

# Flourish This Spring with these energizing recipes

## Protein Power Pancakes



### Ingredients

- 1 large banana
- ¼ tsp ground cinnamon
- seeds of 1 cardamom pod
- 1 egg
- 2 tbsp almond butter
- 2 tbsp rolled oats
- ¼ tsp bicarbonate of soda
- ½ tsp coconut oil

Optional blueberries,  
nuts/seeds to serve

### Method

Roughly chop half the banana and place in the blender with rest of the pancakes ingredients apart from the coconut oil. Blitz to a smooth batter.

Melt the coconut oil in a decent non sticker frying pan over a medium heat. Spoon the batter into the pan and make roughly 3 pancakes – making sure there is enough room for the pancakes to spread. Fry the pancakes for about 1 minute on each side. You will know when it is time to flip because little bubbles will appear all over the surface of the pancakes.

Slice up the remaining banana. Stack the pancakes on top of each other with a few pieces of bananas between each pancake. Sprinkle over the toppings of blueberries/nuts/seeds before serving.

## SPICED NUTTY GRANOLA

### METHOD

Preheat the oven to 160°

Melt the coconut oil in a pan over a medium heat

Mix the rest of the ingredients along with a good pinch of salt, then tip the granola out onto a large flat baking sheet. Spread out into a single layer.

Bake for 35 minutes, mixing everything around every now and then so that the granola toasts evenly.

Remove from the oven and leave to cool. Serve a portion in a bowl with your choice of nut milk or yoghurt.



### TOP TIP

Baking the granola for a little bit more time at a lower temperature toasts the nuts and seeds evenly, bringing out their natural sweetness.

### INGREDIENTS

- 2 tbsp coconut oil
- 250g mixed nuts – cashews, pecans, almonds, walnuts
- 100g pumpkin seeds
- 150g rolled oats
- 1tsp ground cinnamon
- 1 tsp ground ginger
- salt



# Avo and Berry Breakfast Pot

## Ingredients

- 1/2 avocado, flesh scooped out
- 1 small banana, roughly chopped
- 2 handfuls of mixed frozen berries
- 2 tbsp Greek yoghurt
- 1 1/2tbsp rolled oats
- 1 1/2 tbsp. mixed seeds
- 1 tbsp almond butter (optional)

## Method

Place the avocado, banana, frozen berries and Greek yoghurt in a blender and blitz with a splash of water until smooth. Tip into a bowl or pot if breakfast is on the go!

In a dry frying pan over a medium heat, toast the oats and seeds until the seeds start to pop, and then remove from the heat

When you're ready to eat, top the avocado berry pot with the toasted oats and seeds. Optional to serve with a drizzle of almond butter.



## Top Tip

Early start or breakfast on the go? Blitz the avocado, fruit and yoghurt mix the night before and keep in the fridge ready to go!

# Smoothies

Need some tips on how to make the perfect smoothie? Ask for one of our step by step guides in making the perfect smoothie!

## Kiwi Apple and Ginger

- 1 kiwi, peeled and roughly chopped,
- 1/2 avocado, flesh scooped out
- Small piece ginger, peeled and roughly chopped
- 1 small apple, cored and roughly chopped
- Large handful baby spinach leaves

## Mango Pineapple and Cashew

- 2 tbsp. cashew butter
- 75g frozen mango chunks
- 75g frozen pineapple chunks
- bug pinch ground turmeric
- black pepper

Place all ingredients in a blender with 150 ml water and blitz until smooth



Been inspired by the delicious recipes?

Come along to our Nutrition Workshop on **March 27<sup>th</sup> @ 7pm at HSW**

to find out how we can fuel our bodies with the correct nutrition to be performing and functioning at our optimum!