



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

Bia & Beocht

Food for Wellbeing
at Work

A RECIPE BOOK FOR

SCHOOL STAFF

NOURISH
ENERGISE
THRIVE

GOOD FOOD
GOOD MOOD
GREAT DAY

Eat well ♥ Feel well ♥ Do your best

Table of Contents

Introduction	2
What's in Season?	3
Weekly Meal Planner Template	4
Breakfast Menu	5
Berry Omelette	6
Brown Bread	7
Beetroot Burgers	8
Sweet Protein Porridge Pancakes	9
Flourless Pancakes	10
Breakfast Smoothie	11
Batch Prep Overnight Oats	12
Mixed Berry Protein Chia Pudding	13
Lunch Menu	14
Lip-Licking Tomato Pasta Sauce	15
Popping Zingy Pesto	16
Goats cheese, Peppers & Baby Potato Salad	17
Butterbean "deconstructed" Lasagne	18
Vegetarian Salad Bowl	19
Three Bean Chilli	20
Marry Me Chickpeas	21
Roast Aubergine Melts	22
Hot Honey Cheesy Eggs	23
Snacks Menu	24
Pistachio & Peanut Butter Cookies	25
Carrot Cake Muffins	26
Nutty Protein Punch Granola	27
Vitality Coffee	28
Snickers Dates	29
High Protein Chocolate Date Mousse	30
Protein Smoothie	31
Porridge Scones	32
Raspberry Ruffles	33
Chocolate Orange Protein Energy Balls	34
No Bake Oat and Seed Flapjacks	35
Chocolate, Banana and Peanut Butter Clusters	36

Bia & Beocht

Introduction

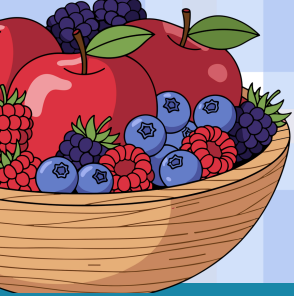
Welcome to “**Bia & Beocht**” a collection of simple, nourishing and enjoyable recipes chosen with busy school days in mind.

Working in a school environment requires a huge amount of energy, patience, focus and care each day. Good nutrition plays an important role in helping us feel our best. Eating balanced, nourishing foods promotes ‘beocht’ or vitality while also supporting mental clarity, concentration and overall wellbeing throughout the school day.

The Oide Primary Wellbeing Team is delighted to share this collection of recipes with you - dishes that we know, trust and love in our own daily lives. Each recipe has been thoughtfully selected, not only because it nourishes the body, but because it has played a small part in supporting our own wellbeing. These are the meals and snacks we return to again and again - simple and satisfying.

We hope you feel inspired to give these recipes a go, even if some are new or outside your usual routine. Whether it’s something quick between commitments, a recipe you prepare ahead for a busy week, or something shared at the table, each dish offers an opportunity to pause, refuel and care for yourself.

We also hope these recipes foster connection - across staffrooms, teams and wider school communities. There is something special about sharing food, swapping ideas and discovering new favourites together. Feel free to pass on recipes, recommend them to colleagues, or add your own twist and share it on. Each recipe in this collection has been shared with love—and we hope that spirit continues as these dishes make their way into your kitchens, your conversations and your everyday moments.



What's in Season?



Month	Fruit	Vegetables
January	Apples	Carrots, Brussels Sprouts, Mushrooms
February	Apples, Pears	Cabbage, Cauliflower, Leeks, Spinach
March	Rhubarb	Lettuce, Cucumbers, Onions
April	Rhubarb	Asparagus, Cabbage, Peppers
May	Strawberries	Celery, Tomatoes, Scallions
June	Strawberries, Blackberries	Broccoli, Cauliflower, Peas
July	Raspberries, Blackcurrants	Beetroot, Carrots, Swede
August	Apples, Blueberries	Kale, Fennel, Sweetcorn
September	Apples, Pears, Blackberries	Brussels Sprouts, Leeks, Chives
October	Apples, Pears	Cabbage, Onions, Mushrooms
November	Apples	Potatoes, Swede, Marrows
December	Apples	Carrots, Turnips, Potatoes



Information adapted from <https://www.bordbia.ie/whats-in-season/>



Oide

Facilities Management
Oide.ie
Supporting the Professional
Services Sector
and Teachers

Breakfast Menu

Berry Omelette

Brown Bread

Beetroot Burgers

Sweet Protein Porridge Pancakes

Flourless Pancakes

Breakfast Smoothie

Batch Prep Overnight Oats

Mixed Berry Protein Chia Pudding



Berry Omelette

Ingredients

Serves 1

- 1 large egg
- 1 tbsp skimmed milk
- 3 pinches of cinnamon
- ½ tsp rapeseed oil
- 100g cottage cheese
- 175g chopped strawberry
- Blueberries and Raspberries

Directions

- Beat egg with milk and cinnamon. Heat oil in a 20cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base.
- Cook for a few mins until set and golden underneath. There's no need to flip it over.
- Place on a plate, spread over cheese, then scatter with berries. Roll up and serve.

Notes

- Gluten-free, Nut-free and Vegetarian.
- Original recipe from BBC Good Food Magazine.



Brown Bread

Ingredients

Makes 1 loaf

Dry Ingredients:

350g wholemeal flour

50g plain flour

50g porridge oats

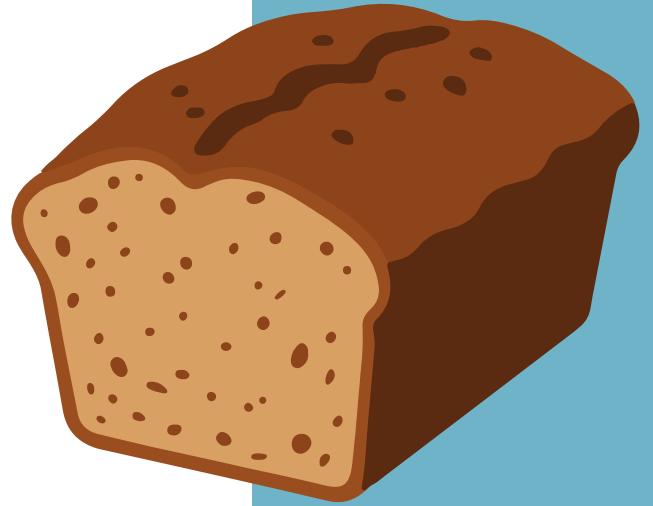
1tsp of brown sugar

1tsp of bread soda

Wet Ingredients:

500ml buttermilk

1 large egg or 2 medium eggs



Directions

- Mix all the dry ingredients together.
- In a separate jug, mix the eggs and buttermilk. Stir with a fork to combine.
- Add wet mix to dry ingredients and add to a loaf tin.
- Sprinkle some porridge oats or seeds on top.
- Bake in the oven at 180°C for 1 hour.

Notes

Brush the tin with oil before adding the dough.

Beetroot Burgers

Ingredients

Serves 9-12

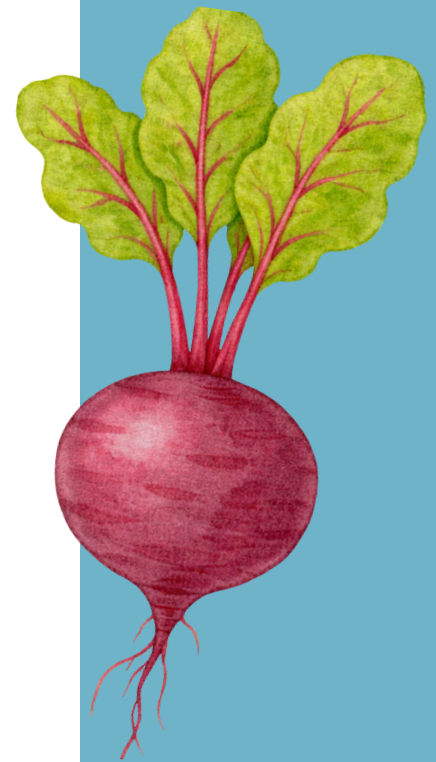
- 2 / 3 medium – large raw Beetroots
- 1 block feta cheese
- 2 handfuls grated cheddar cheese
- 5 spring onions
- 1 handful of walnuts
- 1 ½ cups of porridge oats
- ½ an avocado, mixed leaves, Gherkins, thin seeded bagel (to serve)

Directions

- Pre-heat an oven to 180 degrees/gas mark 4.
- Use a metal scouring pad to remove the outer layer of skin from the beetroots.
- Dry-roast the walnuts until browned on either side. Crush with the flat side of a knife and set aside.
- Add grated beetroot and chopped spring onion to a hot wok or frying pan and pan-fry until slightly tender and steaming hot. Season to taste with salt and pepper.
- Transfer mixture to a bowl and add the crushed walnuts, feta and cheddar cheese. Mix well with a wooden spoon.
- Add the porridge oats to a food processor and blitz until fine like the texture of breadcrumbs. Add this to the beetroot mixture and mix well.
- Divide the mixture into similar sized patties. The above mix should make between 9 – 12 burgers.
- Place burgers on foil or parchment and place in the oven for 30 mins.
- Remove from the oven and allow to cool slightly.
- With a spatula, gently remove a burger and add to a thin bagel.
- Add the avocado, leaves, Gherkins and a slice of mature cheese (optional) & enjoy.

Notes

- A pair of rubber gloves may be needed in the preparation of these as beetroot stains!
- Prepare tin foil or baking paper by smearing butter or coconut oil to prevent the burgers sticking.



Sweet Protein Porridge Pancakes

Ingredients

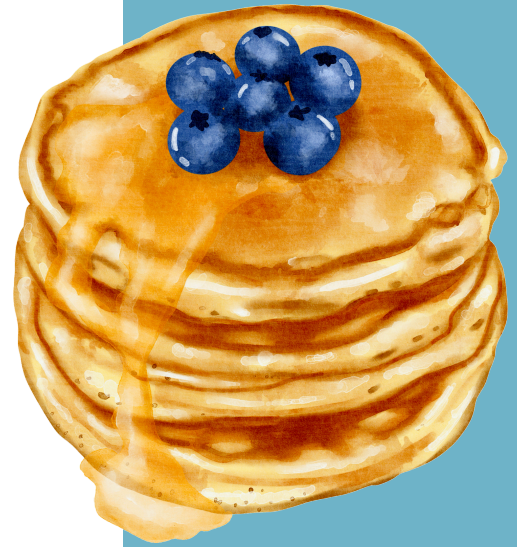
Makes 3-4 pancakes

- 2 – 3 free range eggs
- ½ cup Porridge oats (optional)
- 3 – 4 Medjool dates
- ½ banana crushed with a fork
- ¼ cup of crushed walnuts
- 1 – 2 scoops whey protein or Collagen protein (Plain or Vanilla flavour)
- 2 scoops (5g) of creatine (optional)
- Maple syrup or honey (optional)

Directions

- Chop the dates and crushed nuts together.
- Add to the rest of the ingredients and mix everything together in a mixing bowl or food processor.
- Prepare a hot pan with butter or coconut oil.
- Using a ladle, add uniformed sized portions of the mixture to the pan.
- Cook until browned on either side and remove.
- Replenish the oil or butter each time you add more mixture.
- Enjoy 3 – 4 in a portion with a drizzle of honey or real maple syrup.

Notes



Flourless Pancakes

Ingredients

Serves 6 small pancakes

- 1 ripe banana
- 2 eggs
- 40 g (½ cup) rolled oats
- Pinch of salt
- Additional extras
 - ½ tsp baking powder (optional, for fluffiness)
 - ½ tsp cinnamon (optional)
 - 1 tsp vanilla extract (optional)

Topping ideas

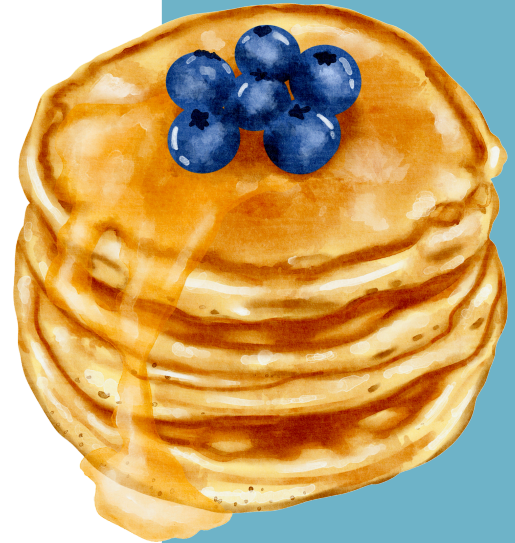
- Fresh fruit
- Yogurt
- Maple syrup or honey
- Nut butter

Directions

- Add all ingredients to a blender.
- Blend until smooth (or mash banana well and mix by hand if you prefer a rustic texture).
- Heat the pan.
- Place a non-stick pan over medium heat.
- Lightly grease with butter or oil.
- Pour small amounts of batter (about 2–3 tbsp each) into the pan.
- Cook for 2–3 minutes until bubbles form.
- Flip and cook for another 1–2 minutes.
- Serve warm with additional toppings, if desired.

Notes

- Keep the pancakes small - flip more easily.
- If the batter feels too thick, add 1–2 tbsp milk.
- For extra protein, add 1 tbsp Greek yogurt or protein powder.



Breakfast Smoothie

Ingredients

Serves 2

- 1 banana
- 80g fruit of choice (frozen fruit works well here)
- 1 tbsp oats
- 100ml milk
- 2 tbsp natural yogurt

Additional extras - subject to taste

- small piece of raw peeled ginger
- 20g cashew nuts
- 1 tbsp chia seeds
- 1 tsp natural honey

Directions

- Mix all ingredients into a blender and blend for 1 minute.
- Pour into two glasses and serve.
- Ice can be added.

Notes



Batch Prep Overnight Oats

Ingredients

Serves 4

- 300g oats
- 1 tsp cinnamon
- 2 tbsp mixed seeds
- 2 tbsp chia seeds
- 400g Greek yoghurt or soya yoghurt
- 3 tbsp honey
- 800ml water
- 100g frozen blueberries

Directions

- Mix oats, cinnamon, mixed seeds and chia seeds in a large mixing bowl.
- Stir in yoghurt, honey, blueberries and then water.
- Place a large plate on top of the bowl to cover and allow to set in the fridge overnight.
- The next morning take out and serve into 4 portions (or leave the rest in the fridge for the next few days.)
- Top with extra fruit, peanut butter or granola and enjoy.

Notes

Original recipe from Stephen Beaddie / @chef_stevieb.



Mixed Berry Protein Chia Pudding

Ingredients

Serves 1

- 30g chia seeds
- 170ml milk of choice
- 30g vanilla/any flavour protein powder
- 80g mixed berries of choice (blueberries, strawberries, etc)
- 5g peanut butter

Directions

- Mix the chia seeds, milk & protein powder together in a bowl/jar.
- Stir the berries through the mixture (or you can wait and add these when ready to eat if you rather).
- Drizzle peanut butter on top or stir through.
- Cover and leave to set in the fridge overnight to allow the chia seeds to soak up the liquid.

Notes

Can be eaten cold or warmed up in the microwave.



Lunch Menu

Lip-Licking Italian Tomato Sauce

Popping Zingy Pesto

Goats cheese, Peppers & Baby Potato Salad

Butterbean “deconstructed” Lasagne

Vegetarian Salad Bowl

Three Bean Chilli

Marry Me Chickpeas

Roast Aubergine Melts

Hot Honey Cheesy Eggs



Lip-Licking Italian Tomato Sauce

Ingredients

Makes 1 jar

- 2 tins of chopped tomatoes
- 1 handful basil
- 1 – 2 tablespoons of olive oil (to taste)
- ½ large chopped onion
- 3 cloves of garlic
- 1 – 2 tablespoons of honey (to taste)
- Salt and Pepper



Directions

- Finely chop the onions and garlic and fry on a pan with the olive oil until soft and translucent.
- Lower the heat and add the tins of tomatoes.
- Season with salt and pepper to taste
- Slowly add the honey and stir in well – this is taste-sensitive and will need to be amended to the taste of the individual.
- Stir and simmer for 12 – 15 minutes.
- Chop the basil, add to the pan and stir well for the last 5 minutes.
- Remove from the heat and add to a heat-resistant bowl.
- Using a hand blender, blitz the sauce until fine and the consistency of pizza sauce.
- Add the mixture back to the pan and simmer over a low heat for 20 – 30 mins.

Notes

- The sauce reaches optimum taste if left in the fridge overnight and used the following day after cooking.
- Sauce can be bottled or jarred and kept in a fridge for 3 – 4 days.
- Potential Uses:
 - Pasta sauce
 - Smother meatballs in the sauce and oven-cook for 35 mins
 - Pizza sauce
 - Sloppy-joe sandwich or sub.

Popping Zingy Pesto

Ingredients

Makes 1 jar

- 1 cup of pine nuts
- 1 – 2 handfuls of basil (to taste)
- 2 – 3 tablespoons of olive oil (to taste)
- 3 – 5 cloves of garlic (to taste)
- 50 – 70g parmesan cheese (to taste)
- Salt and pepper for seasoning

Directions

- Add the pine nuts to a dry pan and dry-fry over a medium heat gently until the pine nuts turn a light brown and start to smell like popcorn.
- Finely chop the garlic and the basil.
- Grate the parmesan.
- Add all ingredients to a blender or Nutri-bullet and blitz the mixture until it reaches the consistency of pizza sauce.
- Season using the salt and pepper to taste.
- Remove from the blender and add to an empty jar.

Notes

- The sauce will keep in the fridge for up to a week. Taste tends to get better towards day 2 or 3.
- Potential Uses:
 - Pasta sauce
 - Smother chicken breasts in the sauce and oven bake for 35 mins at 180 degrees
 - Drizzle for salad dressing
 - Drizzle for the top of a margarita pizza
 - Garnish for a sandwich of choice



Goats Cheese, Peppers & Baby Potato Salad

Ingredients

Serves 2 as main course/4 as a side

350g baby potatoes
130g goat's cheese
1 red pepper
1 yellow pepper
½ a red onion
90g mixed baby leaves, rocket and spinach
1.5 tablespoons olive oil
1 tsp honey
1 tbsp balsamic vinegar
1 tbsp pesto sauce
Salt and black pepper
30g of walnuts
Brown bread



Directions

- **Step 1. Prepare the potatoes**
- Halve the baby potatoes and place them on a baking tray.
- Drizzle over 1.5 tbsp olive oil & season with salt and pepper.
- Roast the baby potatoes in the oven at 200°C for 30 minutes.
- **Step 2. Roast the red and green peppers**
- Slice both peppers into long sized strips. Add to a baking tray & drizzle with olive oil.
- Roast the peppers for around 25 minutes until soft and flavoursome.
- **Step 3. Time to add a Pesto Dressing**
- Mix the following ingredients in a bowl (1 tbsp balsamic vinegar, 1 tbsp pesto, 1.5 tbsp olive oil, 1 tsp honey, pinch of salt and pepper).
- **Step 4. Warm the goat's cheese in the oven at 180°C**
- The cheese should be soft and creamy in the middle.
- Cut the goat's cheese into nice cubes or rounds.
- Heat your walnuts in a hot pan for 3 minutes to slightly toast.
- **Step 5. Arrange the salad in a nice bowl**
- Spread the baby leaves, rocket and spinach across the bowl.
- Arrange the warm roasted baby potatoes, peppers & goats cheese in the bowl.
- Add the diced red onion & toasted walnuts.
- Finish with a nice drizzle of pesto dressing.
- Serve with brown bread and enjoy!

Notes

Transfer to your lunch box if on the go!

Butterbean “deconstructed” Lasagne

Ingredients

Serves 3

- 1 red onion
- 1tsp minced garlic
- 70g sundried tomatoes
- 1tbsp tomato purée
- 400g butterbeans
- 1tsp smoked paprika
- 1tsp mixed herbs
- 1tsp cayenne pepper
- 1 vegetable stock cube
- 6 - 8 lasagne sheets
- 1 - 2 tbsp crème fraiche
- Handful of spinach
- Handful of fresh basil
- Cheddar cheese

Directions

- Dice red onion and fry off in the oil from the sundried tomatoes, once softened, add minced garlic.
- Chop the sundried tomatoes finely and add in alongside the tomato purée.
- Mix well before adding your drained butterbeans and seasoning with smoked paprika, mixed herbs and cayenne pepper.
- Add 500 - 600ml of vegetable stock and bring to a simmer before breaking in your lasagne sheets.
- Make sure they're covered, bring to the boil, cover and simmer for 10 - 12 minutes.
- Stir through spinach, crème fraiche and fresh basil before topping with a generous handful of cheddar cheese and popping under the grill for five minutes.

Notes

Original recipe from @emsbalance



Vegetarian Salad Bowl

Ingredients

Serves 2-3

- 1 small bag of baby potatoes (boiled and cooled)
- 1 small red onion finely chopped
- Diced cucumber
- Dressing:*
- 2 heaped dessert spoons of plain Greek-style yogurt
- 2 teaspoons of mayonnaise
- A handful of any one type of chopped herbs you have of your choice (coriander/chives/tarragon/dill)
- 4 cloves of minced garlic
- Seasoning



Directions

- Smash your cooled, cooked potatoes with the back of a glass on an oven-proof tray. Season with salt and pepper. Drizzle with extra virgin olive oil. Put in the oven at about 170/180 degrees until crispy (toss a few times during roasting process and keep an eye on them!). Remove from oven when golden brown and leave to cool.
- Mix all the dressing ingredients in a bowl. Season as per taste. Add chopped cucumber, onions and choice of herb. Add cooled potatoes to the mixture and mix. Season to taste.
- Enjoy!

Notes

Three Bean Chilli

Ingredients

Serves 3-4

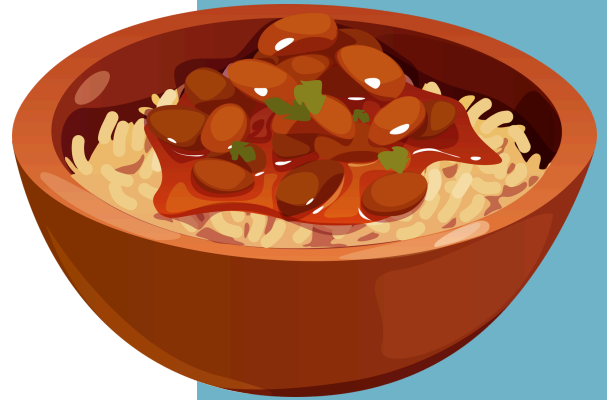
- 2 tbsp oil
- 3 Cloves garlic
- 1 fresh red chilli,
- 1 pepper (of choice)
- Bunch of scallions
- 3 X 400g tins of choice of beans (kidney, butter beans, black beans / chickpeas)
- 2 X 400g tins of chopped tomatoes
- 6 tbsp of tomato purée (100g)
- 1tbsp maple syrup, 2tbsp soy sauce, juice of 1 lime
- 2 tsp ground cumin, 2 tsp ground coriander, ½ tsp paprika, 1 tsp salt, ½ tsp black pepper

Directions

- Prepare garlic, chilli, pepper & scallions.
- Heat the pan with oil and add the above.
- Cook for 2 ½ mins.
- Add all remaining ingredients.
- Bring to the boil, stirring regularly and then let it simmer on a low heat for 10 mins.
- Serve with chopped fresh coriander, sliced avocado & a dollop of greek yogurt.

Notes

- Consider adding in extra peppers / other veg chilli flakes.
- Original recipe from “The Happy Pear”.



Marry Me Chickpeas

Ingredients

Serves 2

- 1 tablespoon olive oil
- 5 cloves garlic (minced)
- 1/2 cup sun dried tomatoes
- 1/2 teaspoon oregano
- 1/2 teaspoon red chilli flakes
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 850g can of chickpeas drained and rinsed
- 240ml vegan cream
- 60g baby spinach sliced
- 2g fresh basil leaves chopped
- 1 cup vegetable broth
- 1 tablespoon tomato paste

Directions

- In a large sauté pan over low-medium heat, warm the olive oil. Add the garlic and cook for 1-2 mins, stirring frequently, until fragrant.
- Stir in the sun dried tomatoes, oregano, red chili flakes, salt and black pepper. Cook for 1 minute
- Add the chickpeas, broth, tomato paste, cream and spinach and stir well. Bring to a gentle simmer over medium heat and cook for about 5 minutes, until warm and the spinach has wilted.
- Taste; add more salt, pepper or red pepper flakes as desired.
- Remove from heat and stir in the fresh basil and grated parmesan. Serve immediately with crusty bread for dipping, or onto cooked rice, pasta or even a baked sweet potato. Enjoy!

Notes

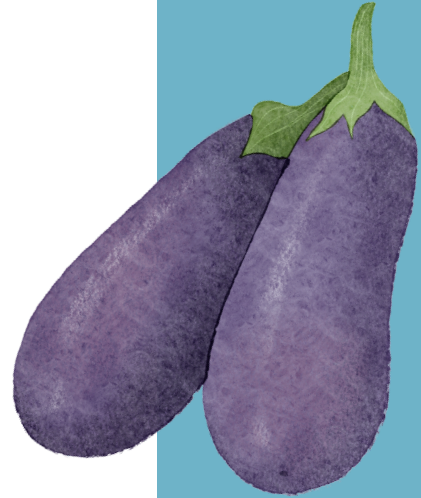


Roast Aubergine Melts

Ingredients

Serves 4

- 2 large aubergines
- Salt and freshly ground black pepper
- 4 tbsp olive oil, plus extra for drizzling
- 1 onion, peeled and finely sliced
- 3 cloves of garlic, peeled and crushed or finely grated
- 650g (1lb 6oz) good red ripe tomatoes, peeled and chopped
- Pinch of chilli flakes
- 1 tsp caster sugar
- 4 tbsp chopped or torn basil leaves
- 1 ball of mozzarella, torn into pieces or 25g (1oz) grated Parmesan (optional)
- 4 tbsp pine nuts, lightly toasted



Directions

- Preheat the oven to 180°C (350°F), Gas mark 4.
- Slice the aubergines in half lengthways and using a teaspoon, scoop out the flesh, leaving a 5mm (¼in) border around the edge intact. Chop the flesh, then place in a sieve sitting over a bowl, adding a good pinch of salt to draw out any bitter juices. Place the aubergine halves on an oiled baking tray, drizzle with a little olive oil and cook for 15 minutes.
- Meanwhile, heat the olive oil in a saucepan, add the onion and garlic, cover and cook over a low heat for 10 minutes, stirring every now and then, until the onion is soft. Add the drained aubergine flesh, the tomatoes, chilli flakes and sugar, and season with salt and pepper. Cook over a low heat for about 20–30 minutes or until the sauce is reduced. Add the chopped basil and season to taste.
- Spoon the tomato sauce into the par-cooked aubergines, then add the torn mozzarella or grated Parmesan (if using). Bake in the oven for about 30 minutes or until the aubergine is cooked at the sides and the mixture is hot and bubbling. Sprinkle with the toasted pine nuts and serve.

Notes

- To toast the pine nuts, put them in the oven for just a few minutes or toast in a saucepan over a medium heat, stirring regularly.
- Recipe from “Bake: From Cookies to Casseroles, Fresh from the Oven” by Rachel Allen.

Hot Honey Cheesy Eggs

Ingredients

Serves 1

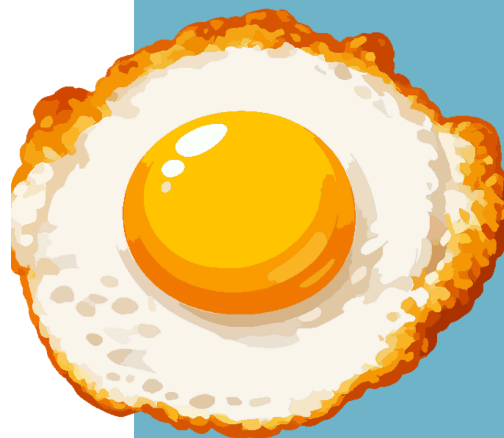
20g hot honey

30g grated cheese - mozzarella works best

2 eggs

Toasted Sourdough Bread

Optional dressings: siracha, chilli oil, peanut rayu, relish



Directions

- Heat a non-stick pan over a medium/low heat.
- Drizzle hot honey onto the pan and allow to sizzle slightly.
- Scatter grated cheese onto the hot honey until it begins to bubble and melt.
- Crack the eggs on top of the honey and cheese mixture and allow to cook.
- Scrape the edges inwards to keep everything together (like you would do for an omelette).
- Cook eggs to your preference (fold mixture in half to cook further if you wish).
- Serve on toasted sourdough bread with a drizzle of dressing of your choice.

Notes

- This recipe burns easily so ensure to keep the pan on a medium low heat to avoid burning.
- Google or search “viral hot honey eggs” on social media to see this recipe in action.

Snacks Menu

Pistachio & Peanut Butter Cookies

Carrot Cake Muffins

Nutty Protein Punch Granola

Vitality Coffee

Snickers Dates

High Protein Chocolate Date Mousse

Protein Smoothie

Porridge Scones

Raspberry Ruffles

Chocolate Orange Protein Energy Balls

No Bake Oat and Seed Flapjacks

Chocolate, Banana and Peanut Butter Clusters



Pistachio & Peanut Butter Cookies

Ingredients

Serves 8

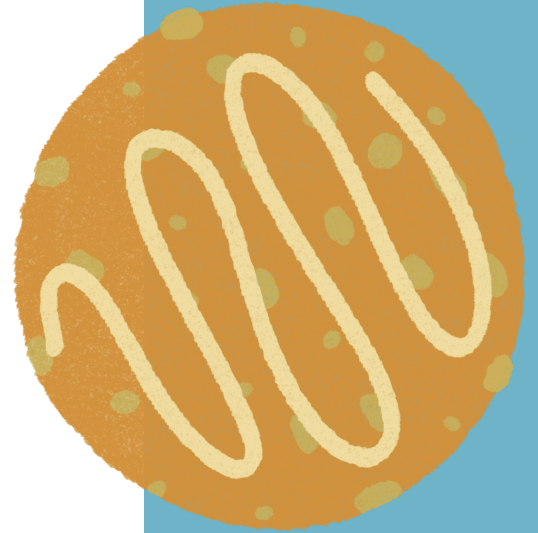
- 70g creamy peanut butter
- 1 tbsp melted coconut oil
- 100g coconut sugar
- 50ml almond milk
- 115g plain flour
- 60g pistachios
- Finish with melted dark chocolate drizzled on top

Directions

- Mix peanut butter, coconut oil, sugar and almond milk in a large mixing bowl.
- Stir in flour and chopped pistachios.
- Shape into cookies on a lined tray.
- Bake at 180°C fan / 200°C conventional / 400°F for about 10–12 minutes until lightly golden/crisp.
- Cool and drizzle with melted dark chocolate & enjoy.

Notes

Original recipe from “Deliciously Ella”.



Carrot Cake Muffins

Ingredients

Serves 36 - 48 muffins / 2 x 2lb loaves

- 400g caster sugar
- 400ml sunflower oil
- 400g self-raising flour
- 400g grated carrots
- 1 tsp mixed spice, 1 tsp salt, 1 tsp vanilla essence

Directions

- Preheat oven to 170C.
- Place muffin cases in trays.
- Grate carrots.
- Whisk sugar, eggs & oil together until thick & creamy (preferably using balloon whisk in an electric mixer).
- Stir in flour, mixed spice & salt - don't over beat.
- Stir in grated carrots & vanilla essence.
- Spoon into muffin trays / loaf tins.

Notes

- Both muffins & loaves freeze really well.
- Take your muffin out of the freezer at breakfast and it will be ready for your elevenses!
- Original recipe from "Avoca Café Cookbook".



Nutty Protein Punch Granola

Ingredients

Makes 1 batch

- 2 cups of mixed nuts
- 1 cup flaked almonds
- 1 cup crushed walnuts
- 1 cup porridge oats
- 1 tablespoon cinnamon
- 2 tablespoons real maple syrup
- ½ cup chopped dates or other dried fruits



Directions

- Pre-heat an oven to 180 degrees/gas mark 4.
- Fry the nuts on a hot pan or wok in coconut oil until roasted or golden brown and there is a light aroma of toasted nuts.
- Remove the nuts from the pan and add to a metal mixing bowl.
- Add the porridge oats, dates, cinnamon and maple syrup to the bowl and mix well, ensuring that all the ingredients have been coated with the cinnamon/maple syrup mixture. Add more maple syrup to taste.
- Coat a number of baking trays with coconut oil or butter to stop the granola sticking.
- Add the mixture to the trays so that it is spread evenly, making contact with the base of the tray and not piled on.
- Place in the pre-heated oven for 10 – 12 mins until the nuts begin to change colour to a golden brown.
- Depending on where the mixture sits on the tray, there may be inconsistencies in the colour of the nuts but this adds to the rustic nature – just avoid burning the mixture by checking regularly.
- Serve with 10% fat Greek yogurt and drizzled with honey.

Notes

Vitality Coffee

Ingredients

Serves 1

- 1 Americano Coffee
- 1 scoop of Collagen Protein (Plain bovine collagen or vanilla flavoured collagen)
- 1 scoop (5g) of creatine
- 1 tsp butter

Directions

- Add all ingredients to the Coffee.
- Whisk or blitz contents in a Nutri-bullet for 5 seconds.
- Add to a cup.
- Enjoy!

Notes



Snickers Dates

Ingredients

Serves 10

10 Medjool dates

3 tbsp peanut butter (alternatives almond or cashew nut butter)

60g nuts of choice (peanuts, pecans, walnuts, cashews, almonds)

100g chocolate at least 60% cacao

Additional toppings - subject to taste

Salt flakes

Dessicated coconut

Crushed nut of choice

Directions

- Slice the dates lengthways and remove the pits to create a pocket.
- Spoon about ½ tsp (or to taste) of peanut butter into the date pocket.
- Crush/chop your nut of choice and add to the date pocket.
- Place a wooden cocktail stick through each date to support the date shape.
- Break 100g chocolate into pieces and melt in a bowl over simmering water or in a microwave (20 second bursts).
- Dip each filled date into the melted chocolate, ensuring it's fully coated.
- Place on a lined tray.
- Sprinkle a topping of choice on top before the chocolate sets.
- Refrigerate for 20 minutes until set.

Notes

- Store in the fridge for up to 1 week or freeze.
- For a healthier version, use 85% dark chocolate.



High Protein Chocolate Date Mousse

Ingredients

Serves 3

- 150g dates
- 60g chia seeds
- 30g cocoa powder
- 400g 0% Greek Yogurt
- 150ml milk
- 1 scoop whey protein powder
- 5g vanilla extract
- Pinch of salt

Directions

- Combine everything together except chia seeds into a blender and blend until smooth.
- Divide into three containers.
- Stir in the chia seeds.
- Leave in the fridge for 2+ hours until set.

Notes

Serve with fruit pieces, coconut, chocolate shavings.



Protein Smoothie

Ingredients

Serves 2/3

- 100g vanilla Skyr yoghurt
- 250g mixed frozen berries
- 30g whey protein (flavour of your choice)
- water to blend

Equipment: Blender/Smoothie maker

Directions

- Mix whey protein with a small amount of water.
- Add berries, vanilla skyr and protein mix to blender.
- Add water as needed. This allows choice re consistency.
- Serve in a glass, garnished with fresh berries and enjoy!

Notes

Protein can be omitted.



Porridge Scones

Ingredients

Serves 12

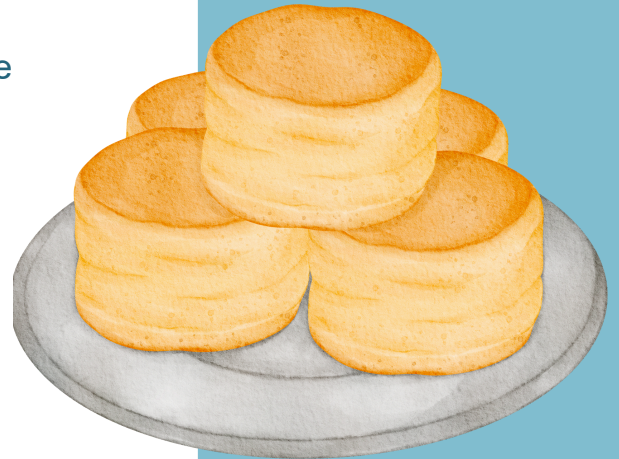
- One large tub (500ML) of natural yogurt
- 360 grams of porridge oats or fill the yogurt carton twice
- One tablespoon of bread soda
- Half a tablespoon of salt
- One beaten egg
- A squeeze of honey
- Optional: add dried fruit for fruit scones
- Toppings mixed seeds, sunflower seeds

Directions

- Preheat the oven to 180°C.
- Add your yogurt to a bowl.
- Next add in porridge oats by filling the yogurt tub twice.
- Add the bread soda.
- Crack the egg into a separate bowl and beat until fluffy.
- Add the egg to the oats mixture along with the salt and honey.
- Mix all of the ingredients well together then scoop out and shape into scones.
- Place on a baking tray and sprinkle with the seeds on top.
- Place in the oven at 180°C ready in 15 to 20 minutes.

Notes

Original recipe from “blondeeliving”.



Raspberry Ruffles

Ingredients

Serves 8

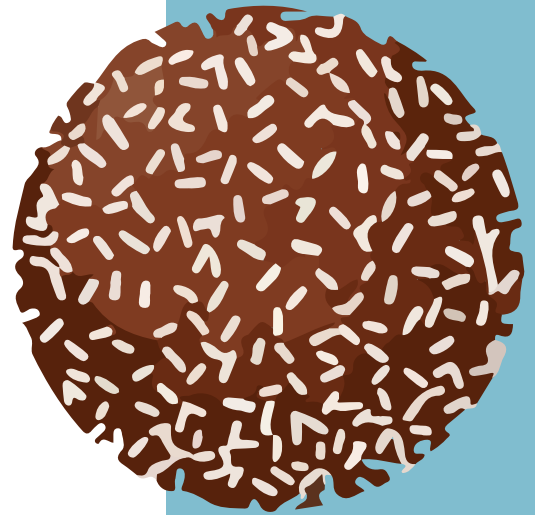
- 225 g frozen raspberries (2 cups)
- 115 g desiccated coconut (1 cup)
- 3 tbsp maple syrup
- 300 g milk or dark chocolate (*melted*)
- 2 tbsp coconut oil (*melted*)

Directions

- In a blender or food processor, combine the raspberries, desiccated coconut, and maple syrup. Blend until well combined, scraping down the sides as needed.
- Line a 2-pound loaf tin with parchment paper. Transfer the mixture into the tin, pressing it down with the back of a spoon or spatula for a firm base.
- Place in the freezer for at least 2 hours (or overnight) until solid.
- Once frozen, remove from the tin and cut into 8 even bars. Return them to the freezer while you prepare the chocolate coating.
- Melt the milk chocolate and coconut oil together using a microwave or a double boiler.
- Working quickly, dip each frozen bar into the melted chocolate, ensuring it's fully coated. Place them on a tray lined with parchment paper and sprinkle with extra desiccated coconut for a finishing touch.
- Let the bars set in the fridge for 20 minutes before serving.

Notes

Original recipe from “Little Lou Cooks”.



Chocolate Orange Protein Energy Balls

Ingredients

Makes approx 14 balls

- 180g oats
- 125g dates
- 20g chia seeds
- 20g cocoa powder
- 1 scoop (30g) chocolate protein powder
- 2-3 clementines (peeled & broken into segments)

Directions

- Put all ingredients in a food blender and blitz until the mixture comes together (it should be sticky).
- Take out approx 40g of the mixture with a spoon and roll into a ball.
- Repeat until all the mixture is used up.
- Store in an airtight container in the fridge.
- *Optional add ons: Roll in chopped nuts, desiccated coconut or coat in melted chocolate & orange zest.*

Notes

- If the mixture seems too dry, slowly add more orange/clementine juice. If it seems too wet, slowly add more oats.
- Wet your hands before rolling into balls to make the job less messy!



No Bake Oat and Seed Flapjacks

Ingredients

Makes approx 16 flapjacks

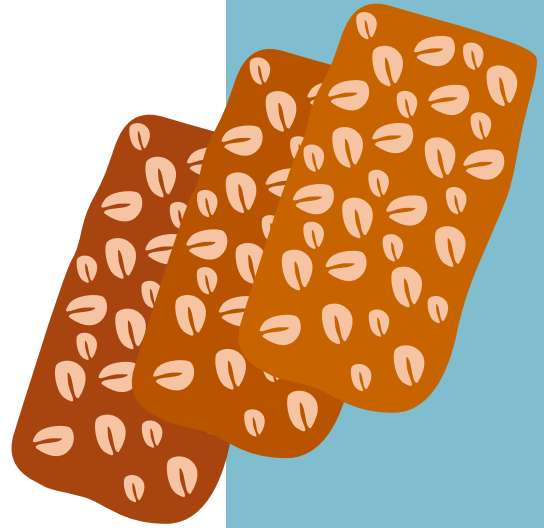
- 180g nut butter
- 120g oats
- 100g dark chocolate
- 50g mixed seeds
- 90g chicory root syrup/ honey/ maple syrup
- 1 tsp coconut oil

Directions

- Blitz the seeds and add to a bowl with the oats.
- Add a pinch of salt.
- Gently heat the nut butter, and chicory root syrup.
- Add in with the oats and seeds and mix really well.
- The mixture should hold together when pressed.
- If it feels dry, add a tablespoon of water.
- Press firmly into a lined tin, really compacting it down.
- Melt the dark chocolate and coconut oil and pour over evenly.
- Chill for 2-3 hours, then slice into approximately 16 flapjacks.

Notes

Original recipe from “The Tummy Fairy”.



Chocolate, Banana and Peanut Butter Clusters

Ingredients

Makes approx 8 small cluster bites

Clusters:

- 6 heaped tbsp plain Greek yoghurt
- 2 tbsp maple syrup
- 1 heaped tbsp of smooth peanut butter
- ½ tsp vanilla extract
- ½ banana chopped (optional)

To coat:

- 100g dark chocolate
- 1 tsp coconut oil
- Chopped salted peanuts

Directions

- Combine all cluster ingredients except for the banana and mix until smooth.
- Add the banana and mix again.
- Using an icecream scoop, scoop the mixture onto a parchment lined tray into 8 small clusters.
- Freeze for 2-4 hours.
- Melt the chocolate and coconut oil together in a microwave proof bowl until smooth.
- Dip each cluster into chocolate and scatter some chopped peanuts on top.
- They can be eaten straight away or kept in the freezer in a ziplock bag for up to 2 months. Enjoy :-)

Notes

Original recipe from Rachel Hornibrook.

