

**Shopping & Ingredients List:**

- 1 **Box of Brownie Mix**
- 150g **Condensed Milk**
- 300g **Milk Chocolate Chips**
- 60ml **Baileys Irish Cream**
- ½ tsp **Vanilla Extract**

**Method**

1. Make & bake brownies according to the packet instructions. Set aside to cool.
2. In a heatproof bowl, combine condensed milk, chocolate chips, Baileys, vanilla. Place over pan of barely simmering water & stir until chocolate has melted.
3. Pour fudge mix over the brownies & refridgerate until set. About 4 hours.
4. Slice into squares.

**Macro info per serving**

Protein

**3.6g**

Carbs

**44.7g**

Fat

**8.1g**

Energy

**267Kcal**

**Shopping & Ingredients List:**

450g **Cherries** (or mixed berries)  
4**Egg Yolks**  
50g**Caster Sugar**  
120ml **Kirsch** (or Cointreau)

**Method**

1. Dip a few of the cherries in caster sugar to use as garnish. Stone the remaining cherries.
2. Place stoned cherries in glass dishes.
3. Whisk egg yolks in a large bowl with the Kirsch & sugar. Place the bowl over a pan of simmering water & whisk constantly until mix is pale & fluffy.
4. Pour the custard over the cherries. Top with garnish & serve immediately.

**Macro info per serving**

Protein

**4g**

Carbs

**31g**

Fat

**4.7g**

Energy

**269Kcal**

## Shopping & Ingredients List:

### Base & Crust\*

250g **Pecans**  
12 **Medjool Dates**  
30g **Dessicated Coconut**

### Cheesecake Filling

250g **Cashews**  
100g **Strawberries**  
220g **Agave Syrup**  
50g melted **Coconut Oil**  
2 tbsp **Lemon Juice**

*\*to reduce the calories, make the base only  
using half the ingredients  
approx 341 kcal, 21f, 32c, 5p*



## Method

1. Soak cashews in water for 3 hours. Drain & rinse.
2. Remove pits from dates & soak in warm water for 10 mins, drain & place dates in food processor along with coconut & pecans. Process until it forms sticky crumbs.
3. Line a flan dish with greaseproof paper allowing edges to hang over sides of dish.
4. Fill the base of the dish with half of the crumb mix. And press into place.
5. Freeze the base until solid.
6. Place cashews in high powered blender with strawberries, agave, coconut oil & lemon juice. Blend until smooth.
7. Pour this mixture into the flan case. Freeze for 2 hours. *N.B. For lighter version, this is the cheesecake completed.*
8. Using remaining crumbs make a flan top for the cheesecake & freeze until solid.
9. Remove from freezer, release cheesecake up lifting using the greaseproof paper. place in fridge for 10-20 mins until able to cut into slices.

## Macro info per serving

Protein  
**6.3g**

Carbs  
**42.2g**

Fat  
**29.8g**

Energy  
**462Kcal**

## Shopping & Ingredients List:

115g **70%+ Dark Chocolate**, chopped  
300g fresh **Custard**  
2 **Bananas**, sliced



## Method

1. Gently heat custard in a pan & add the chocolate. Stir until all the chocolate has melted.
2. Add sliced bananas to dessert dishes, pour over the chocolate custard & chill in fridge for at least an hour before serving.

## Macro info per serving

Protein  
**2.8g**

Carbs  
**25.3g**

Fat  
**11.1g**

Energy  
**213Kcal**

## Shopping & Ingredients List:

- 175g **Blueberries**
- 1 **Orange**, finely grated rind & juice
- 3 tbsp **Maple Syrup**
- 500g low fat **Natural Yogurt**



## Method

1. Put blueberries & orange juice into blender & blend until a puree. Strain through nylon sieve into a bowl. Discard excess juice.
2. In a large bowl mix together the yogurt & maple syrup. Fold in fruit puree.
3. If using an ice cream machine follow instructions & then freeze for 5-6 hours.
4. If not using a machine, transfer the blueberry yogurt to a plastic container & freeze for 2 hours. Remove from freezer, turn out into a bowl. Beat until smooth. Return to freezer & freeze until firm.

## Macro info per serving

Protein  
**7g**

Carbs  
**29g**

Fat  
**2g**

Energy  
**157Kcal**

Meeting all your nutritional needs, demands and expectations



## Shopping & Ingredients List:

150g **Caster Sugar**  
250ml **Tonic Water**  
200ml **Lime Juice**  
3 **Limes**, zest only  
150ml **Gin**, chilled  
6g **Powered Gelatine**



## Method

1. Make a syrup by dissolving sugar in 150ml water in a saucepan over a low heat. Bring to the boil & simmer for 2 mins. Leave to cool.
2. Stir lime juice & zest into the syrup & chill overnight.
3. Put the gelatine & 1½ tbsp water in a pan. leave for 5 mins then warm gently over a low heat until clear. Pour into a bowl & whisk in the chilled gin. Place in fridge & chill again do not allow to set. Whisk into the syrup with the remaining tonic. Strain into a clean bowl.
4. Pour into ice-cream maker & churn for 45 mins until thick. Or scoop into a plastic box with a lid & freeze for 6 hours. Should be able to scoop the sorbet easily.

## Macro info per serving

Protein

**1g**

Carbs

**22g**

Fat

**0g**

Energy

**92Kcal**

## Shopping & Ingredients List:

200g **70%+ Dark Chocolate**  
150g **Butter**, diced  
2 large **Eggs**  
1 large **Egg Yolk**  
225g light **Brown Sugar**  
100g **Plain Flour**  
2 tsp **Vanilla Extract**  
100g cooked **Beetroot**, grated  
50g **Dates**, chopped



## Method

1. Preheat oven to 190c (170 fan), 375f, gas mark 5. Grease & line a 20cm baking tin.
2. Put chocolate pieces & butter into a large bowl sitting above a pan of simmering water. Stir until melted. Set aside to cool for 10 mins.
3. In another bowl beat together eggs, egg yolk, sugar & vanilla extract. Beat this mix into the cooling chocolate mix.
4. Sift flour into chocolate batter & stir in beetroot & dates. Pour into baking tin. Bake for 20-25 mins.
5. Leave to cool in tin before removing & cutting into squares.

## Macro info per serving

Protein

**3.2g**

Carbs

**35.2g**

Fat

**18.7g**

Energy

**322Kcal**

## Shopping & Ingredients List:

- 1 tin of **Coconut Milk**
- 50g **Spinach**, lightly steamed
- 4 tbsp **Honey**
- 1 tsp **Peppermint Extract**
- 1 **Vanilla Pod**, seeds scrapped



## Method

1. In a high powered blender, blend all the ingredients until smooth.
2. Use an ice cream maker.
3. Or pour ingredients into plastic container & freeze for 6 hours. If using container method will need to allow ice cream to defrost a little (30 mins at room temperature) before serving.
4. Can also make individual servings by pouring into small ramekins before freezing.

## Macro info per serving

Protein  
**0.7g**

Carbs  
**18.7g**

Fat  
**2.7g**

Energy  
**101.9Kcal**



**Shopping & Ingredients List:**

- 1 scoop **White Chocolate Protein Powder**
- 50g **Quark**
- 30g **0% Total Greek Yogurt**
- 4 extra large **Strawberries**

**Method**

1. In a bowl beat together quark, yogurt and protein powder.
2. Dip the strawberries into the yogurt mix & place them in the freezer for a quick & simple dessert.

**Macro info per serving****Protein**  
**35g****Carbs**  
**17g****Fat**  
**1g****Energy**  
**219Kcal**

### Shopping & Ingredients List:

100g **Almond Flour**  
50g **Cashew Butter**  
50g **Desiccated Coconut**, unsweetened  
1 **tblsp Cocoa Powder**, unsweetened  
½ **tsp Vanilla Extract**  
1 **tblsp Maple Syrup**  
1 **Egg**



### Method

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4. Line a baking tray with greaseproof paper.
2. Using a food processor, add cashew butter & cocoa powder & process thoroughly mixed.
3. Spoon mix into a bowl. Beat in flour & coconut.
4. In a separate bowl beat together the egg, vanilla & maple syrup. Then combine with the cashew mix.
5. Using a small spoon, form the mixture into 18 little balls. Bake for about 10 mins. Leave to cool. 3 coconut bites per person.

### Macro info per serving

Protein  
**6.6g**

Carbs  
**10.3g**

Fat  
**18.6g**

Energy  
**235Kcal**