

# RECIPES

from Bex Ward of Balanced Nutrition

# BAKED PROTEIN PORRIDGE

*Makes 8 portions*

Ingredients:

300g oats

4 eggs

750ml milk of choice

4 scoops of whey protein powder

240g of frozen berries (optional)

Method:

Pre-heat your oven to 170 degrees celsius

In a large mixing bowl, combine all ingredients and stir well. Mixture should be a porridge consistency, add a bit of water if too thick

Pour into a very large pyrex dish (approx 45x20cm)

Bake for 35-45 minutes or until cooked through in centre and leave to cool

Divide into 8 portions and store in fridge and/or freezer (keeps for around 1 month in freezer, 7 days in fridge)

Nutrition profile per portion: 268 kcal, 28g carbohydrates, 19.3g protein, 7.7g fat

# PROTEIN BOOSTED PANCAKES

*Makes 12 pancakes*

Ingredients:

100g self raising flour

300ml milk of choice

2 eggs

100g whey protein powder

Method:

In a large mixing bowl, combine all ingredients and stir well

Place a large non-stick frying pan (or pancake pan if you have one) on a medium heat

Using a large tablespoon, pour 2 spoonfuls of batter into the pan. How many will fit at once will depend on your pan size

Flip pancakes once bubbles appear on the surface

Cook on both sides until a 'sandy brown' colour

Throw on lots of tasty toppings and enjoy! Or store in portions in fridge or freezer

Nutrition profile per pancake: 79 kcal, 7.3g carbohydrates, 8.3g protein, 1.7g fat

# TRADITIONAL BIRCHER MUESLI

*Makes 2 portions*

Ingredients:

60g rolled oats

1 tbsp raisins

1 tbsp honey or agave syrup

160ml almond milk (or cow's)

1 medium apple, grated

Method:

In a jar or bowl, combine the oats, raisins, honey and almond milk and stir well

Grate 2/3 of the apple and stir the grated apple into the oats Place the lid on the jar (if using), or cover the glass tightly with cling foil (see above why this is important)

Refrigerate for at least 8 hours

**Before serving, chop the remaining 1/3 of the apple, and serve with the chilled oats**

# CHICKEN FAJITA TRAY BAKE

*Makes 5 portions*

Ingredients:

400g mixed peppers

450g onions

2 tbsp olive oil

2 tbsp cajun spice mix

350g cherry tomatoes

750g chicken breast

Method:

pre-heat oven to 180 degrees celsius

slice onions, peppers and cut the chicken into 1.5cm wide strips

lay everything on a foil-lined baking tray with the tomatoes and drizzle with the oil and sprinkle the cajun spice on top

mix all the ingredients gently to ensure even coating

bake in the oven for 20 mins or until chicken is cooked through

Nutrition profile per portion: 270 kcal, 12.g carbohydrates, 36.8g protein, 8.2g fat

# SAUSAGE & RED LENTIL CASSEROLE

*Makes 4 portions*

Ingredients:

1 tbsp olive oil

8 pork sausages

2 large onions, sliced

1 clove of garlic, chopped

125g red lentils, rinsed

600ml chicken or vegetable stock

400g can of chopped tomatoes

1 tbsp tomato puree

1 tsp dried mixed herbs or 1tbsp fresh herbs (optional)

salt & pepper to season

Method:

Heat the oil in a frying pan and fry the sausages until browned on all sides and transfer to a casserole or large saucepan. Reduce heat and add onions to the frying pan. Fry until softened, stir in the garlic and add to the sausages. Add the lentils, stock, tomatoes, tomato puree and herbs. Bring to the boil and season with salt & pepper. Reduce the heat, cover and simmer for 40 minutes

Nutrition profile per portion: 500 kcal, 33.g carbohydrates, 29 protein, 31 fat

# CHICKEN, BROCCOLI & QUINOA CASSEROLE

*Makes 6 portions*

Ingredients:

475ml chicken stock

230ml milk

70g plain flour

230ml water, divided

185g uncooked quinoa, rinsed

3 rashers of bacon

450g chicken breast, sliced into thin strips

50g grated cheese (cheddar or gruyere)

525g broccoli cut into florets

2 tsp chicken seasoning powder

Method:

Preheat the oven to 200 celsius and grease a 9x13 inch baking tray. Bring the chicken stock and 1/2 the milk to a low boil in a saucepan. Whisk the other 1/2 milk with the seasoning and flour in a bowl then add to the boiling stock.. Keep stirring as it thickens to a sauce. In a large bowl, mix the sauce with half the water, quinoa, bacon and stir. Pour mixture in to the baking dish. Lay the chicken strips over the top of the quinoa mixture, sprinkle with seasoning. Bake uncovered for 30 minutes. While the casserole is in the oven, boil the broccoli for 1 minutes until bright green then run under cold water and set aside. Remove the casserole and stir the mixture to check if the chicken and quinoa are cooked. Bake for an extra 10-15 mins if needed. Add the broccoli and a little water until the consistency is creamy and smooth. Top with the cheese and bake for 5 mins.

Nutrition profile per portion: 317 kcal, 32.5g carbohydrates, 28.6 protein, 7.9 fat

# SLOW COOKER CHICKEN & CHORIZO STEW

*Makes 4 portions*

Ingredients

100g chorizo ring

3 peppers sliced

400g tin chopped tomatoes

3 garlic cloves, minced/chopped

1 tbsp tomato puree

500g chicken thigh fillets

1 tbsp oregano

1 tsp paprika

1 tsp chilli flakes (optional)

1/2 tsp garlic powder

1 tsp salt

1/4 tsp black pepper

300 ml water

1 tbsp cornflour mixed with 2 tbsp water

Method

Remove the skin from the chorizo, chop into 1cm chunks and fry in a dry pan to release oil

Add sliced peppers, tomatoes, puree, garlic and water to slow cooker and stir

Sprinkle both sides of the chicken fillets with the oregano, paprika, chilli flakes, salt & pepper and lay in the slow cooker

Cook for 4 hours on high or 6 hours on low before removing the chicken. Shred the chicken with 2 forks before adding back into the slow cooker and stir

If you want a thicker sauce, add the cornflour mix and stir through cooking for further 30 mins

Nutrition profile per portion: 433 kcal, 11g carbohydrates, 28g protein, 30g fat

# COCONUT & LIME ENERGY BITES

*Makes 12 portions*

Ingredients:

50g desiccated coconut

180g whole almonds

200g dates- medjool or deglet nour

Juice and zest of 2 limes

Method:

Place all ingredients except lime juice in a food processor and blend until a fine crumb

Add the lime juice and pulse until it begins to bind together

Weigh into 35g balls and store in fridge or freezer. Can be kept frozen for around 3-4 weeks

Nutrition profile per portion: 164 kcal, 13.9g carbohydrates, 3.6g protein, 10.1g fat

# BANANA MUFFINS

*Makes 8 portions*

Ingredients:

1 medium, ripe banana

2 eggs

100g rolled oats

100g Greek style yoghurt

1 tsp honey

1 tbsp vanilla extract

3 tbsp coconut flour

40g 70% dark chocolate chips

Method:

Preheat oven to 180 celsius

Put all ingredients into a food processor or blender and blend until smooth

Pour mixture into silicone or non-stick muffin tin and bake for 25 mins or until cooked through

Nutrition profile per portion: 176 kcal, 22.8g carbohydrates, 6.2g protein, 6.5g fat

# CHOCOLATE BANANA ICE CREAM

*Makes 4 portions*

Ingredients:

4 bananas, chopped and frozen overnight

25g cocoa powder

2 tbsp almond or peanut butter

Method:

Place all ingredient in a blender on high speed until smooth

Eat straight away or put in freezer for 2 hours to eat later

Nutrition profile per portion: 166 kcal, 31.6g carbohydrates, 3.9g protein, 5.5g fat