken on both sides with salt and pepper, sprinkle with the flour and flip to coat both sides.

Place a large ovenproof skillet onto the stove and turn the heat to medium-high. Melt the butter and olive oil, then add the chicken breasts and cook for 5 minutes on one side then flip over and cook for a further 2 minutes.

Add the shallots to the skillet and cook for 1-2 minutes until softened, then pour in the lemon juice and continue to cook for 30 seconds. Now add the broth and bring to a simmer, then remove the skillet from the heat.

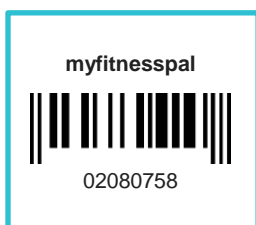
Place the asparagus pieces around the chicken breasts, spoon the creme fraiche around the chicken, and place the herb sprigs on top.

Now place the skillet into the hot oven and bake the chicken for 15 minutes until cooked through. When cooked, remove the herb sprigs and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	345	16	8	41	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Yakitori Chicken & Green Onion Skewers

Serves 4

What you need to do

bamboo or metal skewers
1 lb. (450g) boneless, skinless chicken thighs, into 1" (2.5 cm) cubes
9 green onions
olive oil

Yakitori sauce:

4 fl oz. (120ml) tamari
4 fl oz. (120ml) mirin
2 fl oz. (60ml) sake
2 fl oz. (60ml) water
2 tsp. coconut sugar

Prior to starting, soak about 8 bamboo skewers in water for 30 minutes, or use metal skewers

Add the yakitori sauce ingredients into a small saucepan, along with the green part of one onion. Bring it to a boil over high heat, then reduce the heat to low and simmer, uncovered, until the sauce has reduced to 1/3 of the original volume. This will take around 30 minutes. Set the sauce aside to cool to room temperature before using.

Reserve 1/3 of the sauce in a small bowl for coating the chicken skewers just before serving.

Cut the white and light green parts of the remaining green onions into 1-inch (2.5 cm) pieces.

Insert the chicken pieces on a bamboo skewer, next add a piece of green onion. Continue to alternate the chicken with green onion always ending with a piece of chicken.

Grease the grate of the broiler/wire rack (or oven-safe cooling rack) to keep the chicken from sticking to it, and place the skewers on top.

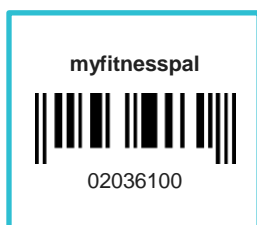
Set the broiler (grill) to high, and once heated, place the skewers under the broiler. Broil for 6 minutes, then after 6 minutes, brush the meat on both sides with the Yakitori Sauce. Continue to broil for 3-4 minutes to caramelize the sauce.

Remove the skewers to a serving plate and brush the top of the chicken skewers with the reserved sauce and serve.

Store leftovers in an airtight container in the refrigerator for up to 3 days.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	45 mins	256	6	22	26	1



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.





Better Sleep Protein Smoothie

Serves 2

5.3 oz. (150g) cottage cheese
1 banana, frozen
2 tbsp. walnuts
1.8 oz. (50g) cherries, frozen
2 tbsp. rolled oats
3 fl oz. (90ml) chamomile tea, chilled
1 tsp. ground cinnamon
1 tbsp. honey

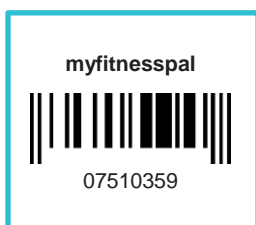
What you need to do

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	237	9	32	11	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Mozzarella Waffles

Serves 6

What you need to do

1 lb. (455g) mozzarella cheese, sliced
 4.4 oz. (125g) all-purpose flour
 2 eggs, beaten
 3.5 oz. (100g) panko breadcrumbs
 1 tsp. olive oil
 2 green onions, sliced, garnish
 8 tbsp. marinara sauce, for dipping

Preheat the waffle maker.

Cut the mozzarella into four equal slices, then cut each slice in half, making eight pieces total.

Place the flour, eggs and panko breadcrumbs into three separate bowls.

Dip a mozzarella slice first in the flour, then dip into the beaten egg, finally rolling it in the breadcrumbs, until coated.

Grease the waffle maker on both sides with a little olive oil and place the mozzarella onto the waffle maker. Cook the mozzarella squares in the waffle iron for about two minutes, until the breadcrumbs are golden brown and the cheese is starting to bubble.

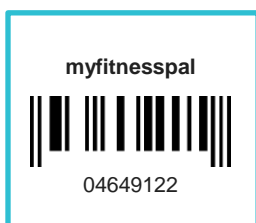
Serve the mozzarella waffles warm with a garnish of green onions and the marinara dipping sauce.

This recipe serves 6 people as a snack or appetizer.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	366	17	30	19	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.







Cheesecake Stuffed Strawberries

Serves 2

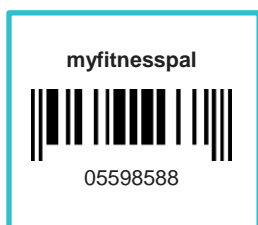
12 strawberries
2.1 oz. (60g) quark
1 tbsp. light cream cheese
1 tbsp, honey
1 tsp. vanilla extract
1 Graham Cracker (or digestive biscuit), crushed

What you need to do

Remove the tops of the strawberries and with a shape knife cut out the center of the strawberries.

Mix together the quark, cream cheese, honey and vanilla extract.

Fill the strawberries with the mixture and sprinkle with cracker/biscuit crumbs. Store the strawberries in the refrigerator until ready to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	136	4	21	5	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.