



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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BREAKFAST





Avocado Lime Smoothie



SERVES:
1



TIME:
5 minutes



INGREDIENTS

2 tbsp fresh lime, juiced
1/4 cup coconut water
100g cucumber, chopped
1/2 avocado
1/2 tbsp fresh mint leaves
5-10 ice cubes

INSTRUCTIONS

Add all ingredients to your blender in the order listed and blitz until nice and smooth.

MACROS

Calories: 155
Protein: 3
Carbs: 11
Fat: 11
Fibre: 7





Berry Cherry Smoothie Bowl



SERVES:
1



TIME:
5 minutes



INGREDIENTS

120ml water
1/2 tbsp acai powder
5 pitted cherries
50g frozen mixed berries
1 frozen banana (peeled)
5-10 ice cubes
1 tbsp shaved coconut
1 tbsp dried goji berries

INSTRUCTIONS

Add all ingredients to your blender or vitamix and blitz until smooth. You may need to give your blender a shake half way through. The consistency is supposed to be thick, but if it's too thick, add a little more water.

Transfer to 2 serving bowls and top with shaved coconut and goji berries.

MACROS

Calories: 252
Protein: 3
Carbs: 51
Fat: 4
Fibre: 7





The Greenest Smoothie



SERVES:
1



TIME:
5 minutes



INGREDIENTS

220g spinach
150g kale
40g frozen courgette
40g cucumber
1/2 lemon
200ml water
5-10 ice cubes

INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth and silky.

MACROS

Calories: 187
Protein: 14
Carbs: 26
Fat: 3
Fibre: 12





Mexican Corn Hummus Toast



SERVES:
4



TIME:
15 minutes



INGREDIENTS

1 tbsp butter
2 x (420g) tinned corn, drained
1 clove garlic, minced
2 tbsp jalapenos, diced
50g feta, crumbled
15g coriander, leaves picked
Salt & cracked pepper
4 slices sourdough bread (or gluten free if required)
4 tbsp hummus

INSTRUCTIONS

Heat butter in a medium-sized frying pan. Add corn and cook for 7-8 minutes. Add garlic and cook for another 2 minutes.

Remove from heat and stir through jalapenos, feta, coriander salt & cracked pepper.

Meanwhile, toast your bread and spread hummus evenly on each slice.

Top with corn mix and serve with any extra fresh coriander.

MACROS

Calories: 380

Protein: 12

Carbs: 56

Fat: 12

Fibre: 9





Scandi Breakfast



SERVES:
2



TIME:
15 minutes



INGREDIENTS

4 eggs
200g smoked salmon
1 cucumber, sliced into coins
4 dill pickles, sliced lengthways

MACROS

Calories: 380
Protein: 36
Carbs: 5
Fat: 24
Fibre: 1

INSTRUCTIONS

Start by boiling the eggs. Place the eggs in a saucepan, cover with cold water and bring to a boil. Once boiling, reduce to a simmer and cook for 5 minutes. (this will give you a slightly squidgy yolk). Once cooked, shell and cut each egg in half.

Meanwhile prepare your smoked salmon by rolling each slice into a cigar.

Prepare all ingredients on a shared serving platter or on two plates.

Option: serve with pumpernickel bread





SIDES & SMALL PLATES





Courgette Cakes



SERVES:
3



TIME:
25 minutes



INGREDIENTS

450g courgette, thinly grated
3 eggs
150g cornmeal
1 tbsp lemon, juiced
15g parsley
Salt & cracked pepper
60g feta

MACROS

Calories: 348
Protein: 15
Carbs: 45
Fat: 12
Fibre: 4

INSTRUCTIONS

Firstly, use a food processor or manually grate the courgette into a large bowl.

Add all other ingredients (except olive oil) and mix to combine.

Bring a frying pan to medium heat and add a little olive oil. Cook cakes 2-3 at a time. (use a spoon to transfer batter to the pan and flatten each one with the back of the spoon). When one batch is cooked, set aside under some foil to keep warm.

Cook for 3-4 minutes before gently flipping with a spatula and cooking for another 3-4 minutes.

Transfer to serving plates, top with feta and extra fresh parsley.





Three Pork Quiches



SERVES:
7



TIME:
25 minutes

INGREDIENTS

15 mini filo pastry cups
30g ham, diced
1 pork sausage, cooked and crumbled
2 rashers bacon, cooked and diced
1/2 brown onion, diced
60g cheddar cheese, grated
2 eggs
1 tbsp milk
2 tsp dried parsley
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with baking paper and spread mini filo pastry cups out on the tray evenly.

Mix ham, sausage, bacon, onion and cheese together and divide evenly into the filo cups.

Next, crack your eggs into a small bowl, add milk, parsley salt & cracked pepper and whisk. Pour the whisked egg mixture into the filo cups.

Place in the oven and cook for about 8 minutes or until the egg is fully cooked.

MACROS

Calories: 236
Protein: 13
Carbs: 10
Fat: 16
Fibre: 0





Homemade Hummus



SERVES:
5



TIME:
5 minutes



INGREDIENTS

2 x (400g) tin chickpeas
120ml tahini
2 cloves garlic
1 tbsp olive oil
60ml lemon juice
60ml water
1 tsp cumin

INSTRUCTIONS

Add all ingredients to a food processor or blender and blend for 1-2 minutes or until smooth and creamy.

Serve with chopped carrot, celery and cucumber sticks or pitta bread.

MACROS

Calories: 267
Protein: 11
Carbs: 13
Fat: 19
Fibre: 5





Coconut Cashew Butter



SERVES:
10



TIME:
5 minutes



INGREDIENTS

300g salted cashews
50g coconut flakes
2 tbsp maple syrup
2 tbsp coconut oil
Sprinkle sea salt flakes for serving,
optional

INSTRUCTIONS

Add all ingredients to your food processor or blender and blend for 1 minutes. Scrape down the sides so everything is touching the blades and blend for an additional 1 minutes.
Sprinkle with sea salt flakes.

MACROS

Calories: 238
Protein: 6
Carbs: 13
Fat: 18
Fibre: 0





Creamy Spinach



SERVES:
3



TIME:
15 minutes



INGREDIENTS

280g baby spinach
1/2 brown onion, diced
1 tbsp butter
1 clove garlic
60ml milk
40ml heavy cream
1 tbsp flour
1 tsp nutmeg
Salt & cracked pepper
60g parmesan

MACROS

Calories: 263
Protein: 16
Carbs: 16
Fat: 15
Fibre: 8

INSTRUCTIONS

Bring a large pot of salted water to boil and cook spinach for about 30 seconds. Drain and place in a bowl of iced water to cool it down. Once cold, drain and use your hands to squeeze out as much excess water from the spinach as you can.

Bring a medium-large frying pan to medium heat, add butter and onion and cook for 3-4 minutes or until onion is soft. Add the garlic and heat for another 1 minute before adding milk, cream, flour, nutmeg, salt & cracked pepper.

Once thickened slightly, add the spinach and parmesan and stir to combine.

Feel free to add extra parmesan when serving.





Loaded Mashed Potato



SERVES:
3



TIME:
30 minutes



INGREDIENTS

3 rashers bacon, cooked and crumbled
700g potatoes, chopped
60g butter
60ml milk
1 avocado, mashed
1 clove garlic, minced
1 tsp chilli flakes
1 tbsp green onions, chopped

MACROS

Calories: 409
Protein: 10
Carbs: 27
Fat: 29
Fibre: 8

INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with foil, place bacon rashers on the tray and cook for 15-20 minutes or until crispy.

Place potatoes in a large pot of salted water. Bring to a boil and cook for 15-18 minutes, or until the potatoes have softened and can be easily pierced with a fork.

Meanwhile, melt butter with milk, either in the microwave or on the stove.

Once cooked, drain, return to the pot and mash. Pour butter and milk over the potatoes and stir through until nice and creamy. Season well with salt & cracked pepper.

In a separate bowl, mash avocado with garlic and chilli flakes.

Top potato with avocado mash, crumbled bacon and spring onions.





MAINS





Broccoli Salad



SERVES:
6



TIME:
25 minutes



INGREDIENTS

200g quinoa (uncooked)
60g Brazil nuts, sliced
700g broccoli (2 large or 3 medium heads)
3 tbsp fresh basil, chopped
For the honey mustard dressing:
60g Dijon mustard
3 tbsp honey
60ml olive oil
40ml apple cider vinegar
2 tbsp lemon, juiced
1 clove garlic, minced
Sea salt & cracked pepper

MACROS

Calories: 294
Protein: 11
Carbs: 40
Fat: 10
Fibre: 7

INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater. (Because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss really well to combine.





Edamame & Mint Salad



SERVES:
4



TIME:
25 minutes



INGREDIENTS

500g frozen edamame
150g frozen peas
60ml olive oil
1 lemon, finely zested and juiced
1/2 tbsp olive oil
15g mint leaves
100g Persian feta, crumbled

MACROS

Calories: 386
Protein: 22
Carbs: 25
Fat: 22
Fibre: 3

INSTRUCTIONS

Firstly, bring a pot of salted water to boil, add edamame and peas. Cook for about 4 minutes or until peas are vibrant and bright green. Drain and immediately rinse under cold water before peeling the edamame.

Meanwhile, in a small dish, whisk together the lemon zest, lemon juice and olive oil.

Assemble the edamame and peas on a serving plate, drizzle lemon dressing on top and toss to combine.

Top with torn mint leaves and chunks of Persian fetta.





Tuna Tabbouleh



SERVES:
4



TIME:
25 minutes



INGREDIENTS

125ml olive oil
5 tbsp lemon juice
Salt & cracked pepper
120g extra fine bulgar wheat
4 tomatoes, finely chopped
1 cucumber, finely chopped
2 bunches parsley, finely chopped
15g fresh mint leaves, finely chopped
4 green onions, finely chopped
180g tinned tuna in Springwater,
drained

INSTRUCTIONS

Start by mixing the olive oil, lemon juice, salt & cracked pepper. Set aside.

Next, wash the bulgar wheat and soak it in water for 6 minutes. Make sure you drain it really well and squeeze out any excess water. Pour the bulgar wheat into the bowl with the lemon dressing so it can soak in the flavour.

Once you've chopped all the vegetables and herbs, transfer them, along with the tuna to the bowl with the bulgar wheat and toss really well to combine.

Refrigerate for 30 minutes before serving.

MACROS

Calories: 484
Protein: 16
Carbs: 33
Fat: 32
Fibre: 7





Prosciutto, Corn & Courgette Plate



SERVES:
2



TIME:
10 minutes

GF

INGREDIENTS

1 x (125g) tin corn kernels, drained
1 medium courgette, peeled into ribbons
1 tbsp olive oil
1 tbsp lime, juiced
60g Persian fetta
100g prosciutto, cut into strips and rolled into cigars

INSTRUCTIONS

Add corn and courgette to a medium sized bowl and toss with olive oil, lime juice, salt & cracked pepper.

Transfer to a serving plate and arrange with prosciutto cigars and chunks of persian feta.

MACROS

Calories: 336

Protein: 17

Carbs: 13

Fat: 24

Fibre: 3





Easy Asian Stir Fry



SERVES:
4



TIME:
20 minutes



INGREDIENTS

360g rice (uncooked)
500g Asian frozen stir-fry vegetables
60ml Hoisin sauce
2 tsp chilli flakes

MACROS

Calories: 396
Protein: 8
Carbs: 91
Fat: 0
Fibre: 3

INSTRUCTIONS

Start by cooking rice according to packet instructions.
Meanwhile, heat 60ml of water in a large wok. Add vegetables and stir fry for 4-5 minutes.
Add the Hoisin sauce and chilli flakes and heat through.
Divide rice between 4 bowls, followed by the vegetables.





Garlic & Rosemary Salmon



SERVES:
4



TIME:
20 minutes



INGREDIENTS

1 tbsp butter
2 cloves garlic, minced
1 tbsp rosemary (fresh or dried)
4 salmon fillets
3 tbsp dry white wine

MACROS

Calories: 366
Protein: 34
Carbs: 8
Fat: 22
Fibre: 0

INSTRUCTIONS

Add butter to a frypan and bring to medium heat. Add garlic and rosemary and heat for another 1 minute.

Next, add the salmon and cook for 1 minute on each side.

Add the wine, reduce the heat to low, cover with a lid and cook for 5 minutes or until the salmon is cooked to your liking.

Serve with a simple green salad.





Stuffed Potatoes



SERVES:
2



TIME:
50 minutes



INGREDIENTS

2 medium potatoes
180g beef mince
1/2 celery stalk, diced
1/2 carrot, diced
150ml beef stock
2 tbsp sun-dried tomato paste
1 tsp cornflour
1 tbsp green onions, diced

MACROS

Calories: 366
Protein: 24
Carbs: 36
Fat: 14
Fibre: 5

INSTRUCTIONS

Firstly, preheat oven to 200c/395f/Gas 6. Wrap the potatoes in foil and bake for 15-20 minutes or until easily pierced with a skewer.

Place beef mince, carrot, celery, stock and sun-dried tomato paste in a saucepan and bring to the boil. Reduce heat, cover and cook for 20-25 minutes, stirring regularly.

Mix the cornflour with a little water, stir through the beef and cook for 1 more minute.

Scoop out the flesh of the potatoes leaving a hole for the filing. Mix potato with beef mixture and then return to potatoes.

Season with salt & pepper and garnish with green onions.





Tandoori Chicken



SERVES:
4



TIME:
40 minutes

GF

INGREDIENTS

8 chicken thighs
200ml natural yoghurt
3 tbsp Tandoori paste
1/2 lemon, juiced
Salt & cracked pepper

MACROS

Calories: 437
Protein: 38
Carbs: 6
Fat: 29
Fibre: 4

INSTRUCTIONS

In a large bowl, mix together the yoghurt, Tandoori paste, lemon juice salt & cracked pepper. Set aside.

Pat the chicken thighs dry with some paper towel. Use a sharp knife to make a couple of slices in the thickest part of each thigh. (This will allow the marinade to sink in).

Place the chicken in the Tandoori sauce and allow it to marinate in the fridge for at least 1 hour.

Preheat the oven to 200c/395f/Gas 6. Line a baking tray with baking paper.

Next, heat the grill. Brown the skin of the chicken on each side of each piece for 2-3 minutes. Basting with any extra marinade as you go.

Transfer chicken to the baking tray and cook for 10-15 minutes or until the chicken is cooked through and the juices are clear.

Once cooked, transfer to a warm dish, cover with foil and let rest for 5-10 minutes before serving.





Mediterranean Lamb Skewers



SERVES:
4



TIME:
30 minutes (plus 30
minutes for marinating)



INGREDIENTS

400g lamb sausages, cut into 2cm pieces
2 red onions, cut into wedges
2 red bell peppers, cut into 2cm pieces
1 courgette, cut into 2cm pieces
2 garlic cloves, minced
1/2 tbsp oregano
2 tbsp olive oil

INSTRUCTIONS

Start by threading the lamb, onion, bell pepper and courgette onto 12 skewers and place on a long plate or shallow dish.

Mix together the garlic, oregano and olive oil. Pour over the skewers and place them in the fridge to marinate for 30 minutes.

Bring a grill plate to high heat and cook skewers for about 10 minutes, or until cooked to your liking, making sure you rotate often to ensure all sides are cooked.

Serve with a simple Greek salad.

MACROS

Calories: 351

Protein: 18

Carbs: 9

Fat: 27

Fibre: 2





Baked Haddock with Courgette Noodles



SERVES:
2



TIME:
30 minutes

GF

INGREDIENTS

2 fillets Haddock
4 thin slices lemon
2 tbsp butter
1 tbsp fresh parsley, diced
1 clove garlic, minced
2 tbsp lemon juice
60ml white wine
60ml chicken stock
1 tbsp olive oil
2 courgette, spiralised

MACROS

Calories: 369
Protein: 33
Carbs: 12
Fat: 21
Fibre: 3

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Place two slices of lemon on each Haddock fillet and wrap in tin foil. Cook for 20 minutes or until fish is cooked through.

Bring a frying pan to medium heat and add butter, parsley and garlic. Once the butter has melted add the lemon juice, white wine and chicken stock. Season with salt & cracked pepper and allow to simmer for 5 minutes.

Remove from heat and pour into a jug. (making sure you get all of the sauce from the pan)

Add olive oil to the same pan and bring to medium heat, again. Add the courgette noodles and cook for 3-4 minutes.

Pour the sauce back in the pan, over the courgette noodles and heat through for 2 minutes.

Divide courgette noodles on two plates and top with cooked Haddock.





Vegan Cottage Pie



SERVES:
4



TIME:
50 minutes



INGREDIENTS

1 tbsp olive oil
1 brown onion, diced
1 tsp garlic paste
1 large courgette, diced
2 carrots, diced
250g mushrooms, thinly sliced
1 tbsp oregano
2 x (420g) tin kidney beans, drained and rinsed
1 tbsp vegan Worcestershire sauce
125ml Vegetable Stock
1x (400g) tin chopped tomatoes
2 large potatoes, peeled and chopped
80g vegan cheese

MACROS

Calories: 417
Protein: 17
Carbs: 67
Fat: 9

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4.

Heat olive oil in a large frying pan. Add onion, garlic paste, courgette, carrot, mushrooms and oregano. Cook for 5 minutes.

Add the kidney beans and continue to cook for another 5 minutes.

Next, add the Worcestershire sauce, vegetable stock and tinned tomatoes. Allow to simmer for 10-15 minutes while the liquid reduces.

Meanwhile, add chopped potatoes to a saucepan and cover with salted water. Bring water to a boil and cook potatoes for 15-20 minutes or until easily pierced with a fork

Once potatoes are cooked, drain, return to the saucepan and mash until smooth.

Pour the bean and vegetable mixture into an ovenproof dish and spread mashed potato on top. Sprinkle with cheese and season generously with salt & cracked pepper.

Place in the oven and cook for 15-20 minutes or until cheese has melted.





Crispy Tofu Cups



SERVES:
4



TIME:
30 minutes



INGREDIENTS

For the sauce:

- 80g peanut butter
- 60ml sesame oil
- 60ml Tamari
- 60ml rice vinegar
- 30ml honey
- 2 tsp sambal oelek (or chilli paste)
- 1 tbsp lime, juiced
- Salt & cracked pepper

For the tofu cups:

- 450g extra firm tofu, cut into 1cm cubes
- 1 tbsp canola oil
- 1 Iceberg lettuce, leaves removed for wrapping

For serving:

- 4 tbsp peanuts, chopped
- 15g coriander, leaves picked

INSTRUCTIONS

Firstly, make the peanut sauce by adding all ingredients to a blender or food processor and blending until smooth.

Add canola oil to a large frying pan and bring to a medium heat. Add tofu and cook for about 10-12 minutes. Flipping 2-3 times.

Add the peanut sauce and gently stir to coat the tofu pieces. Cook for another 4-5 minutes, then remove from the heat.

Fill the lettuce leaves with the tofu mixture and top with chopped peanuts and fresh coriander.

MACROS

- Calories: 502
- Protein: 22
- Carbs: 18
- Fat: 38
- Fibre: 4





One Pot Vego Sausage Stew



SERVES:
6



TIME:
40 minutes



INGREDIENTS

1 tbsp olive oil
8 vegetarian sausages
1 onion, sliced
2 garlic cloves, minced
½ tsp ground cumin
1/2 tsp dried parsley
1 x (400g) tin chopped tomatoes
1 x (400g) tin kidney beans, drained and rinsed
1 x (400g) tin chickpeas, drained and rinsed
1 x (400g) tin sweet corn, drained

INSTRUCTIONS

Start by heating the oil in a large frying pan over medium heat. Add the sausages and cook for 5 minutes, rotating regularly to make sure all sides are cooked. Remove from the pan and set aside.

Add the onion to the same pan and cook for 5 minutes or until soft. Stir through the garlic, cumin and parsley.

Next, add the tomatoes, kidney beans, chickpeas, corn and 250ml boiling water. Bring to a boil before reducing the heat and simmering for 10 minutes.

Place the sausages back in the pan, cover with a lid and cook for another 10 minutes.

Serve immediately.

MACROS

Calories: 364
Protein: 34
Carbs: 30
Fat: 12
Fibre: 7





Crispy Kale & prawns



SERVES:
3



TIME:
30 minutes



INGREDIENTS

2 cloves garlic, thinly sliced
3 tbsp olive oil
2 tbsp lemon, juiced
Salt & cracked pepper
2 bunches kale, stemmed and leaves torn
250g cherry tomatoes
1 tbsp red curry paste
2 tsp fish sauce
2 tsp ginger, grated
1 tsp olive oil
500g prawns, teeled and tails removed

MACROS

Calories: 351
Protein: 49
Carbs: 23
Fat: 7
Fibre: 5

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Line a baking tray with baking paper.

In a large bowl, mix together the garlic, olive oil, lemon juice, salt & cracked pepper. Transfer kale to the bowl and massage the juices into it for 1-2 minutes.

Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.

Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.

Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides.

Transfer kale to a large serving platter and spread prawns out on top.





Vegan Stuffed Mushrooms



SERVES:
2



TIME:
30 minutes



INGREDIENTS

3 large mushrooms
2 tsp avocado oil
1 brown onion, diced
1 clove garlic, minced
120g baby spinach, chopped
200g cherry tomatoes, diced
125g bread crumbs
1/2 tbsp basil
1/2 tbsp oregano
1/2 tbsp onion powder
Salt & cracked pepper
3 tbsp vegan parmesan

INSTRUCTIONS

Preheat oven to 165c/325f/Gas 3. Line a baking tray with baking paper. Cut the stems from the mushrooms and place on the tray and brush with a tsp of oil. Cook mushrooms for 10 minutes.

Meanwhile, add the remaining tsp of oil to a frying pan along with onion, garlic and spinach. Cook for 3 minutes before adding the tomatoes and cooking for another 2 minutes.

Remove from the heat and stir in breadcrumbs and herbs.

Spoon the mixture into the mushrooms, top with vegan cheese, then place them back in the oven to cook for another 10-15 minutes or until the cheese has melted.

MACROS

Calories: 423

Protein: 21

Carbs: 60

Fat: 11

Fibre: 13





Sticky Date Pudding



SERVES:
4



TIME:
90 minutes



INGREDIENTS

150g pitted dates
120ml honey
2 tsp vanilla extract
2 eggs
75g self-raising flour
1/2 tsp salt

MACROS

Calories: 227
Protein: 6
Carbs: 44
Fat: 3
Fibre: 2

INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4. Grease your ramekins with a little butter or olive oil cooking spray.

Place the dates and 150ml water in a pan and simmer for 5 minutes. Transfer the dates and water to a food processor or high speed blender, add the honey and vanilla extract and blend until smooth.

Next, separate the egg yolks from the egg whites, keeping both.

Pour the mixture into a large bowl and mix in the egg yolks, followed by the flour and salt.

In a separate bowl, whisk the egg whites until stiff, then fold into the rest of the ingredients.

Pour the mixture into the ramekins and place a little piece of foil tightly on top of each.

Transfer the remekins to an ovenproof dish and fill the dish with water, halfway up the height of the ramekins.

Cook for 45-55 minutes, or until a skewer comes out dry.





DESSERTS





Berry Crumble



SERVES:
1



TIME:
1 hour



INGREDIENTS

100g frozen mixed berries

1/2 tbsp lemon juice

For the Crumble:

25g old fashioned rolled oats

1/2 tbsp coconut sugar

1 tbsp flour

1/2 tbsp butter, cut into 1cm cubes

INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4.

Mix the berries and lemon together in a small bowl and pour into a ramekin.

In a separate mixing bowl, make the crumble by combining all ingredients. You can use your hands to pinch the butter and mush it into the oats, until combined.

Pour the crumble on top of the berry mixture.

Cook for 40 minutes or until a skewer comes out hot.

MACROS

Calories: 240

Protein: 4

Carbs: 38

Fat: 8

Fibre: 2





Protein Brownie Bites



SERVES:
6



TIME:
20 minutes



INGREDIENTS

250g mashed banana
125g nut butter
1 scoop chocolate protein powder
(vegan if required)
1 tbsp cacao
1 tbsp maple syrup

MACROS

Calories: 217
Protein: 10
Carbs: 15
Fat: 13
Fibre: 2

INSTRUCTIONS

Preheat the oven to 180c/350f/Gas 4. Line a mini muffin tray with mini muffin liners and lightly spray with olive oil cooking spray.

Next, blend all ingredients in a food processor or blender.

Pour the brownie mixture into the muffin tins and place in the oven for 13 minutes or until a skewer comes out clean.

Keep in the refrigerator or freezer.





Matcha Balls



SERVES:
12



TIME:
10 minutes



INGREDIENTS

160g almonds
20g shredded coconut
1/2 tbsp vanilla extract
2 tbsp matcha
Sea salt flakes
350g pitted dates

INSTRUCTIONS

Place the almonds, coconut, vanilla, matcha and salt flakes in a blender and blitz until roughly chopped.

Next, add the dates and blend until combined.

Roll the mixture into 12 balls and place in the refrigerator for 30 minutes before serving.

MACROS

Calories: 159
Protein: 3
Carbs: 21
Fat: 7
Fibre: 4





THE TEAMFFLC RECIPE BOOK

TASTY EATS FOR TASTY PEOPLE

