

15 FIT FRIENDLY SMOOTHIES & SNACKS

Discover 15 easy, healthy and portion controlled smoothies and treats you could add to your meal plan.



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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts





POST-WORKOUT ORANGE BANANA SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins







WHAT YOU NEED

- 1 medium banana
- 1 orange, peeled
- 1 scoop (25g) vanilla protein powder
- 1 tbsp. coconut flakes
- 1 cup (230ml) almond milk

WHAT YOU NEED TO DO

Add all ingredients into a high powered blender and blend until smooth.





CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



22g Protein





WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.





RAW BEET SMOOTHIE



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 243 kcal 4g Fats 54g Carbs 4g Protein









WHAT YOU NEED

- 1 small apple, cored
- 1 raw red beet washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ½ cup (55g) pineapple, cubed
- ½ orange peeled
- ½ cup ice
- ½ cup (120ml) water
- 1 tbsp. flax seeds, ground

WHAT YOU NEED TO DO

Place all the ingredients into a high-speed blender and blitz until smooth.





MANGO & TURMERIC SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per serving: 417 kcal 18g Fats 52g Carbs 18g Protein









WHAT YOU NEED

- 1 cup (240ml) almond milk
- ½ cup (125g) Greek yogurt (or plant-based)
- 1 cup (160g) frozen mango
- ½ avocado
- ½ banana
- 1 inch(2.5cm) fresh ginger, peeled
- 1 tsp. ground turmeric

WHAT YOU NEED TO DO

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.





CRANBERRY & BANANA BREAD



Serves: 12 Prep: 10 mins Cook: 65 mins



Nutrition per serving: 202 kcal 9g Fats 29g Carbs 5g Protein





WHAT YOU NEED

- 1 ½ cup (160g) oat flour
- 3/4 cup (65g) almond meal
- 1 tsp. baking soda
- ½ tsp. sea salt
- 2 tbsp. coconut oil, melted
- 1/3 cup (70g) coconut sugar
- 2 tbsp. maple syrup
- 3 ripe bananas, mashed
- 2 eggs
- 1 tsp. vanilla extract
- 1/3 cup (40g) dried cranberries, chopped
- 1/3 cup (60g) dark chocolate chips

WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

Line an 8×5 -inch loaf tin with baking paper. In a large bowl, combine flours, baking soda and salt.

In a food processor or blender combine coconut oil, coconut sugar and maple syrup. Add in the mashed bananas, eggs and vanilla until well blended.

Next fold in the flour and blitz again, until blended. Gently stir in cranberries and chocolate chips.

Pour batter into the loaf pan and bake for 60 to 65 minutes, until an inserted toothpick comes out clean. Let the bread cool in the pan for 15 minutes, before removing it out onto a wire rack to cool completely.





BANANA BREAD CHIA PUDDING



Serves: 1 Prep: 15 mins Cook: 0 mins







WHAT YOU NEED

- 1 banana, halved
- 3 tbsp. chia seeds
- 1/2 tsp. ground cinnamon
- 3/4 cup (180ml) almond milk
- 2-3 walnuts, to garnish

WHAT YOU NEED TO DO

Mash half of the banana in a small bowl. Add in the chia seeds, cinnamon, and almond milk and mix to combine. Allow the chia seeds to rest for 10-15 minutes, or overnight.

When ready to eat, add half the chia pudding into your jar. Layer with slices of the remaining banana, then add the rest of the chia pudding and garnish with some chopped walnuts.

TIP:

If you like the pudding to have more sweetness add in a tablespoon of honey or your favourite sweetener. For an extra protein boost, add in a scoop of vanilla protein powder.





GLUTEN-FREE BERRY CRUMBLE



Serves: 16 Prep: 15 mins Cook: 24 mins



Nutrition per serving: 206 kcal 15g Fats 11g Carbs 6g Protein





WHAT YOU NEED

For the Base:

- 3 cups (300g) almond meal
- 1 cup (100g) gluten-free oats
- ½ tsp. cinnamon
- 1/3 cup (80ml) coconut oil, melted
- 1/3 cup (80ml) maple syrup
- 1 tsp. vanilla essence

For the Filling:

- 2 cups (225g) blackberries
- 1 tbsp. maple syrup
- 1 tbsp. chia seeds

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C). Line an 8-inch baking tin with baking paper.

In a large bowl, mix all of the crumble ingredients. Press about ¾ of the mixture into the base of the baking tin. Bake for 12 minutes until nice and golden.

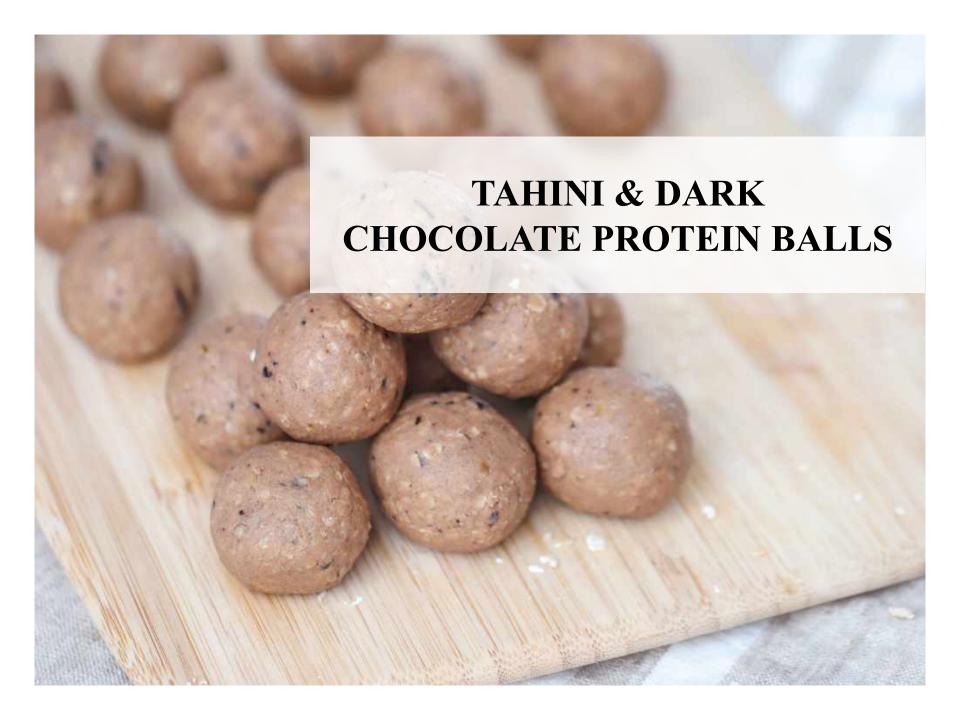
In the meantime, make the blackberry filling by blending all of the ingredients in a high-speed blender until smooth.

Next, pour the mixture into a small pot and let it simmer gently on low heat for about 10 minutes, until thickened.

Spread the blackberry mixture over the base, and sprinkle with the remaining crumble.

Bake for another 12 minutes until top is golden. Then take it out and let it cool completely on a wire rack before slicing into bars.





TAHINI & DARK CHOCOLATE PROTEIN BALLS



Makes: 24 balls Prep: 15 mins Cook: 0 mins



serving:
129 kcal
8g Fats
11g Carbs
5g Protein





WHAT YOU NEED

- 2 cups (190g) rolled oats
- 1 cup (300g) tahini
- 1/4 cup (60ml) honey
- 2 scoops (50g) vanilla protein powder
- 1 oz. (30g) dark chocolate chips

WHAT YOU NEED TO DO

Place oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine.

Getting the mixture to combine takes some time and effort and may seem too thick at first, but it will come together as you continue mixing. At some point, it is better to use your hands.

Once combined, form them into balls using the amount of a tablespoon.

Store in a covered container in the fridge.





CHOCOLATE, ALMOND & ZUCCHINI BREAD



Serves: 10 Prep: 10 mins Cook: 55 mins



Nutrition per serving: 274 kcal 17g Fats 23g Carbs 10g Protein





WHAT YOU NEED

- 3.5 oz. (100g) coconut oil, at room temperature
- 4 oz. (120g) coconut sugar
- 2 eggs, beaten
- 1 medium zucchini, grated
- 3 tbsp. almond milk
- 1 tsp. vanilla extract
- 1 heaped cup (115g) spelt flour
- 50g chocolate whey protein powder
- 3/8 cup (50g) ground almonds
- 1 ½ tsp. baking powder
- 1 ½ tsp. cinnamon
- 4 tbsp. natural cocoa powder
- ½ tsp salt

WHAT YOU NEED TO DO

Preheat oven to 360F (180C). Grease a bread tin with oil or line with baking paper.

In a large bowl whisk together coconut oil and sugar, until fluffy. Then gently mix in the eggs, zucchini, milk and vanilla until well combined

In another bowl combine the rest of the ingredients, and gradually add them to the other bowl mixing until combined. Don't over-mix as it will make the cake tough.

Transfer the mixture to the lined bread tin and bake for 45-55 mins., test with a skewer if it comes out clean then it is cooked inside.

Cool for 10 mins in the tin, and then transfer to wire rack and cool completely before enjoying.





HAZELNUT PROTEIN COOKIES



Makes: 10 Prep: 10 mins Cook: 10 mins



serving:
212 kcal
14g Fats
21g Carbs
6g Protein





WHAT YOU NEED

- 2.5 oz. (80g) coconut oil, room temperature
- 4 oz. (120g) coconut sugar
- 3/8 cup (100g) cashew butter
- 9 tbsp. (45g) cacao powder
- $\frac{1}{2}$ cup (55g) oat flour
- 25g chocolate whey protein
- pinch of salt

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Place the coconut oil, coconut sugar and cashew butter in a food processor or high-speed blender and blitz until smooth. Then, add in the cacao powder, oat flour, whey and salt and blitz again until well combined.

Prepare a baking tray lined with baking paper. Scoop out the dough with a spoon and create 10 cookie shapes on the paper—bake in the oven for about 10 minutes.

Take the cookies out of the oven to completly cool on the tray (about 20 mins) before touching them. They will be very delicate, so it is important to cool completely before enjoying.

Optional: decorate with melted dark chocolate (not included in macro information).





FLOURLESS BANANA CASHEW MUFFINS



Makes: 10 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 197 kcal 23g Fats 22g Carbs 6g Protein





WHAT YOU NEED

- 1 cup (250g) cashew butter
- 2 ripe bananas
- 2 eggs
- 2 tbsp. honey
- ½ tsp. vanilla extract
- ½ tsp. baking powder
- ³/₄ cup (75g) blueberries

WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Grease a muffin tin with some coconut oil.

Combine all ingredients (except blueberries) in a blender or food processor, and blend until smooth. Fold in the blueberries and mix well with a spoon.

Pour the batter into the earlier prepared muffin tin and bake for 15 mins, until golden and set. Cool before serving.





CHOCOLATE & COCONUT CHIA PUDDING



Serves: 2 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 313 kcal 17g Fats 35g Carbs 7g Protein









WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup (240ml) almond milk
- 4 tbsp. coconut yogurt
- 2 tbsp. agave syrup
- 2 tbsp. cocoa powder

To serve:

- 2 tbsp. coconut yogurt
- 1 tbsp. cocoa nibs, or dark chocolate

WHAT YOU NEED TO DO

In a bowl, combine the chia seeds, milk, yogurt, syrup and cocoa powder, mixing well.

Leave in the fridge for 10 mins to thicken, stirring once half-way through.

Once thick, transfer into serving glasses or bowls and top with 1 tbsp. coconut yogurt and a sprinkle of cocoa nibs or chocolate.

Tip: If leaving in the fridge overnight, add an extra splash of milk.





HEALTHY FERRERO ROCHER



Makes: 12 Prep: 10 mins Cook: 0 mins



Nutrition per 1 ferrero rocher: 91 kcal 8g Fats 6g Carbs 2g Protein





WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- pinch of sea salt
- 2 tbsp. dark chocolate chunks

WHAT YOU NEED TO DO

Add 1 cup hazelnuts into a food processor and blitz until chopped into tiny pieces.

Next add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.

Serve straight away or store in the fridge for later.





BANANA CHOCOLATE BITES



Makes: 30 Prep: 15 mins Chill: 75 mins







WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on earlier prepared baking paper and store in the freezer for about 1 hour.

Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking pepper platter, and into the freezer for another 15-20 mins.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

HEALTH



FLOUR-LESS PB BROWNIES



Makes: 12 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 192 kcal 11g Fats 19g Carbs 6g Protein





WHAT YOU NEED

- 2 large eggs
- 3/4 cup (90g) ground almonds
- 1/3 cup (35g) unsweetened cocoa powder
- 1/8 tsp. salt
- 3/4 tsp. baking soda
- 1/2 cup (175g) honey
- 1 tsp. vanilla extract
- 1/2 cup (90g) dark chocolate chips
- 1/3 cup (85g) peanut butter

WHAT YOU NEED TO DO

Preheat the oven to 325F (160C). Spray a non-stick 9 x 9-inch baking pan with cooking spray and line baking paper.

In a medium bowl, whisk 1 large whole egg with 1 egg yolk. Add 1/4 cup (60ml) water, the honey, and vanilla extract and stir with the spatula until combined.

In a large bowl, combine the almond meal, cocoa powder, salt, and baking soda.

Pour the egg mixture into the bowl with the dry ingredients and mix well. Fold in the chocolate chips.

Pour the batter into the prepared baking pan, then top with the peanut butter. Mix it slightly on the top, creating swirls with a fork.

Place in the oven and bake for about 30 mins, or until an inserted toothpick comes out clean.

Let cool for another 30 mins before cutting into 12 pieces.

