



Plant-Based Recipe Pack

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





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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Ripped Blueberry Smoothie	Curry Chickpea Lettuce Wraps	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Roasted Tomato & Barley Soup
Tue	Citrus Green Smoothie Burst	Curry Chickpea Lettuce Wraps	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Thai Peanut Stir Fry
Wed	Citrus Green Smoothie Burst	Orzo Italian Pasta Salad	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Thai Peanut Stir Fry
Thu	Vegan Scramble	Orzo Italian Pasta Salad	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Rolled Zucchini Pasta Bake
Fri	Energising Matcha Chia Pudding	Roasted Glow Bowl	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Rolled Zucchini Pasta Bake
Sat	Chocolate Blender Protein Pancakes	Roasted Glow Bowl	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Meal Out - Enjoy!
Sun	Ripped Blueberry Smoothie	Vegan 'BLT' Wrap	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Creamy Moroccan Stew



Weekly Shopping List

Fruits, Vegetables	Vegan Protein, Non-Dairy, Condiments	Legumes, Seeds, Herbs, Nuts, Spices	Canned Goods, Grains, Baking Goods, Misc
Fruits <ul style="list-style-type: none"> • 2 large grapefruits 2 apples 7 • bananas small box • blueberries 2 cups fresh • berries of choice 3 limes 2 • large lemons 2 avocados • • Vegetables <ul style="list-style-type: none"> • 1 small purple cabbage 4 red • bell peppers 4 medium • yellow onions 3 bunches of • spinach 3 bulbs of garlic • small piece of ginger root • bunch of celery red onion • large leafy lettuce for lettuce wraps • small head of cauliflower • 1 head broccoli • 2 small packs of mixed green lettuce • 2 large heads of cauliflower • 3 tomatoes • 4 lbs. (1.8kg) vine-ripened tomatoes • 4 medium zucchinis • 2 medium carrots • • Frozen <ul style="list-style-type: none"> • 1 small pack of edamame beans • 1 small pack of blueberries • 1 small pack of frozen mango 	Non-Dairy <ul style="list-style-type: none"> • 2x containers unsweetened soy milk or another plant-based milk • 2x packs 12 oz. (340g) extra firm tofu • small pack of vegan smoked tempeh (vegan bacon) • vegan butter • vegan Parmesan cheese • vegan mozzarella cheese • vegan feta cheese • Condiments, Dips <ul style="list-style-type: none"> • peanut butter soy sauce • hot sauce almond butter vegan • mayonnaise lite Italian • salad dressing hummus • avocado oil sriracha • sauce apple cider • vinegar • • 	Legumes, Nuts, Dried Seeds <ul style="list-style-type: none"> • hemp seeds flax • meal (ground flax seeds) • chia seeds • sunflower seeds • red split lentils • raw cashew nuts • poppy seeds Spices <ul style="list-style-type: none"> • nutritional yeast • turmeric onion powder • ground cumin salt • pepper curry powder • (mild) Moroccan spice • blend ground cayenne • pepper ground • cinnamon • • Fresh Herbs <ul style="list-style-type: none"> • coriander • thyme • parsley • mint 	Canned Goods <ul style="list-style-type: none"> • 14 oz. (400g) can of artichoke hearts • sundried tomatoes in oil • 2x containers vegetable stock (or vegetable stock cubes) • 3x 14 oz. (400g) cans of chickpeas • jar of tomato pasta sauce • 4x 14 oz. (400g) cans of chopped tomatoes Grains, Dried Goods <ul style="list-style-type: none"> • dried barley quick • rolled oats dried • orzo pasta whole • grain wraps • ramen noodles Sweeteners, Baking Goods <ul style="list-style-type: none"> • maple syrup cocoa powder • vanilla extract coconut sugar • or monk sugar baking soda • baking powder whole wheat • flour almond flour • • • Misc/Other <ul style="list-style-type: none"> • vegan vanilla protein • powder vegan chocolate protein • powder • matcha powder • cultured (fermented) vegetables (e.g. Sauerkraut)





Ripped Blueberry Smoothie

Serves 2

2 small bananas 2 cups
(480ml) unsweetened
soy milk
2 tbsp. almond butter

2 cups (300g) frozen
blueberries
1 scoop vegan vanilla

protein
powder
1 handful spinach

What You Need To Do

1. Place all ingredients into a blender and blend on high speed until smooth. Serve between 2 glasses.

Tip: To add sweetness , you can add 1 tablespoon of maple syrup.

*Nutrition per
serving

GF	DF	V	Q	N						
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)			
5		0		379	12	55	20			
mins		mins								





Citrus Green Smoothie Burst

Serves 2

2 cups (60g) spinach 1
inch (2.5cm) piece of
ginger 2 large grapefruits
1 cup (240ml) water 2
cups (280g) frozen
mangos ½ lime 1 large
celery stalk 1 apple 2
tbsp. hemp seeds

What You Need To Do

1. Juice the grapefruits and ½ of a lime and pour the juice into a blender.
2. Peel and chop the ginger. Cut up the apple and celery into large pieces. Place all the remaining ingredients into a blender, including the water. Blend until smooth. Serve between 2 glasses.

*Nutrition per serving

GF	DF	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5	0	367	7	75	13	
mins	mins					





Chocolate Blender Protein Pancakes

Serves 3

1 cup (90g) quick rolled oats 3
tbsp. cocoa powder 2 tbsp.
vegan chocolate protein
powder
1 tsp. baking powder
½ medium banana
1 tbsp. flax meal (ground flax
seed)
2 tbsp. water
1 tbsp. vegan butter
1 ⅓ cup (320ml) unsweetened
soy or almond milk
2 tbsp. maple syrup

What You Need To Do

- 1.To make the flax egg, start by mixing the flax meal and water in a small bowl and set aside.
- 2.Melt the vegan butter on the stove or in the microwave.
- 3.Pour the soy milk, flax egg and maple syrup into a blender. Then add in the rolled oats, banana, cocoa powder, chocolate protein powder and baking powder. Blend to a smooth consistency.
- 4.Heat a non-stick frying pan to a medium heat. Grease the pan with a little oil. Spoon in a little of the pancake batter and cook the pancakes until they start to bubble on one side. Flip the pancake over and cook for a further minute on the second side or until cooked through. Repeat this process for all the pancakes.
- 5.Serve the pancakes warm with a little maple syrup or vegan butter.

*Nutrition per
serving

GF	DF	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5	10	300	9	42	12
mins	mins				





Energising Matcha Chia Pudding

Serves 3

8 tbsp. chia seeds 2 cups
(480ml) unsweetened
soy or almond milk
2 tsp. maple syrup
1 tsp. matcha powder
½ tsp. vanilla extract
2 cups (380g) fresh berries of
choice
1 apple

What You Need To Do

1. Place the chia seeds, matcha powder, vanilla extract, maple syrup and soy milk into a bowl and mix well to combine. Place the bowl into the fridge overnight.
2. Layer the matcha pudding into 3 glasses and top with chopped berries and apple slices.

Tips:

- For added protein, serve with an extra tablespoon of granola or hemp seeds.
- Don't like matcha, then omit it.
- Preparation is 5 minutes plus soak chia seeds overnight.

*Nutrition per
serving

GF	DF	V	Q	N	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5	0	313	13	42	11
mins	mins				





Vegan Scramble

Serves 2

12 oz. (340g) extra firm tofu, drained and pressed
 ½ red onion
 ½ avocado
 3 cups (90g) spinach
 ½ red bell pepper
 ¼ cup (12g) coriander leaf
 2 cloves garlic
 2 tsp. maple syrup
 ½ lime
 1 large tomato
 2 tbsp. vegan feta cheese

Ground Spices:

1 tbsp. nutritional yeast
 ¾ tsp. ground turmeric
 ¼ tsp. salt
 ½ tsp. onion powder
 ¼ tsp. ground cumin
 pinch of black pepper

*Nutrition per serving

What You Need To Do

1. Chop the red onion, coriander, red bell pepper, garlic, and spinach and place into a bowl.
2. Take the pressed tofu and crumble it into a preheated, lightly greased frying pan. Cook on a medium heat and add in the ground spices. Add the vegetables and maple syrup to the pan and sauté for 5-8 minutes until the vegetables have softened and the spinach has wilted.
3. Divide between 2 plates and serve with a sliced tomato and avocado. Squeeze some lime juice over tofu and top with the coriander leaf and vegan feta cheese.

Tips:

Replace the whole sliced tomato with a slice of sprouted grain toast if preferred. Nutrition info is with sliced tomato.

GF	DF	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10	8	327	19	27	27

mins

mins





Curry Chickpea Lettuce Wraps

Serves 2

19 oz. (540ml) canned chickpeas
8 large lettuce leaves of choice
½ red bell pepper
½ medium red onion
½ tsp. curry powder
¼ tsp. ground cumin
½ tsp. maple syrup
3 tbsp. vegan mayonnaise
pinch of salt
¼ cup (12g) coriander leaf
mint or coriander for garnish

What You Need To Do

1. Mash the chickpeas in a large bowl. Finely chop the red onion and the coriander leaf.
2. Mix the ground cumin, curry powder, maple syrup, coriander leaf, red onion, pinch of salt and mayonnaise into mashed chickpeas.
3. Wash and dry the lettuce leaves. Divide the chickpea mixture between the 8 lettuce leaves. Slice the red bell pepper and place on top of the lettuce wraps and garnish with chopped mint or coriander.

*Nutrition per serving

GF	DF	MP	V	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8	0	367	17	42	13
mins	mins				





Orzo Italian Pasta Salad

Serves 2

1 cup (210g) dried orzo pasta
14 oz. (400g) canned artichoke hearts
10 sundried tomatoes, rehydrated
½ small sweet onion
¼ cup (12g) chopped parsley
2 handfuls spinach
½ small red pepper
1 clove garlic, crushed
4 tbsp. lite Italian salad dressing of choice

What You Need To Do

1. Bring a medium-sized saucepan of water to a boil.
Add in the pasta and cook for 10 minutes or per the manufacturer's instructions.
2. Meanwhile, drain and chop the artichoke hearts. Finely chop the sundried tomatoes, red pepper and onion.
3. Once the pasta has cooked, drain and pour into a large bowl. Mix the spinach into the hot pasta until it wilts slightly. Now add in the sundried tomatoes, onion, parsley, red pepper, crushed garlic, artichoke hearts and salad dressing. Mix well and serve.

Tips:

- To add in more protein, replace the orzo pasta with lentil pasta.
- To reduce carbohydrates, omit the pasta and substitute for green leaf lettuce.
- Nutrition info is with a lite Italian dressing

*Nutrition per serving

GF	DF	MP	V	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5	10	362	4	72	18
mins	mins				





Roasted Glow Bowl

Serves 2

½ small cauliflower 1 head
of broccoli 4 cups (170g)
mixed greens 2 tbsp.
sunflower seeds 2 tbsp.
hemp seeds ¼ cup (35g)
cultured
(fermented) vegetables of
choice (e.g. Sauerkraut)
2 tsp. avocado oil
salt and pepper

Dressing:

3 tbsp.
hummus
2 tbsp. water

What You Need To Do

1. Preheat the oven to 350°F (180°C). Chop the cauliflower and broccoli florets into medium-sized pieces and place onto a baking sheet lined with parchment paper. Sprinkle the cauliflower and broccoli with salt and pepper and a drizzle of avocado oil. Bake for 15 minutes until the vegetables start to brown at the edges.
2. Place the greens into two separate bowls. Make the dressing by whisking the hummus and water together in a small bowl. Set aside.
3. Top the greens with the roasted broccoli and cauliflower. Sprinkle the bowls with sunflower seeds and hemp seeds. Top with the cultured vegetables and hummus dressing.

*Nutrition per
serving

GF	DF	LC	MP	V	Q
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8	15	199	12	17	11
mins	mins				





Vegan 'BLT' Wrap

Serves 2

2 whole-grain wraps ½
avocado 2 small
tomatoes 2 cups (60g)
lettuce 6-8 strips vegan
smoked
tempeh or vegan bacon
2 tsp. Dijon mustard

What You Need To Do

1. Take the smoked tempeh or bacon and cut into thin strips. Place a non-stick frying pan over a medium heat and spray the pan with a little oil. Cook the smoked tempeh or bacon on each side for 2 minutes until crispy.
2. Meanwhile, slice the tomatoes and avocado. Spread the whole-grain wraps with mustard. (You can also add vegan mayo if preferred.) Top the wraps with lettuce, tomatoes, avocado, and smoked tempeh or bacon. Roll up the wrap and serve immediately.

Tip: To reduce carbohydrates, use a lettuce wrap instead of a whole grain wrap.

*Nutrition per
serving

DF	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5	5	444	18	50	20
mins	mins				





Roasted Tomato & Barley Soup

Serves 4

4 lbs. (1.8kg) small tomatoes on the vine
 ¾ cup (150g) uncooked barley
 2 cups (480ml) vegetable stock
 1 medium onion
 1 tbsp. avocado oil
 4 cloves garlic, crushed
 2 tsp. fresh thyme
 ¼ cup (12g) freshly chopped parsley
 1 tbsp. coconut sugar
 salt & pepper

Spicy Chickpea Croutons:

14 oz. (400g) canned chickpeas
 10 drops sriracha sauce or a few sprinkles of sriracha seasoning

What You Need To Do

1. Preheat the oven to 350°F (180°C). Remove the tomatoes from the vines and cut in half or quarters and place on a baking sheet. Sprinkle the tomatoes with salt and pepper and a drizzle of olive oil (optional) and bake in the oven for 35 minutes until soft.
2. While the tomatoes are baking, prepare the barley by placing it in a sieve and rinsing it under cold running water. Place the barley into a saucepan and cover with water until 1-inch (5cm) above the barley. Bring to the boil then reduce the heat to low and allow to simmer uncovered for 35 minutes.
3. Drain the chickpeas and place them on a baking tray. Toss them with sriracha sauce and a sprinkle of salt and pepper. Place the tray into the oven and bake the chickpeas for the last 10 minutes of the tomato cooking time.
4. Sauté the onion, crushed garlic, and thyme in a large soup pan. Add in 1 tablespoon of avocado oil (you can also substitute it with 1 tablespoon of vegetable stock), and sauté until the onions become translucent. Pour in ¼ of the whole roasted tomatoes and stir well.
5. Place the remaining tomatoes into a blender and blitz to smooth and pour into the soup. Add in the drained barley, chopped parsley, vegetable stock, coconut sugar and season with salt and black pepper to taste. Mix well to combine, bring to a boil and turn the heat down and allow to simmer gently for 10 minutes.
6. Serve the soup in bowls, topped with chickpea croutons.

Optional: To reduce fat, you can topped with grating of vegan Parmesan and a green side salad.

*Nutrition per serving

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20	50	340	6	65	12
mins	mins				





Thai Peanut Stir Fry

Serves 4

1 red bell pepper ½ small purple cabbage ½ medium yellow onion
1 ½ cups (230g) edamame beans (or substitute for tofu)
1 large handful of spinach
10 oz. (280g) ramen noodles
½ cup (25g) chopped coriander
roasted peanuts (optional)

Peanut sauce (you can also sub for store-bought Thai peanut sauce):

3 tbsp. peanut butter 1 lime, juiced 4 tbsp. soy sauce or coconut aminos
3 cloves garlic, crushed
3 tsp. maple syrup
10 drops hot sauce

What You Need To Do

1. Place a large saucepan of water on the stove and bring to a boil. While waiting for the water to boil, slice the peppers, cabbage and onion into long thin strips.
2. Make the peanut sauce by mixing peanut butter, lime juice, soy sauce, crushed garlic, maple syrup, and hot sauce in a small bowl and stirring well to combine.
3. Once the water is boiling, place the ramen noodles into the water and cook as per instructions on the packaging. While the noodles are cooking, sauté the cabbage, red pepper, spinach, onion, and edamame beans for 2 minutes in a large frying pan over medium heat. Add the peanut sauce to the vegetables and mix well. Continue cooking until the vegetables are fully cooked, approximately 5-10 minutes.
4. Drain the noodles and add into the frying pan. Stir well to combine.
5. To serve, place the vegetables and noodles into a large bowl, top with chopped coriander. You can also add some roasted peanuts and a little soy sauce.

*Nutrition per serving

GF	DF	MP	HP	V	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15	15	429	12	64	22
mins	mins				





Crispy Zucchini Pasta Bake

Serves 4

4 medium zucchinis 2 cups (450g)
tomato pasta sauce of choice
¼ cup (35g) vegan mozzarella cheese
⅛ cup (10g) vegan Parmesan
salt and pepper

Filling:

12 oz. (340g) pack extra firm tofu pressed and drained
10 sundried tomatoes packed in oil
2 tbsp. nutritional yeast
¼ cup (12g) chopped parsley
4 tbsp. vegan Parmesan (store-bought)
1 tbsp. lemon juice
3 cloves garlic

Side green salad:

4 cups (300g) lettuce
4 cups (300g) vegetables of choice
4 tbsp. salad dressing of choice

What You Need To Do

1. Preheat the oven to 350°F (180°C). Slice the zucchinis lengthwise into long thin strips. Sprinkle each slice with a little salt and place onto a baking tray lined with a paper towel. Set aside to allow the salt to extract any excess water from the zucchinis.
2. Place the drained and pressed tofu, sundried tomatoes, nutritional yeast, chopped parsley, vegan Parmesan, lemon juice, and garlic cloves into a food processor. Season to taste with salt and black pepper and pulse to rough consistency.
3. Pour 2 cups of pasta sauce into a cast iron or oven-proof pan and set aside. Pat off excess water from the zucchini slices. Spread out 2-3 tablespoon of the tofu filling along each of the zucchini slices. Roll up the zucchini with the filling and place into the cast iron pan. Repeat this process until all the zucchini slices are filled.
4. Sprinkle with vegan Parmesan and vegan mozzarella. Place the pan into the oven and bake for 35-40 minutes or until pasta sauce is bubbling in the middle.
5. Serve with a side green salad of choice.

Note: Nutrition info is with side salad & dressing.

*Nutrition per serving

GF	DF	MP	V			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
20	35-40	341	15	36	18	
mins	mins					





Creamy Moroccan Stew

Serves 4

1 cup (140g) raw cashews 2 cups (480ml) water 1 onion 4 cloves garlic 4 celery stalks 4 medium carrots $\frac{3}{4}$ cup (140g) red split lentils 3 cups (720ml) vegetable stock 4 x 14 oz. (400g) canned chopped tomatoes
4-6 tsp. Moroccan spice blend of choice
 $\frac{1}{4}$ tsp. ground cayenne pepper
 $\frac{1}{8}$ tsp. ground pepper
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. ground cinnamon
lime juice (optional)
freshly chopped coriander (optional)

What You Need To Do

1. Place the cashew into a bowl, cover with water and allow to soak overnight in the fridge.
2. When ready to make the soup, drain the cashews and place them into a blender. Add one cup of water and blend until smooth. Chop the onions, carrots, and celery and crush the garlic cloves.
3. Heat 1 tablespoon of vegetable stock in a saucepan and gently sauté the onions, carrots and celery for 2 minutes. Then add in the garlic and stir for a further minute.
4. Pour in the chopped tomatoes, vegetable stock, 4 teaspoons of Moroccan spice blend, cayenne pepper, salt, ground pepper, cinnamon, and lentils. Mix well and bring to a boil. Reduce the heat and allow to simmer for 15 minutes. Taste the stew and add more Moroccan spice blend if needed. Pour the cashew cream into the stew and allow it to simmer on low for another 5-10 minutes until the lentils have softened.
5. Divide the stew between 4 bowls and serve with a squeeze of lime juice, freshly chopped coriander and tomatoes.

Tip: To add in more calories, carbohydrate and protein, serve over a bed of cooked quinoa.

Note: Preparation time is 15 minutes plus time to soak cashews overnight.

GF	DF	MP	V	Q	N
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*Nutrition per serving

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15	20	278	15	26	15

mins

mins





Banana Blueberry Whole Wheat Muffins

Serves 12

4 overripe bananas 1 cup
(240ml) unsweetened
soy milk
1 tsp. apple cider vinegar
2 tbsp. flax meal
4 tbsp. water
1 tsp. vanilla extract
¼ cup (55g) avocado oil
2 cups (240g) whole wheat
flour
½ tsp. ground cinnamon
1 tsp. baking powder
½ tsp. baking soda
½ cup (90g) monk fruit sugar
or
coconut sugar
½ cup (95g) blueberries

What You Need To Do

1. Preheat the oven to 350°F (180°C) and line a muffin tin with paper liners.
2. To make the flax eggs, mix the flax meal with 4 tablespoon of water, stir well and set aside. Mix the soy milk in a separate bowl with the apple cider vinegar and set aside.
3. In a large bowl, mix together all the dry ingredients (flour, baking soda, baking powder, cinnamon and sugar).
4. Mash the bananas in a medium-sized bowl and pour in the flax eggs, soy milk, vanilla extract and oil. Mix well with a large spoon.
5. Form a well in the dry ingredients and pour in the wet banana mixture. Fold the ingredients together until just incorporated and then add in blueberries. Gently fold through the blueberries until just mixed. Do not over mix the muffin batter.
6. Place ¼ cup of batter in each muffin liner. Once filled, place the tray in the oven and bake for 22-25 minutes until a toothpick inserted into the muffin comes out clean.
7. Remove the muffins from the oven and allow to cool on the wire rack. Once cool, place the muffins in an airtight container where they will keep for 2 days (longer if stored in the fridge).

*Nutrition per
serving

DF	MP	V			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10	22-25	193	6	33	4
mins	mins				





Lemon Poppy Seed Bliss Balls

Makes 16

3 cups (336g) almond flour
2 tbsp. vegan vanilla
protein
powder
2 tbsp. poppy seeds
zest of 1 lemon
1 ½ tbsp. lemon juice
⅓ cup (115g) maple syrup

What You Need To Do

1. Mix all ingredients together in a bowl. Roll the mixture into 16, 1 inch balls. Store in the fridge in an airtight container.

*Nutrition per
serving

GF	DF	LC	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
10	0	150	11	10	5	
mins	mins					

