



KINETIC ENERGY



October Recipe Pack

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

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Contents & Key

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8	Protein-Packed Shrimp & Egg Skillet	DF	Dairy Free
10	Fluffy Cottage Cheese Pancakes	LC	Low Carb (20g- serve)
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14	Tomato-Peach Burrata Salad with Balsamic Dressing	HP	High Protein (20g+ per serve)
16	Shrimp & Quinoa Stir Fry	V	Vegetarian
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20	Fish with Chinese-Style Rice Bowl	N	Contains Nuts
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Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits fresh berries 1 banana 2 peaches	Meats 2 lbs. (900g) 95% lean ground beef (minced beef) 1 lb. (450g) boneless, skinless chicken thighs 2 lbs. (900g) boneless, skinless chicken breasts 4x 6 oz. (170g) boneless pork chops (roughly 1¼ inch thick)	Grains rolled oats quinoa brown basmati rice long grain white rice	Oils coconut oil olive oil sesame oil
Vegetables 5 onions 4 shallots bunch green onions (spring onion) 2 bulbs garlic root ginger 1 carrot 2 large tomatoes cherry tomatoes 2 stalks celery 1 eggplant (aubergine) 2 zucchinis (courgette) 1 red bell pepper 1 green bell pepper cremini mushrooms (chestnut mushrooms) green beans broccoli spinach	Fish & Seafood 10x large shrimps (king prawns) 1 lb. (450g) cooked shrimp (prawns) 10 oz. (280g) skinless cod filets	Nuts & Seeds hazelnuts pecans walnuts pumpkin seeds	Sweeteners brown sugar coconut sugar honey maple syrup
Frozen Herbs basil cilantro (coriander) parsley	Cold 20x eggs butter milk unsweetened almond milk oat cream Greek yogurt cottage cheese cheddar cheese mascarpone cheese 8 oz. (230g) burrata cheese brie ricotta	Baking all purpose flour (plain flour) whole wheat flour (wholemeal flour) baking powder baking soda dark chocolate chips 85% dark chocolate cocoa nibs vanilla extract	Boxed, Canned & Condiments 3x 14 oz. (400g) can pumpkin puree 2x 14 oz. (400g) can chopped tomatoes 1x 14 oz. (400g) can kidney beans chicken broth (stock) low sodium chicken broth (stock) beef broth (stock) beef bouillon cube pasta of choice tamari sauce Worcestershire sauce balsamic vinegar dijon mustard
Frozen green peas (garden peas) mango		Dried Herbs & Spices black pepper cayenne pepper red pepper flakes (chili flakes) ground allspice ground cardamom ground cinnamon ground cloves ground ginger ground nutmeg garlic powder onion powder 5 spice powder dried basil dried oregano dried parsley dried rosemary dried thyme	Misc/Other sea salt vanilla protein powder breadcrumbs



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chunky Monkey Protein Overnight Oats	One-Pot Beef & Vegetable Stir Fry	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Creamy Chicken & Mushroom Skillet
Tue	Chunky Monkey Protein Overnight Oats	Fish with Chinese-Style Rice Bowl	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Creamy Chicken & Mushroom Skillet
Wed	Protein-Packed Shrimp & Egg Skillet	Fish with Chinese-Style Rice Bowl	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Family Chicken Ratatouille Rice
Thu	Protein-Packed Shrimp & Egg Skillet	Family Chicken Ratatouille Rice	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Best Swedish Meatballs
Fri	Fluffy Cottage Cheese Pancakes	Shrimp & Quinoa Stir Fry	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Best Swedish Meatballs
Sat	Fluffy Cottage Cheese Pancakes	Tomato-Peach Burrata Salad with Balsamic Dressing	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Meal Out - Enjoy!
Sun	Spiced Pumpkin Parfait	One-Pot Beef & Vegetable Stir Fry	E.g. Spiced Pumpkin Parfait, Mango Vanilla Protein Power Smoothie, Pumpkin Spice Bread, Cheesy Broccoli Muffins	Five-Spice Pork Chops with Pumpkin Sauce





Spiced Pumpkin Parfait

Serves 6

What you need to do

Parfait:

- 1 lb. (450g) pumpkin puree
- 1.1 lbs. (500g) Greek yogurt
- 4 tbsp. mascarpone cheese
- 1 tbsp. vanilla extract
- 2 tbsp. brown sugar
- 2 tsp. ground cinnamon
- ¼ tsp. ground nutmeg

Place the parfait ingredients into a large mixing bowl. Using a hand held electric mixer, or a whisk, mix together until smooth.

Divide the parfait mixture into 6 serving glasses or jars. Cover and refrigerate for 30 minutes or overnight.

When ready to serve, top each with a drizzle of honey, chocolate chips and chopped hazelnuts.

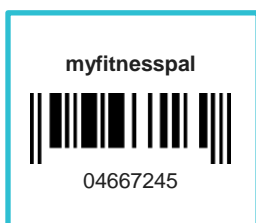
Toppings:

- 2 tbsp. honey
- 4 tbsp. dark chocolate chips
- 4 tbsp. chopped hazelnuts

GF	MP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	394	18	42	17	5

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







Protein-Packed Shrimp And Egg Skillet

Serves 2

- 1 tsp. olive oil
- pinch of salt
- ¼ onion, chopped
- 4 cherry tomatoes, halved
- 1 handful spinach
- 10 large shrimps
- 6 eggs
- 1 sprig parsley
- ¼ tsp. cayenne pepper

What you need to do

Heat the olive oil in a skillet over medium heat and cook the onions with a pinch of salt. Place the tomatoes on the side of the pan cut side down.

When the onions are soft add in the spinach and let it wilt, then add the shrimps.

Crack the eggs into the pan. Then take a wooden spoon and gently move the whites around so they grab everything underneath.

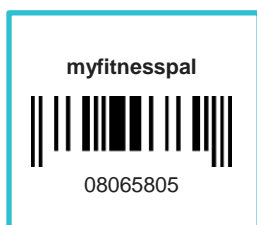
Place a lid on the skillet and cook for 6-8 minutes (cook for a little longer for more solid, less runny eggs).

When the eggs are cooked, run a knife across each yolk and let it ooze over the entire dish.

Garnish with some parsley and cayenne pepper and serve.

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	287	17	3	29	1



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





Fluffy Cottage Cheese Pancakes

Serves 4

4 eggs
7 oz. (200g) cottage cheese
4 tbsp. milk
2 tbsp. honey + 2 tbsp. extra for serving
1 tsp. vanilla extract
5.3 oz. (150g) all-purpose flour
1 tsp. baking powder
½ tsp. ground cinnamon
½ tsp. salt
2 tbsp. olive oil + 1 tbsp. for cooking
fresh berries for serving

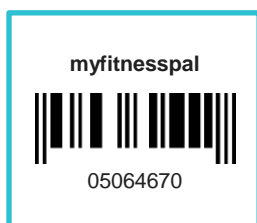
What you need to do

In a large bowl, whisk together the eggs, cottage cheese, milk, honey and vanilla extract. Sift in flour, baking powder, cinnamon and salt. Whisk until the flour is incorporated.

Now whisk in 2 tablespoons of the olive oil, and set the batter aside to rest for 10 minutes.

When ready to cook, lightly grease a large skillet with olive oil and place over a medium heat. When the skillet is hot, add the batter to the pan, roughly ¼ cup per pancake. Cook the pancakes for 2-3 minutes on each side.

Serve the pancakes warm, topped with fresh berries and a drizzle of honey.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	415	18	51	14	6

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





Chunky Monkey Protein Overnight Oats

Serves 2

What you need to do

For the oats:

1.8 oz. (50g) rolled oats
1 scoop vanilla protein powder
0.7 oz. (20g) 85% dark chocolate
2 tbsp. chopped walnuts
½ banana, chopped
8.5 fl oz. (250ml) almond milk

Place all the ingredients for the oats into a large bowl and stir to combine.

Divide the mixture between 2 serving bowls/jars and set it aside to rest in the refrigerator for a few hours, ideally overnight.

When ready to serve, top the oats with walnuts, cocoa nibs and chopped banana.

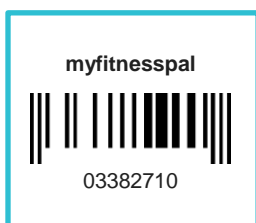
Toppings:

1 tbsp. walnuts
1 tbsp. cocoa nibs
½ banana, chopped



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	374	15	40	21	6

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







Tomato-Peach Burrata Salad with Balsamic Dressing

Serves 6

What you need to do

2 large heirloom tomatoes, sliced
 7 oz. (200g) cherry tomatoes, halved
 2 ripe peaches, sliced
 8 oz. (230g) burrata cheese, drained
 salt & ground black pepper, to taste
 fresh basil, garnish

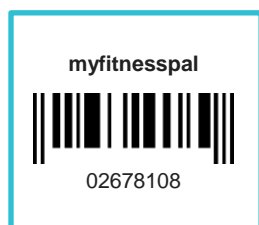
Place all the dressing ingredients into a glass jar with a tight-fitting lid. Replace the lid on the jar and shake vigorously until thoroughly combined and set aside.

Arrange the sliced tomatoes, cherry tomatoes and peaches on a large platter. Break apart the ball of burrata cheese and arrange it on top of the salad. Season with salt and pepper.

To serve, drizzle the salad with the dressing and garnish with fresh basil.

For the dressing:

4 tbsp. olive oil
 4 tbsp. balsamic vinegar
 1 tsp. honey
 1 tsp. Dijon mustard
 1 shallot, minced
 1 clove garlic, minced
 salt & ground black pepper, to taste



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	244	19	15	2	2

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





Shrimp and Quinoa Stir Fry

Serves 4

4.6 oz. (130g) quinoa, uncooked
1 tbsp. sesame oil
10 fl oz. (300ml) low sodium chicken broth
1 tsp. sesame oil
1 onion, diced
1 carrot, shredded
3.5 oz. (100g) green peas
¼ tsp. ground ginger
2 tsp. garlic, minced
1 lb. (450g) cooked shrimp
1 egg + 2 egg whites, whisked together
2 tbsp. tamari sauce

What you need to do

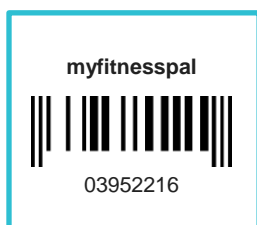
Place a large pot over medium-high heat, add 1 tablespoon of sesame oil and the quinoa. Cook for 2-3 minutes then add the chicken broth and bring to a boil. Cover the pot with a lid and reduce the heat to low. Cook for 15-20 minutes.

Place a second large pot over medium-high heat, add 1 teaspoon of sesame oil with the onion, carrots, green peas, ginger and garlic. Sauté for 3 minutes until the vegetables are heated through. Add the shrimp to the pan and cook for an additional 1-2 minutes until they are warmed through.

Fluff the quinoa with a fork and add it to the pan of vegetables.

Add the whisked eggs and quickly stir everything together until all of the quinoa is nicely coated with the egg mixture.

Finally stir through the tamari sauce and serve immediately.



GF DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	334	7	30	38	5





One-Pot Beef and Vegetable Pasta

Serves 5

- 1 lb. (450g) 95% lean ground beef
- 1 onion, chopped
- 2 celery, chopped
- 1 green bell pepper, chopped
- 2 tsp. Worcestershire sauce
- 1 tsp. salt, optional
- ¼ tsp. black pepper
- ½ tsp. dried basil
- 8 oz. (225g) dry pasta of choice
- 14 oz. (400g) can kidney beans, drained & rinsed
- 14 oz. (400g) can chopped tomatoes
- 6 fl oz. (180ml) cup water
- 1 beef bouillon cube
- 4 tbsp. chopped basil, to serve

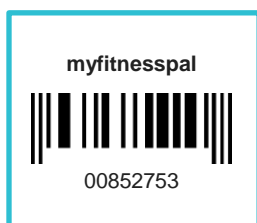
What you need to do

Place a large pot over medium heat, add the ground beef, onion, celery and green bell pepper and sauté until the vegetables are tender and the meat is no longer pink. Drain off any excess liquid.

Add the Worcestershire sauce, salt, pepper, basil, pasta, beans, tomatoes, water and bouillon cube and stir to combine.

Bring to a boil, then reduce the heat; cover the pot with a lid, and simmer for 20-25 minutes or until pasta is tender, stirring occasionally.

Serve the pasta topped with a garnish of fresh basil.



DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	493	19	53	24	9

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





Fish with Chinese-Style Rice Bowl

Serves 2

3.5 oz. (100g) brown basmati rice
5.6 oz. (160g) green peas
1.8 oz. (50g) green beans
3 green onions, finely chopped
½ tsp. red pepper flakes
4 tbsp. cilantro, roughly chopped + extra for garnish
2 tsp. tamari sauce
½ tsp. sesame oil
1 tbsp. olive oil
2 large eggs
10 oz. (280g) skinless cod filets, cut into strips

What you need to do

Cook the rice according to instructions on packaging, add green peas and beans for the last 6 minutes of cooking. Drain, then return to the pot and stir in the green onions, red pepper flakes, chopped cilantro, tamari sauce and sesame oil. Cover the pot with a lid and set aside.

Meanwhile, heat a large skillet over medium heat, add the olive oil. Beat the eggs and coat the fish, then fry the fish in the oil for a couple of minutes each side until golden. Remove the fish from the skillet and set aside.

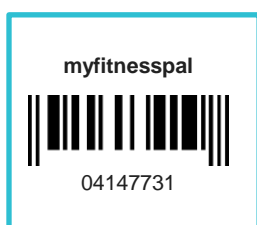
Add the rice to the skillet with the remaining egg and stir until the eggs are lightly scrambled.

To serve, divide the rice between 2 bowls, top with the fish and garnish with extra cilantro.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	506	13	55	31	6

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







Family Chicken Ratatouille Rice

Serves 4

What you need to do

3 tbsp. olive oil, divided
 1 lb. (450g) boneless, skinless chicken thighs, cut into 1-inch pieces
 ½ tsp. salt, divided
 ground black pepper
 1 onion, chopped
 4 cloves garlic, chopped
 1 tsp. dried thyme
 1 tsp. dried parsley
 1 eggplant, chopped
 2 zucchinis, chopped
 1 red bell pepper, chopped
 5 oz. (140g) long-grain white rice
 14 oz. (400g) can diced tomatoes
 8 fl oz. (240ml) low-sodium chicken broth

Place a large pot over medium-high heat and add 1 tablespoon of olive oil. Toss the chicken with ¼ teaspoon of salt and black pepper, then add to the pot in an even layer. Cook the chicken for 3-4 minutes, stirring occasionally, or until the chicken has lightly browned on all sides. Once cooked, transfer the chicken to a plate and set aside.

In the same pot, reduce the heat to medium and add the remaining 2 tablespoons of olive oil. Add the onion, garlic, thyme, parsley, remaining ¼ teaspoon salt and black pepper. Cook, stirring often, for 3-5 minutes, or until the onions are translucent.

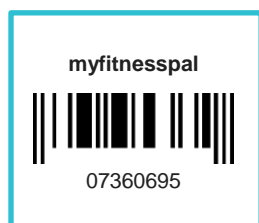
Add the eggplant, zucchinis, and bell pepper. Cook for 5-7 minutes, stirring often, until the eggplant and zucchinis have started to soften.

Now add the rice, diced tomatoes with their juices and broth, and stir to combine. Return the chicken to the pot and stir to combine. Then reduce the heat to low, cover the pot with a lid and cook for about 30 minutes, stirring occasionally, until all of the liquid has been absorbed. Serve immediately.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	445	16	48	29	8

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







Creamy Chicken and Mushroom Skillet

Serves 6

1 tbsp. olive oil
2 lbs. (900g) chicken breasts,
skinless boneless
salt & black pepper
10.6 oz. (300g) cremini
mushrooms, sliced
1 tbsp. salted butter
2 shallots, chopped
2 tsp. dried thyme
1 tsp. dried oregano
red pepper flakes
3 cloves garlic, chopped or
grated
10 fl oz. (300ml) chicken broth
6.8 fl oz. (200ml) oat cream
2 oz. (60g) brie, rind removed
4 tbsp. chopped parsley

What you need to do

Preheat the oven to 375°F (190°C).

Place a large ovenproof skillet over medium-high heat. Add the olive oil, chicken and season with salt and pepper. Fry the chicken on both sides until golden. Remove the chicken from the skillet.

To the same skillet, add the mushrooms and cook for 5 minutes, or until golden. Add the butter, shallots, thyme, oregano, and a pinch each of salt, pepper and red pepper flakes. Cook for 4-5 minutes, until fragrant. Now add the garlic and cook for a further 2-3 minutes.

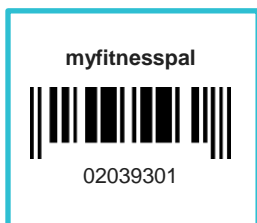
Pour in the broth and cook for 10 minutes until reduced slightly, then pour in the oat cream and stir in the brie. Nestle the chicken into the sauce. Place the skillet into the hot oven and bake for 20 minutes, until the chicken is cooked through.

Serve topped parsley.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	317	16	5	38	1

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







Best Swedish Meatballs

Serves 6

- 1 lb. (450g) 95% lean ground beef
- 4 tbsp. onion, finely chopped
- 4 tbsp. breadcrumbs
- 1 tsp. parsley, chopped
- ¼ tsp. ground allspice
- ¼ tsp. ground nutmeg
- ½ tsp. garlic powder
- ⅛ tsp. black pepper
- ½ tsp. salt
- 1 egg
- 1 tbsp. olive oil
- 4 tbsp. butter
- 3 tbsp. flour
- 1 pt. (480ml) beef broth
- 8 fl oz. (240ml) oat cream
- 1 tbsp. Worcestershire sauce
- 1 tsp. dijon mustard
- salt & pepper to taste

What you need to do

Add the ground beef, onion, breadcrumbs, parsley, allspice, nutmeg, garlic powder, black pepper, salt and egg to a large bowl and mix until combined. Roll the mixture into 12 large even-sized meatballs.

In a large skillet, heat 1 tablespoon of butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer the meatballs to a plate and cover with foil.

Now add the remaining butter and flour to the skillet and whisk until it turns brown. Slowly stir in the beef broth, oat cream, Worcestershire sauce and dijon mustard, stir to combine and bring to a simmer until sauce starts to thicken. Season the sauce with salt and black pepper to taste.

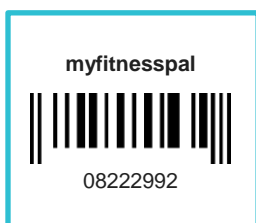
Add the meatballs back to the skillet and simmer for another 1-2 minutes.

Serving suggestion: cooked rice and green peas (not included in nutrition information).



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	358	27	11	16	1

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







Five-Spice Pork Chops with Pumpkin Sauce

Serves 4

4 boneless pork chops (1¼-inch/3cm thick - 6 oz/170g each)
1 tbsp. five-spice powder
salt & ground black pepper, to taste
1 tsp. olive oil
1 tbsp. salted butter
1 shallot, finely chopped
4 cloves garlic, grated
1 tsp. dried rosemary
½ tsp. red pepper flakes
1 tbsp. coconut sugar
14 oz. (400g) pumpkin purée
8 fl oz. (240ml) chicken broth

What you need to do

Preheat the oven to 375°F (190°C).

Place the pork chops on a baking tray, pat dry with a paper towel and season with five spice, salt and pepper.

Place a large ovenproof skillet over medium heat and add the olive oil. Once the pan is hot add the pork and sear for 3-4 minutes on each side, until golden-brown. Then remove from the pan and discard the oil.

Place the skillet back onto the stove, reduce the heat and add the butter, shallot, garlic, rosemary, red pepper flakes and coconut sugar and cook for 3-4 minutes. Then remove the skillet from the heat and stir in the pureed pumpkin and chicken broth.

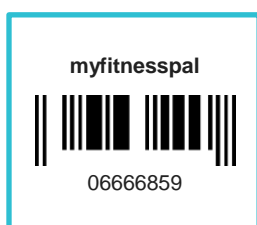
Add the seared pork chops back into the skillet, and spoon the sauce over the top. Place the skillet into the oven and cook for 10-15 minutes, or until the thickest part of the pork is cooked through.

Once cooked, remove from the oven and spoon the pan juices over the pork. Allow the pork to rest for 5 minutes before slicing and serving.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	25 mins	376	20	12	37	3

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







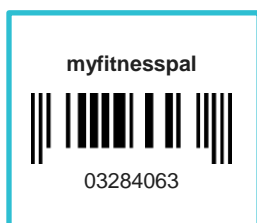
Mango Vanilla Protein Power Smoothie

Serves 1

What you need to do

4 fl oz. (120ml) unsweetened almond milk
4.2 oz. (120g) Greek yogurt
5.8 oz. (165g) frozen mango chunks
1 scoop vanilla protein powder
¼ tsp. vanilla extract

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



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	303	5	32	36	3





Pumpkin Spice Bread

Serves 12

7.4 oz. (210g) all-purpose flour
3.5 oz. (100g) coconut sugar
1 tsp. baking soda
 $\frac{3}{4}$ tsp. salt
1 tbsp. ground cinnamon
2 tsp. ground ginger
1 tsp. ground nutmeg
 $\frac{3}{4}$ tsp. ground cardamom
 $\frac{3}{4}$ tsp. ground cloves
2 large eggs
12 oz. (340g) pumpkin puree
2 fl oz. (60ml) melted coconut oil
2 fl oz. (60ml) maple syrup
1 tsp. vanilla extract

Topping:

4 tbsp. chopped pecans

What you need to do

Preheat the oven to 325°F (160°C). Grease a 9x5-inch (23x13cm) loaf pan.

In a large bowl, whisk dry ingredients together, the flour, sugar, baking soda, salt, and spices.

In a medium bowl, whisk wet ingredients together, the eggs, pumpkin puree, coconut oil, maple syrup and vanilla extract.

Pour the wet ingredients into dry ingredients and whisk until combined. Now pour the pumpkin batter into the loaf pan and sprinkle the chopped pecans over the top.

Place the pan into the hot oven and bake for 65-75 minutes until golden and a toothpick inserted into the center of the loaf comes out clean.

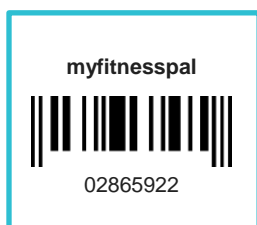
Remove from the oven and place the pan on a wire rack to cool completely before removing the pumpkin bread from the pan.

Store the bread in an airtight container on the counter top for 3-4 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	65 mins	184	7	29	2	4

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







Cheesy Broccoli Muffins

Makes 12

6.3 oz. (180g) whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. garlic powder
1 tsp. onion powder
7 oz. (200g) finely chopped broccoli florets
4 oz. (115g) shredded cheddar cheese, divided
6 fl oz. (180ml) milk
4.4 oz. (125g) ricotta cheese
2 eggs
6 tbsp. olive oil

What you need to do

Preheat the oven to 425°F (220°C). Line a 12 hole muffin pan with liners, or prepare a silicone muffin pan.

In a medium bowl, combine the whole wheat flour, baking powder, baking soda, garlic powder, and onion powder. Add the broccoli, and 3 oz. (90g) of cheddar cheese and toss to coat.

In a separate bowl, combine the milk, ricotta cheese, eggs and olive oil. Pour into the flour mixture and stir until just combined.

Fill each muffin cup about $\frac{2}{3}$ full with batter. Sprinkle the remaining cheddar cheese on top of each muffin.

Place the muffin pan into the hot oven and bake for about 15 minutes, until a toothpick inserted into the center of the muffin comes out clean.

Remove the muffins from the oven and place on a wire rack to cool.

Store the muffins in an airtight container on the counter top for 3-4 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	194	13	14	7	2

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

