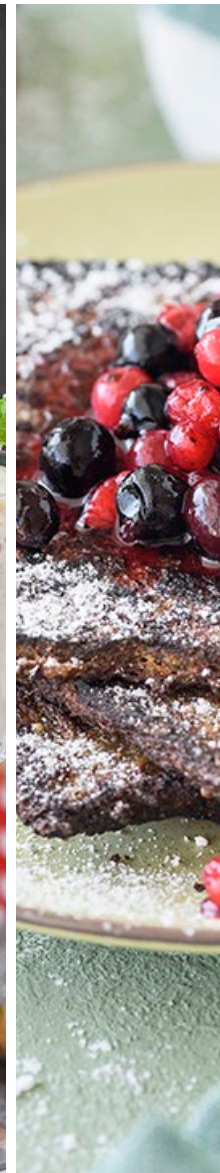




THE TEAMFFLC RECIPE BOOK

Tasty Eats for Tasty People





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INTRODUCTION

Welcome to the FFLC Physique Coaching recipe book - Tasty Eats for Tasty People!

Often eating 'healthy' can be seen as bland, boring or too complicated.

It doesn't have to be that way.

Packed full of mouthwatering recipes to help make the kitchen your bitch, Tasty Eats for Tasty People makes the route to unbelievable results unbelievably tasty!

All recipes are calorie friendly, high in protein and won't have you spending hours in the kitchen.

So get cooking, have fun and don't forget to tag @paul.broadbent.flc into your tasty meal photos on the gram!

Paul Broadbent

Coach




DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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Merry
Christmas

Choc Peppermint Smoothie



SERVES:
2



TIME:
5 minutes



INGREDIENTS

250ml almond milk
1 banana
2 tbsp cocoa powder
2 tsp peppermint extract
5 ice cubes
4 tbsp whipped cream
4 leaves fresh mint

INSTRUCTIONS

Add the almond milk, banana, cocoa powder and peppermint extract to the blender and blitz until smooth.

Pour into two tall glasses and top with whipped cream and fresh mint.

MACROS

Calories: 232
Protein: 4
Carbs: 36
Fat: 8
Fibre: 7





Gingerbread French Toast



SERVES:
4



TIME:
20 minutes



INGREDIENTS

2 eggs
125ml milk
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp ground cloves
4 slices rye sandwich bread (gluten-free if required)
1 tbsp butter
1 tbsp powdered sugar

INSTRUCTIONS

Start by whisking together the eggs, milk, cinnamon, nutmeg, ginger and cloves.

Submerge each slice of the bread in the liquid for about 20-30 seconds each side.

Add the butter to a large non-stick skillet and bring it to a medium heat.

Cook slices for about 4 minutes each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

MACROS

Calories: 422
Protein: 16
Carbs: 58
Fat: 14
Fibre: 0





Red Velvet Pancakes



SERVES:
6



TIME:
25 minutes



INGREDIENTS

2 cups all-purpose flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 tbsp cocoa powder
250ml milk
2 large eggs
1 tbsp red food coloring
1 tsp vanilla extract
3 tbsp butter

MACROS

Calories: 245
Protein: 8
Carbs: 33
Fat: 9
Fibre: 2

INSTRUCTIONS

Start by mixing together the flour, baking powder, baking soda, salt and cocoa powder.

In a separate bowl, whisk the egg and milk together. Then, whisk in the food colouring and vanilla extract.

Pour the wet mixture into the dry mixture and stir until just combined.

Add 1 tbsp of butter to a non-stick fry pan. Bring it to medium heat and pour batter in about a 1/4 cup at a time. Cook for 2-3 minutes or until bubbles start to appear. Flip and cook for another minute. (make sure you add more butter as you need).

Keep cooked pancakes warm in the oven or under tin foil.

Serve with fresh raspberries.





Mini Christmas Quiche



SERVES:
12



TIME:
30 minutes



INGREDIENTS

12 eggs
125ml milk
Salt & cracked pepper
1/2 red bell pepper, diced
2 stalks spring onion, diced
100g mozzarella, diced

MACROS

Calories: 107
Protein: 8
Carbs: 3
Fat: 7
Fibre: 1

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a 12-case muffin tin with olive oil cooking spray.

In a medium-sized bowl, whisk together the eggs, milk, salt & cracked pepper.

Pour half the mixture into the egg cups (so they're only half full).

Add bell pepper, spring onion and cheese to each one and then fill to the top with the extra egg mixture.

Place in the oven and cook for 15-17 minutes or until cooked through.





Smoked Salmon Flatbread



SERVES:

5



TIME:

20 minutes

GF

INGREDIENTS

1 large pre-made flatbread (gluten-free if required)

200g goat's cheese

100ml sour cream

1 clove garlic, minced

2 tbsp fresh dill, diced

1 lemon, zested plus 1 tbsp juiced

200g smoked salmon

1/2 red onion, finely sliced

2 tbsp baby capers

INSTRUCTIONS

Cook the flatbread according to packet instructions.

Meanwhile, mix together the goat's cheese, sour cream, garlic, dill, lemon zest and lemon juice.

Spread the cheese spread across the flatbread and top with flaked smoked salmon, red onion and capers.

Cut into squares and transfer to a large serving platter.

MACROS

Calories: 372

Protein: 21

Carbs: 27

Fat: 20

Fibre: 2





Ham and Cheese Bread and Butter Pudding



SERVES:
8



TIME:
70 minutes

GF

INGREDIENTS

2 tbsp olive oil
4 large eggs
185ml skim milk
1 tbsp Dijon mustard
Salt & cracked pepper
350g sourdough bread, cut into chunks
(gluten-free if required)
1 small red onion, cut into slices
150g sliced ham, torn into pieces
2 tbsp fresh thyme
250g cheddar cheese, grated

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Spray a medium-large baking dish with olive oil cooking spray.

In large bowl, whisk together eggs, milk, mustard, salt & cracked pepper. Submerge the bread for about 5 minutes.

Mix in the onion, ham, thyme and cheese. Transfer to the baking dish, cover with foil and cook for 50-55 minutes. Take the foil off for the last 15 minutes so it brown's up a little bit.

Serve hot!

MACROS

Calories: 318

Protein: 17

Carbs: 22

Fat: 18

Fibre: 1





Sweet Brussels Sprouts



SERVES:
8



TIME:
40 minutes



INGREDIENTS

2 tbsp olive oil, divided
200g bacon, chopped
60ml balsamic vinegar
900g Brussels sprouts, halved
Salt & cracked pepper
1 lemon, juiced
30ml water
250g dried figs, cut into quarters

MACROS

Calories: 281
Protein: 8
Carbs: 33
Fat: 13
Fibre: 8

INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6.

Bring a large skillet to medium heat, add 1/2 tbsp oil and bacon, and cook for about 7 minutes. Once cooked set aside.

Add the remaining oil, balsamic vinegar and Brussels sprouts to a large oven proof dish. Toss to coat and season with salt & cracked pepper. Place in the oven and cook for 20-25 minutes.

Meanwhile, add the lemon juice, water and figs to a pan and cook on medium-high heat for about 5 minutes or until the figs are tender and the water has evaporated.

Add bacon, sprouts and figs to a large serving bowl and toss to combine.





Crispy Smashed Potatoes



SERVES:
8



TIME:
70 minutes



INGREDIENTS

1kg new potatoes
Sea salt
60ml olive oil
30ml lemon juice
3 tbsp capers, diced
1 tbsp anchovy paste
1 clove garlic, minced

MACROS

Calories: 214
Protein: 5
Carbs: 26
Fat: 10
Fibre: 3

INSTRUCTIONS

Add the potatoes to a large pot, cover with cold water and some salt. Bring to a boil, reduce to a simmer and cook potatoes for about 20 minutes or until tender.

Preheat oven to 220°C/430°F/gas 7.

Pour olive oil in a large baking dish. Transfer boiled potatoes to the tray and press down on each of them with a large spoon to “squish” them. Brush a little oil on the top of each potato too.

Place in the oven and cook for ten minutes. Then, turn the heat down and allow to cook for another 40-45 minutes.

Meanwhile, in a small bowl, mix together olive oil, lemon juice, capers, anchovy paste and garlic.

Once the potatoes are cooked, drizzle with the green sauce and serve straight away on a large tray.





Salmon blinis



SERVES:
20



TIME:
50 minutes

INGREDIENTS

300g plain flour
2 tbsp caster sugar
1 1/2 tbsp baking powder
1 tsp salt
250ml skim milk
2 eggs
25g butter, melted
500g creme fraiche
500g smoked salmon, cut into slices
2 tbsp dill, finely chopped

INSTRUCTIONS

In a large bowl, mix together the flour, sugar, baking powder and salt.

In a separate bowl whisk together the egg, milk and butter. Transfer the wet mixture to the bowl of dry ingredients and whisk gently to combine.

Heat a large frying pan over medium-high heat and add a little olive oil or extra butter.

Drop about half a tbsp of mixture into the pan for each blini and cook for 30-40 seconds each side. Repeat until you've used all the mixture.

Spread with creme fraiche and top with salmon and dill.

MACROS

Calories: 194
Protein: 11
Carbs: 15
Fat: 10
Fibre: 1





Pancetta Wrapped Chipolatas



SERVES:
10



TIME:
45 minutes



INGREDIENTS

5 thin slices pancetta, cut in half
10 chipolatas
1 tbsp olive oil
1 tbsp maple syrup
2 tsp Dijon mustard
Salt & cracked pepper

MACROS

Calories: 144
Protein: 7
Carbs: 2
Fat: 12
Fibre: 0

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Wrap the slices of pancetta around the chipolatas, drizzle with olive oil, place in the baking tray and cook for 12 minutes, turning occasionally.

Meanwhile mix the maple syrup and Dijon together. Take the chipolatas out and drizzle with maple/mustard dressing. Place back in the oven for 12-15 minutes or until cooked through, again, turning occasionally.

Serve immediately.





Christmas Carrots



SERVES:
6



TIME:
60 minutes



INGREDIENTS

4 large carrots, cut into thick batons
3 parsnips, cut into thick batons
2 tbsp olive oil
2 tbsp honey (or maple syrup)
1 tbsp fresh rosemary, diced
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6. Line a large baking tray with baking paper. Lay the carrots and parsnips in the tray.

In a small jar, add the olive oil, honey, fresh rosemary, salt & cracked pepper. Shake well to combine.

Pour sauce all over the carrots and parsnips and toss to cover.

Cook for 35-40 minutes or until the vegetables have caramelised.

MACROS

Calories: 129
Protein: 1
Carbs: 20
Fat: 5
Fibre: 4





Warm Roasted Squash



SERVES:
6



TIME:
50 minutes



INGREDIENTS

2 tbsp maple syrup
2 tbsp butter
1/2 vanilla bean, seeds scraped
1 kg butternut squash, deseeded and sliced into large chunks
90g pomegranate seeds
50g pistachios, shelled

MACROS

Calories: 200
Protein: 4
Carbs: 28
Fat: 8
Fibre: 7

INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised. (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.





Herby Stuffing



SERVES:
6



TIME:
50 minutes



INGREDIENTS

3 tbsp olive oil
400g country bread loaf, cut into 1/2-inch pieces (gluten-free if required)
2 brown onions, diced
4 stalks celery, chopped
750ml chicken stock (or vegetarian)
25g fresh flat-leaf parsley, chopped
1 tsp dried thyme
1 tsp dried sage
2 large eggs, beaten

INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.

MACROS

Calories: 259

Protein: 8

Carbs: 32

Fat: 11

Fibre: 3





Broccoli & Goji Berry Quinoa Salad



SERVES:
6



TIME:
30 minutes



INGREDIENTS

90g red quinoa, rinsed (uncooked)
2 large broccoli heads, grated
3 spring onion stalks, thinly sliced
50g roasted almonds, chopped
60g dried goji berries
1 tsp crushed red pepper flakes
60ml olive oil
3 tbsp lemon juice
Salt & cracked pepper

MACROS

Calories: 260
Protein: 8
Carbs: 21
Fat: 16
Fibre: 6

INSTRUCTIONS

Start by cooking the quinoa according to packet instructions. Once cooked, drain, rinse and set aside in a bowl lined with paper towel for about 15 minutes to dry it out a little.

Toss the cooked quinoa, broccoli, spring onion, almonds and goji berries together in a large serving bowl.

In a small jar, add the crushed red pepper flakes, olive oil, lemon juice, salt & cracked pepper. Shake really well to combine.

Pour the dressing all over the salad and allow to sit for at least 30 minutes before serving.





Christmas Meatballs



SERVES:
20 (makes 40)



TIME:
40 minutes

GF

INGREDIENTS

2 large eggs, lightly beaten
1 onion soup mix
1 tbsp soy sauce
45g bread crumbs (gluten-free if required)
1 1/2 tsp ground allspice
1 tsp ground cinnamon
1/2 tsp ground clove
Salt & cracked pepper
700g lean ground beef (90% lean)
3 tbsp butter

INSTRUCTIONS

In a large bowl mix together the eggs, onion soup mix, soy sauce, bread crumbs, spices, salt & cracked pepper. Next, mix through the beef until well combined.

Roll the mixture into small meatballs (about a tbsp) and set aside.

Melt a 1/3 of the butter in a large skillet and begin to cook the meatballs in batches. Adding more butter as you need.

Serve hot or cold with tomato chutney.

MACROS

Calories: 63

Protein: 6

Carbs: 3

Fat: 3

Fibre: 0





Roast Chicken



SERVES:
6



TIME:
120 minutes



INGREDIENTS

3 large carrots, chopped
2 brown onions, chopped
1 bulb garlic
4 tbsp olive oil
1 tsp paprika
Salt and pepper
1 whole chicken (about 1.5kg)
1 lemon, cut into quarters
1/2 bunch fresh rosemary
1/2 bunch fresh thyme

MACROS

Calories: 482
Protein: 55
Carbs: 7
Fat: 26
Fibre: 2

INSTRUCTIONS

Preheat the oven to 240°C/475°F/gas 9. Place the carrots, onion and full garlic cloves in a large roasting dish and toss with olive oil.

Rub the chicken all over with olive oil, paprika, salt & cracked pepper.

Place the lemon quarters and herbs inside the chicken cavity.

Reduce the heat of the oven to 200°C/400°F/gas 6. Place the chicken in the oven and cook for 1 hour and 20 minutes.

Brush the chicken with a little extra olive oil half way through cooking.

Allow the chicken to sit for 10 minutes under some aluminium foil before carving.





Mushroom & Nut Roast



SERVES:
8



TIME:
85 minutes



INGREDIENTS

300g raw mixed nuts
2 tbsp olive oil
1 onion, finely chopped
1/2 leek, finely chopped
2 stalks celery, finely chopped
1 large carrot, grated
75g mushrooms, chopped
2 tsp garlic, minced
65g tomato paste
2 tbsp tamari
150g panko breadcrumbs (gluten-free if required)
2 tbsp ground flaxseed meal
75g dried cranberries, diced
20g fresh parsley
Salt & cracked pepper

MACROS

Calories: 390
Protein: 10
Carbs: 29
Fat: 26
Fibre: 5

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5. Line a medium sized loaf tin with baking paper and spray it with olive oil cooking spray.

Next, pour the nuts into a food processor and blend until finely chopped. Set aside.

Bring a large skillet to medium-high heat and add the onion, leek, celery, carrot, mushrooms and garlic. Cook for 1-2 minutes.

Stir through the tomato paste and tamari and cook the veggies for about 10 minutes or until softened.

Transfer the processed nuts to a large mixing bowl and add the breadcrumbs, ground flaxseed meal, cranberries and parsley.

Add the cooked veggies and mix with your hands to create a dough.

Transfer to the loaf tin, place in the oven and cook for 40-50 minutes.

Allow to cool for 15 minutes before removing from the tin and slicing.





Spanakopita



SERVES:
6



TIME:
80 minutes



INGREDIENTS

800g frozen spinach, thawed and drained
2 tbsp olive oil
1 garlic clove, minced
1 leek
2 eggs
260g feta, crumbled
60g parmesan
10g basil, chopped
10g dill, chopped
10g oregano, chopped
1 tsp lemon zest, grated
Salt & cracked pepper
160g salted butter, melted
12 sheets frozen phyllo dough, thawed, room temperature

MACROS

Calories: 446
Protein: 16
Carbs: 28
Fat: 30
Fibre: 3

INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas 5 and grease your baking tray with olive oil cooking spray.

Drain the thawed spinach by placing it in the center of a tea towel, enclose it in and twist to ring the liquid out. Get as much liquid out as possible. Transfer to a bowl, break the spinach into smaller pieces and set aside.

Add the oil to a medium-sized skillet and bring to medium heat. Cook the leek and garlic for 5 minutes or until translucent.

Next, whisk the eggs and pour them into the spinach mixture. Add the feta, parmesan, basil, dill, oregano, lemon zest, salt & cracked pepper. Mix until really well combined.

Place 1 sheet of phyllo dough in your baking dish and brush with melted butter. Do the same with 2 more sheets. Place the 4th sheet perpendicular to the first 3, continuing to brush with butter as you go. Finally place the next three sheets in the gap to create a star shape.

Transfer spinach into the centre of the pastry and gently fold the phyllo over the top. Brush the remaining 3 sheets of phyllo with butter and place on top.

Place in the oven and cook for 40-45 minutes or until golden on top.





Roast Turkey



SERVES:
12



TIME:
130 minutes

INGREDIENTS

1 whole turkey (approx. 4kg)
2 carrots, peeled, chopped
2 brown onions, chopped
3 celery stalks, chopped
1/2 lemon, cut into wedges
100g butter
2 tsp garlic powder
2 tsp dried basil
1 tsp ground sage

MACROS

Calories: 380
Protein: 65
Carbs: 3
Fat: 12
Fibre: 9

INSTRUCTIONS

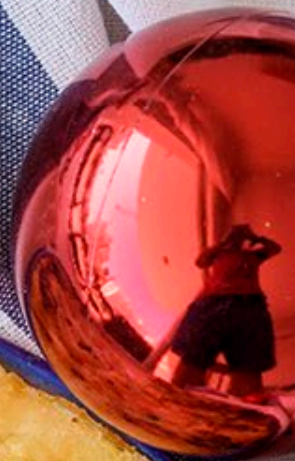
Start by preheating oven to 165°C/325°F/gas 4. Insert half the onions, carrots and celery, along with the lemon, into the cavity. Place the turkey in a large roasting dish with the remaining vegetables.

In a small saucepan melt the butter along with the garlic powder, basil and sage.

Brush the turkey with the butter (reserving some for later) and cover with foil. Place in the oven and cook for 75-90 minutes. Remove the turkey half way and baste with extra butter and again towards the end of the cooking time.

Allow the turkey to rest for 25 minutes before carving.





Bubble & Squeak



SERVES:
6



TIME:
20 minutes

INGREDIENTS

6 tbsp butter
1 brown onion, diced
450g potato, mashed
50g peas, cooked
50g carrot, cooked
Salt & cracked pepper

MACROS

Calories: 184
Protein: 3
Carbs: 16
Fat: 12
Fibre: 1

INSTRUCTIONS

Heat the olive oil in a large skillet. Add the onion and cook for 5 minutes or until translucent.

Add the vegetables and season with salt & cracked pepper.

Heat the vegetables for about 10 minutes so they become mushy. Using the back of a spoon flatten the vegetable mix into a pancake.

Cook for 1 minute and then flip and cook for an additional 1 minute.

Remove from the pan, cut into slices and serve.





Xmas Pasta Salad



SERVES:
8



TIME:
60 minutes



INGREDIENTS

450g bow tie pasta (gluten-free if required)
2 heads broccoli, cut into florets
30ml olive oil (divided)
50g parmesan, grated
10g fresh basil, leaves picked
2 tbsp lemon juice
1 x (460g) jar roasted red peppers, chopped
200g bocconcini

MACROS

Calories: 426
Protein: 18
Carbs: 57
Fat: 14
Fibre: 6

INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling, add the broccoli and cook for 2 minutes before removing with a slotted spoon and instantly submerging in cold water. Add the pasta to the same pot and cook according to packet instructions. Drain, pour 1-2 tbsp of the roasted pepper oil through the pasta and set aside in the fridge.

While the pasta is cooling, add the olive oil, parmesan, basil leaves and lemon juice to a blender and blitz until smooth.

Pour the sauce over the pasta and toss with red peppers, bocconcini and broccoli.

Refrigerate until ready for serving.





Yorkshire Puddings



SERVES:
12



TIME:
35 minutes



INGREDIENTS

125g plain flour
250ml milk
2 eggs
1/2 tsp salt
2 tbsp butter

MACROS

Calories: 84
Protein: 3
Carbs: 9
Fat: 4
Fibre: 0

INSTRUCTIONS

Start by preheating oven to 175°C/350°F/gas 4.

In a medium-sized bowl, whisk together the flour, milk, eggs and salt.

Divide the batter between a 12-case muffin tin, with about 1/2 a tsp per cup. Place in the oven for about 3 minutes to melt the butter.

Transfer batter between the cups and cook for about 25 minutes or until nice and puffy.





Brussels Sprout Bake



SERVES:
6



TIME:
25 minutes



INGREDIENTS

3 tbsp butter
1 brown onion, diced
3 cloves garlic, minced
900g Brussels sprouts, cored and halved
Salt & cracked pepper
180ml heavy cream
170g cheddar cheese, grated
50g Parmesan, grated
6 slices cooked bacon, crumbled

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5.

Add the butter to a large oven safe pan or skillet. Add the Brussels sprouts, onion and garlic. cook, on medium heat, stirring occasionally for 8-10 minutes.

Remove from the heat and stir through the cream. Sprinkle with cheddar and Parmesan and top with bacon bits.

Cook for 15 minutes or until cheese has melted.

MACROS

Calories: 410

Protein: 17

Carbs: 18

Fat: 30

Fibre: 6





Goat's Cheese & Pear Salad



SERVES:
6



TIME:
25 minutes



INGREDIENTS

100g pecans
1 tbsp maple syrup
2 pears, thinly sliced
1 apple, thinly sliced
100g arugula
100g goat's cheese
For the dressing:
2 1/2 tsp Dijon mustard
2 tbsp white wine vinegar
4 tbsp extra virgin olive oil

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

In a small bowl, toss the pecans with maple syrup, then lay them evenly on the baking tray. Cook for 5 minutes. Set aside and chop once cooled.

Meanwhile, add all the dressing ingredients to a small jar and shake very well to combine.

Toss the pear, apple and arugula together with the dressing.

Top with goat's cheese and sprinkle with pecans.

MACROS

Calories: 321
Protein: 5
Carbs: 19
Fat: 25
Fibre: 4





Peppercorn Beef



SERVES:
10



TIME:
65 minutes



INGREDIENTS

2 tbsp pink peppercorns
1 tbsp green peppercorns
1 tbsp black peppercorns
3 sprigs fresh thyme, leaves picked
2 cloves garlic, finely chopped
Sea salt
2 tbsp olive oil
1 x 4lb beef tenderloin, trimmed and tied with butcher's twine

INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/gas 7. Pat the tenderloin dry with a little paper towel and set aside.

Coarsely crush the peppercorns. Add the thyme, garlic, salt and olive oil to the same bowl and mix to combine.

Rub the tenderloin with the spice mix, all over, place in the oven and cook for 35-45 minutes or until cooked to your liking.

Allow to rest for 10 minutes before slicing.

MACROS

Calories: 361

Protein: 51

Carbs: 1

Fat: 17

Fibre: 0





Red Velvet Meringue



SERVES:
20



TIME:
90 minutes



INGREDIENTS

4 medium egg whites
1 tsp vanilla extract
½ tsp white wine vinegar
50g sucralose sweetener
2 tbsp cocoa powder
1 tsp red food dye

MACROS

Calories: 4
Protein: 1
Carbs: 0
Fat: 0
Fibre: 0

INSTRUCTIONS

Start by preheating the oven to 110°C/230°F/gas 1/4 gas. Line a baking tray with baking paper.

Add the egg whites and vanilla to an electric mixer and whisk until the eggs have stiffened and are forming peaks.

Gently fold through the white wine vinegar.

Next, start to add the sweetener 2 tbsp at a time, gently folding it through, allowing the mixture to stay fluffy.

Finally fold through the cocoa powder and red food dye.

Spoon little dollops of meringue onto the baking tray. (spread them out a little so they have room to expand)

Place in the middle of the oven and cook for 60 minutes or until crispy on the outside.





Gingerbread Cookies



SERVES:
20



TIME:
75 minutes



INGREDIENTS

1 1/2 tsp ground ginger
1/2 tsp ground cinnamon
1/2 tsp mixed spice
1/4 tsp ground nutmeg
1/4 tsp ground clove
180g wholemeal spelt flour
¼ tsp bicarbonate of soda
Pinch sea salt
50g butter
30ml milk
85g maple syrup

MACROS

Calories: 58
Protein: 1
Carbs: 9
Fat: 2
Fibre: 1

INSTRUCTIONS

Preheat the oven to 150°C/300°F/gas 2. Line a baking tray with baking paper.

Start by mixing together the ginger, cinnamon, mixed spice, nutmeg and clove in a medium-sized bowl.

Add the flour, bicarbonate of soda and salt. Mix to combine.

Add the butter, milk and maple syrup to a blender (add the maple syrup last) and blitz until combined.

Transfer the wet ingredients to the dry ingredients and mix to form a dough.

Roll into a ball, wrap in cling wrap and refrigerate for 45 minutes.

Place the dough in between two sheets of baking paper (so it doesn't stick) and roll out with a rolling pin.

Cut the cookies out with a small cookie cutter and lay on the baking tray. Cook for 11-12 minutes or until golden.

Allow to cool for 5 minutes before transferring to a cooling rack.





Christmas Mud Cake



SERVES:
12



TIME:
110 minutes



INGREDIENTS

250ml coconut milk
400g dark chocolate
5 tbsp rice malt syrup
4 eggs
240g almond meal
Pinch sea salt flakes
250g raspberries
2 tbsp caster sugar

MACROS

Calories: 345
Protein: 8
Carbs: 31
Fat: 21
Fibre: 3

INSTRUCTIONS

Start by preheating the oven to 150°C/300°F/gas 2. Line a round cake tin with baking paper and lightly spray with olive oil cooking spray.

Next, add the coconut milk, chocolate and rice malt syrup to a saucepan over low heat. Very slowly, melt the chocolate, stirring continuously. Remove from the heat and set aside.

Whisk together the eggs and stir in the almond meal, followed by the melted chocolate.

Transfer the mixture to the cake tin and cook for 60 minutes.

Allow to cool for 15 minutes before transferring to a cooling rack.

Top with caster sugar and raspberries before serving.





Strawberry & Pistachio Crumble



SERVES:
3



TIME:
25 minutes



INGREDIENTS

300g strawberries
100g all-purpose flour
50g rolled oats
50g coconut sugar
2 tbsp butter
3 tbsp pistachios, chopped

MACROS

Calories: 375
Protein: 8
Carbs: 61
Fat: 11
Fibre: 6

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas 6. Line two baking trays with baking paper. Lay the strawberries on one of the baking trays.

In a medium-sized bowl, mix together the flour, oats and coconut sugar.

Use your hands to rub the butter into the dry mixture until it forms a crumble.

Stir through the pistachios.

Lay the crumble mix on the other baking tray. Place both trays in the oven and cook for 10 minutes.

Transfer fruit to serving bowls and top with crumble.





Santa Brownies



SERVES:
20



TIME:
65 minutes



INGREDIENTS

120g all-purpose flour (gluten-free if required)
1 tsp baking powder
75g cocoa powder
180g coconut sugar
125ml maple syrup
125ml butter, melted
3 eggs
125g cream cheese
55g caster sugar
20 fresh strawberries, leaves removed

MACROS

Calories: 185
Protein: 3
Carbs: 23
Fat: 9
Fibre: 2

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease 2 x 12 case muffin tins with olive oil cooking spray.

In a large bowl, mix together the flour, baking powder cocoa and coconut sugar.

In a separate bowl, whisk together the maple syrup, butter and eggs.

Pour the wet ingredients into the dry ingredients and gently mix until combined.

Transfer the brownie mix to the muffin tins (recipe should make 20) and cook for 15 minutes or until a skewer comes out dry. Remove from the oven and cool for 20 minutes.

Once the brownies have cooled, using an electric mixer, beat the cream cheese and caster sugar for 1-2 minutes. Transfer the frosting to a pipe bag or zip lock bag with the corner cut off.

Top each brownie with some frosting, followed by a strawberry. Finally place one more dot of frosting on top of the strawberry (like a pom pom).





THE TEAMFFLC RECIPE BOOK

TASTY EATS FOR TASTY PEOPLE

