



Protein Balls

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: NIL

INGREDIENTS

1.5 cups of almonds (or
mix of sunflower and
pumpkin seeds)
1 cup pitted dates
1/2 cup cacao butter
1 cup shredded coconut
1 tablespoon honey
1/2 cup protein powder
3 tablespoons cacao
1 tablespoon chia seeds

DIRECTIONS

1. Blend all ingredients together until well processed (I like to leave a bit of texture for some crunch but blend until your desired consistency)
2. May need to add a little water to get your desired consistency
3. Roll into small balls and top with desiccated coconut or crushed nuts/seeds and store in the fridge



Chia Seed Pudding

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: NIL

INGREDIENTS

1/4 cup of chia seeds

1 cup of plant based
milk (almond or
coconut)

Optional:

1 tablespoon cacao

Toppings:

Nuts or seeds

Fresh or frozen
berries

Sliced banana

DIRECTIONS

1. Mix chia seeds and milk together in a jar or container
2. Let stand for 5 minutes then give another stir
3. Put in fridge for at least 30 minutes
4. Top with nuts or seeds, fresh or frozen berries, sliced banana, nut butter
5. Optional: to make a chocolate version, stir cacao in at step 1
6. These can be made in bulk and left in the fridge - eat within a week



Overnight Oats

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: NIL

INGREDIENTS

1/2 cup rolled oats

1/2 cup of milk of
choice

1/4 cup greek yoghurt

1 tablespoon chia
seeds

1/2 teaspoon vanilla
essence

Toppings:

Nuts

Seeds

Fresh fruit

Nut butter

More yoghurt

DIRECTIONS

1. Place ingredients into a glass jar or
container

2. Mix until combined

3. Cover and place in fridge overnight

4. Top with nuts, seeds, fresh fruit, nut
butter or more yoghurt

5. Can be made in bulk at the start of
the week and kept in the fridge - eat
within 7 days