

# 2016 RECIPE COOKBOOK



a delicious **diabetes.co.uk** cookbook

**60  
delicious  
recipes for  
all  
occasions**



# INTRODUCTION

Welcome to the Diabetes.co.uk Cookbook for 2016.

Cooking can seem a bit daunting when you have diabetes, particularly if you're not an experienced cook.

So, we've made sure to offer you a diverse range of delectable dishes: we have a healthy selection of 60 wonderful dishes for you to choose from!

There's a fantastically healthy selection of breakfasts, including a Coconut Chia Breakfast with Berries, Strawberry and Bran Crunch, Berry and Nut Delight and a Full English Breakfast.

We have several sumptuous soups for you to choose from; like a Green Soup, Lentil and Smoked Bacon Soup and a Spicy Tomato, Lentil and Red Pepper Soup. For your lunches, look no further, as we have prepared delicious dishes such as a Spinach Lasagne, Chicken Peperonata, Mushroom and Polenta Tart and a Salmon Special.

For your dinners, we have an array of mouth-watering dishes, including Lamb Cutlets with Roasted Celeriac and Peas, Lamb Tagine with Olives and Lemons and Gammon Steak with Mixed Veggies and Sweet Potato Mash. In terms of desserts, we have a feast of treats for you; Chocolate Cheesecake, Iced Lemon Cake, Polenta Cake, Raspberry Cake with Cream!

If you are wondering which low-carb snack to have, look no further. Our low-carb snacks include Fruity Quinoa Snacks, Coconut Slices, Pumpkin Bars and a Courgette Loaf.

All of our dishes are designed to be as healthy as possible for people with diabetes. We want you to have the healthiest year ever. I hope you enjoy making the dishes as much as I did!

Love,

*Shanta*



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Prep Time | 5 mins

Serves 4

300g blackberries  
400ml coconut milk  
600ml semi skimmed milk  
2 tbsp. natural honey

Nutritional

Value (per serving)

Calories 369  
Total fat 27g  
Saturated Fat 22g  
Carbohydrates 28g  
Fibre 6g  
Protein 9g

## Blackberry & Coconut Smoothie

Pop the blackberries, coconut milk, semi-skimmed milk and honey in a blender. Blitz for 1-2 minutes.

Divide the smoothie among 4 glasses and serve immediately. Truly delicious!



Prep Time | 10 mins  
Chilling Time | Overnight

Serves 2

300ml light coconut milk  
120ml water  
40g chia seeds  
75g ground almonds  
1 tsp. vanilla extract  
1 tbsp. natural honey  
2 tsp. ground cinnamon  
50g blueberries

Nutritional

Value (per serving)

Calories 472  
Total fat 38g  
Saturated Fat 16g  
Carbohydrates 18g  
Fibre 6g  
Protein 12g

## Coconut Chia Breakfast with Berries

Pour the coconut milk in a bowl. Add the water, chia seeds, ground almonds, vanilla extract, natural honey and ground cinnamon, and mix thoroughly. Pop the mixture in the fridge overnight. Remove from the fridge and divide into 2 bowls. Top with blueberries and tuck in!





Prep Time | 10 mins  
Cooking Time | 20 mins

Serves 4

1 tbsp natural honey  
50ml water  
50g rolled oats  
50g flaked almonds  
50g walnuts, halved  
50g sultanas  
60g hulled sunflower seeds  
500g plain yoghurt  
2 medium red apples, cored and sliced finely

## Nutritional

### Value (per serving)

Calories 482  
Total fat 26g  
Saturated Fat 5g  
Carbohydrates 47g  
Fibre 9g  
Protein 15g

# Almond & Apple Yoghurt Surprise

Preheat the oven to Gas Mark 3 or 160°. Heat the water and honey on a medium heat in a small saucepan until the honey melts. Mix the rolled oats, almonds, walnuts, sultanas and sunflower seeds together in a bowl. Add the water and honey mixture and stir thoroughly. Line a baking tray with baking parchment and spread the granola on it evenly. Pop in the preheated oven for 15 minutes until golden brown. To plate up, pop some plain yoghurt in a bowl. Place some sliced apple next to the yoghurt and some of the granola. Enjoy your deliciously tasty breakfast!



Prep Time | 10 mins

Serves 2

200ml plain yoghurt  
150g chopped almonds  
60g bran flakes  
150g strawberries, finely sliced

## Nutritional

### Value (per serving)

Calories 303  
Total fat 14g  
Saturated Fat 1g  
Carbohydrates 40g  
Fibre 11g  
Protein 14g

# Strawberry & Bran Crunch

Pop the yoghurt in a large bowl and mix in the chopped almonds. Then, place half the bran at the bottom of a glass and layer with yoghurt and strawberries. Next, throw on some more bran and top with more strawberries. Simple, yet healthy and delicious.





Serves 4

100g rolled oats  
50g bran flakes, crushed  
25g ground flaxseed  
25g chia seeds  
25g desiccated coconut  
100ml light coconut milk  
1 tsp. cinnamon  
2 tbsp. natural honey  
75g unsalted almonds, whole

## Nutritional

### Value (per serving)

Calories 423  
Total fat 43g  
Saturated Fat 7g  
Carbohydrates 51g  
Fibre 11g  
Protein 14g

## Cinnamon & Oat Granola

Preheat the oven to Gas Mark 3 or 160°.

Mix the rolled oats, crushed bran flakes, flaxseed, chia seeds and desiccated coconut together.

Place the coconut milk, cinnamon and honey in a small saucepan and put on a low heat for 2 minutes until mixed thoroughly.

Pour the milk mixture onto the oat mixture and combine well.

Line a baking tray with baking parchment and spread the granola on it evenly.

Pop in the preheated oven for 15-20 minutes until golden brown.

Serve the granola with milk or yoghurt, topped with whole almonds! Mmm, delectable!



Serves 2

20g walnut pieces  
20g pecans  
20g almonds  
20g brazil nuts  
20g pumpkin seeds  
75g strawberries, sliced  
75g blueberries  
75g raspberries  
400ml Greek yoghurt

## Nutritional

### Value (per serving)

Calories 490  
Total fat 31g  
Saturated Fat 4g  
Carbohydrates 30g  
Fibre 8g  
Protein 30g

## Berry & Nut Delight

Divide the walnut pieces, pecans, almonds, brazil nuts and pumpkin seeds into 2 breakfast bowls.

Mix in the strawberries, blueberries and raspberries.

Pour on the Greek yoghurt and tuck into your delicious, healthy breakfast!





Prep Time | 10 mins  
Cooking Time | 20 mins

## Serves 4

4 pork sausages  
8 rashers of smoked bacon, rind removed  
4 medium tomatoes, halved  
500g button mushrooms  
4 large eggs  
800g tinned baked beans, reduced salt and reduced sugar  
3 tbsp. olive oil  
Salt and freshly ground black pepper to taste

## Nutritional

### Value (per serving)

Calories 678  
Total fat 41g  
Saturated Fat 12g  
Carbohydrates 22g  
Fibre 10g  
Protein 46g

# Full English Breakfast

Heat a tablespoon of olive oil in a large non-stick frying pan over medium heat. Add the sausages and cook for 4-5 minutes on each side until browned. Then, place the sausages aside with a slotted spatula to drain off excess oil. Cook the bacon in the same oil for 2 minutes on each side and place aside. Throw the tomatoes into the frying pan, and season generously with black pepper. Cook the tomatoes for a minute until they soften, turning them once. Then, place aside. Pop another tablespoon of olive oil into the frying pan on medium heat and fry the mushrooms for 2-3 minutes. Remove with a slotted spatula and place aside. Heat the remaining oil in a frying pan and fry the eggs on a medium heat for 2-3 minutes. Heat the beans on the hob for 2-3 minutes. Place a sausage, 2 rashers of bacon, a fried egg, a fried tomato, a quarter of the tomatoes, mushrooms and beans for each person on four plates. Season with salt and pepper to taste and serve your Full English immediately.



Prep Time | 10 mins  
Cooking Time | 30 mins

## Serves 4

5 tbsp. olive oil  
3 small onions  
500g spinach, chopped  
12 large eggs  
30g chives  
Salt and freshly ground pepper to taste

## Nutritional

### Value (per serving)

Calories 418  
Total fat 33g  
Saturated Fat 8g  
Carbohydrates 7g  
Fibre 4g  
Protein 23g

# Spinach Omelette

Pour half of the olive oil into a frying pan with a metal handle. Heat the oil on a medium heat and fry the onions for 2 minutes. Mix in the spinach and cook for 2 more minutes. Beat the eggs, and season them to your taste with salt and pepper. Next, add the onion mixture and chives to the eggs and mix thoroughly. Pop the remaining olive oil into a large frying pan on a medium heat. Pour in the eggs and fry the omelette for 3-4 minutes. Place the omelette under a preheated grill for 2-3 minutes to finish cooking. You can stick a cake tester into the omelette to check that it is done. Slice into 4 servings and enjoy!





Prep Time | 15 mins  
Cooking Time | 15 mins

Serves 4

40g butter, softened  
300ml double cream  
150g cauliflower florets, boiled  
150 broccoli florets, boiled  
8 large eggs  
60g vegetarian hard cheese  
Salt and freshly ground pepper to taste

## Nutritional

### Value (per serving)

Calories 478  
Total fat 40g  
Saturated Fat 26g  
Carbohydrates 8g  
Fibre 2g  
Protein 20g

# Cheesy, Cauliflower & Broccoli Baked Eggs

Preheat the oven to Gas Mark 5 or 190°C.

Use a brush to grease the insides of 8 ramekin dishes with the butter.

In a bowl, mix the cream with the broccoli and cauliflower.

Divide the cream and vegetable mixture equally amongst the ramekins. Then, break an egg gently into each ramekin and sprinkle with the vegetarian hard cheese.

Season with salt and freshly ground pepper. Pop the ramekin dishes into a roasting tin and pour boiling water into the tin so that it comes half way up the sides of the ramekins.

Bake in the preheated oven for 15 minutes to get a soft yolk.

When you remove the roasting tray holding the ramekins from the oven, do so carefully so that you do not break the egg yolks.

Garnish with shavings of vegetarian hard cheese.



Prep Time | 10 mins  
Cooking Time | 20 mins

Serves 2

2 tbsp. olive oil  
2 medium red onions, finely chopped sliced  
2 garlic cloves, finely chopped  
400g tinned tomatoes, finely chopped  
1 tsp. paprika (optional)  
Salt and freshly ground pepper to taste  
4 large eggs  
1 tbsp. parsley, roughly chopped

## Nutritional

### Value (per serving)

Calories 462  
Total fat 34g  
Saturated Fat 8g  
Carbohydrates 17g  
Fibre 5g  
Protein 15g

# Spicy Tomato & Baked Eggs

Pour the olive oil into a frying pan and fry the red onions and garlic for 4-5 minutes.

Throw in the chopped tinned tomatoes, paprika, salt and freshly ground pepper and simmer for 10 minutes.

Transfer the mixture into a casserole dish which is hob proof.

Stir the tomato mixture regularly to ensure it does not catch the bottom. Then, crack 4 eggs into the dish and simmer further for 5 minutes until the eggs are cooked as you would like them.

Sprinkle with parsley and enjoy!





Prep Time | 15 mins  
Cooking Time | 20 mins

## Serves 4

50ml olive oil  
1 medium onion, finely chopped  
3 garlic cloves, finely chopped  
1 celery stick, finely chopped  
1 medium courgette, roughly chopped  
1 medium broccoli head, chopped  
1.5 l vegetable stock  
120g green beans, chopped  
120g green peas  
120g asparagus tips, trimmed and sliced into inch long pieces  
100g spinach leaves  
Salt and freshly ground pepper  
Parsley to garnish

## Nutritional

### Value (per serving)

Calories 203  
Total fat 16g  
Saturated Fat 5g  
Carbohydrates 20g  
Fibre 7g  
Protein 7g

## Green Soup

Put the olive oil in a large saucepan. Then, fry the onion, garlic and celery for 2-3 minutes on a medium heat. Mix in the courgette and broccoli and cook for 5 minutes. Pour the stock in and bring the entire mixture to the boil. Simmer for 2 minutes, then stir in the green beans, peas, asparagus and spinach. Simmer for another 5 minutes until the vegetables are cooked through. Season with salt and freshly ground pepper black pepper and garnish with parsley. Whizz in a blender and serve. Delectable!



Prep Time | 15 mins  
Cooking Time | 40 mins

## Serves 6

1 medium onion, finely chopped  
4 tbsp. olive oil  
2 kg broccoli, chopped  
300g celeriac, peeled and cubed  
1 l vegetable stock  
100g Stilton cheese  
Parsley to garnish

## Nutritional

### Value (per serving)

Calories 301  
Total fat 19g  
Saturated Fat 7g  
Carbohydrates 29g  
Fibre 10g  
Protein 14g

## Broccoli & Stilton Soup

Cook the onions in the olive oil on a medium heat for 3 minutes. Stir in the broccoli and celeriac and cook the vegetables for 3-4 minutes. Pour in the vegetable stock and bring the mixture to the boil. Then lower the heat and simmer for 20 minutes until the vegetables are tender. Remove from the heat and let cool slightly. Stir in the cheese until it has melted. Purée soup in a blender or with a hand held blender or a food processor. When you are ready to eat the soup, reheat it and ladle it into 4 soup bowls. Garnish with parsley to finish. Totally scrumptious!



Prep Time | 15 mins  
Cooking Time | 45 mins

Serves 4

3 tbsp. olive oil  
4 rashers smoked back bacon, diced  
1 large onion, chopped  
3 sticks celery, chopped  
3 medium carrots, chopped  
1 small potato, diced  
100g split red lentils, rinsed well in cold water  
1.2l water  
1 tsp. dried parsley  
1 vegetable stock cube  
Salt and freshly ground pepper to taste  
Parsley to garnish

Nutritional

Value (per serving)

Calories 361  
Total fat 19g  
Saturated Fat 4g  
Carbohydrates 33g  
Fibre 7g  
Protein 17g

## Lentil & Smoked Bacon Soup

Pop the olive oil in a large saucepan on medium heat and fry the diced bacon for 2-3 minutes.

Throw in the onion and fry for another 2 minutes, stirring throughout.

Mix in the celery, carrots, potato and lentils and stir fry for a minute.

Next, pour in the water, dried parsley, vegetable stock cube and salt and freshly ground pepper to taste. Bring to the boil.

Then lower the heat and simmer, covered, for 35 minutes, stirring every 10 minutes to ensure that the mixture does not stick to the bottom of the pan.

You can serve this soup chunky, or you can liquidise the soup using a hand blender or an electric blender.

Garnish with parsley and enjoy!



Prep Time | 15 mins  
Cooking Time | 20 mins

Serves 4

3 tbsp. vegetable oil  
1 medium onion, finely sliced  
4 garlic cloves, minced  
2 tsp. ginger, minced  
1 stalk lemongrass, finely sliced  
1 fresh chilli  
1l vegetable stock  
50g long grain brown rice  
4 medium carrots, sliced  
2 tsp. ground cumin  
400g light coconut milk  
1 tbsp. soy sauce  
Juice of ½ lime  
Fresh coriander to garnish

Nutritional

Value (per serving)

Calories 265  
Total fat 23g  
Saturated Fat 12g  
Carbohydrates 18g  
Fibre 2g  
Protein 3g

## Thai Carrot Soup

Pop the vegetable oil in a large saucepan. Stir fry the onion, garlic, or ginger, lemongrass and fresh chilli for a minute.

Add the vegetable stock and brown rice, and bring the mixture to the boil.

Throw in the carrots and cumin.

Next, lower the heat and carry on cooking for a further 30 minutes until the rice and carrots are soft. If you need to add a little more vegetable stock, by all means, do so.

Pour in the coconut milk and stir thoroughly. Purée the soup in a blender and return the soup to the saucepan to heat through on a medium heat.

Mix in the soy sauce, and lime juice.

Ladle into bowls, scatter on fresh coriander and enjoy!





Prep Time | 10 mins  
Cooking Time | 35 mins

Serves 4

1 tsp. ground cumin  
1 tsp. red chilli flakes  
3 tbsp. olive oil  
1 medium onion, diced  
140g red lentils, rinsed and drained  
400g tinned tomatoes, finely chopped  
2 roasted sweet red bell peppers (from a jar), finely chopped  
1 l vegetable stock  
1 tbsp. coriander, to garnish

Nutritional

Value (per serving)

Calories 244  
Total fat 13g  
Saturated Fat 3g  
Carbohydrates 27g  
Fibre 8g  
Protein 12g

## Spicy Tomato, Lentil & Red Pepper Soup

Toast the cumin and chilli in a large saucepan on a medium heat for a minute.

Add the olive oil and fry onion for 3-4 minutes until soft.

Mix in the lentils, tomatoes and roasted sweet red bell peppers.

Pour in the vegetable stock and simmer for 25 minutes, until the lentils start to disintegrate.

Blend the soup in batches. Then, reheat the soup and serve in bowls with a garnish of coriander. Truly delicious!



Prep Time | 10 mins  
Cooking Time | 30 mins

Serves 4

800g canned beef broth  
300g canned beef consommé  
2 large onions, sliced ¼ inch thick  
3 tbsp. butter  
2 garlic cloves, minced  
Dash of Worcestershire sauce  
150g Gruyère cheese  
4 small slices French bread, toasted (omit for a lower carb intake)

Nutritional

Value (per serving)

Calories 379  
Total fat 23g  
Saturated Fat 14g  
Carbohydrates 25g  
Fibre 2g  
Protein 21g

## French Onion Soup

Throw the onions and butter in a large saucepan and sauté on medium heat for 4 minutes.

Add in the garlic and sauté for another minute. Next, add the beef broth, consommé, and Worcestershire sauce.

Bring the mixture to the boil and cook for 10-15 minutes.

Put an eighth of the cheese in the bottom of 4 ovenproof soup bowls and fill each bowl with soup, leaving some room at the top.

Pop the toasted French bread on top and sprinkle with the remaining cheese.

Grill the cheese until bubbling and serve straight away!





Prep Time | 10 mins  
Cooking Time | 55 mins

## Serves 4

3 tbsp. vegetable oil  
1 medium onion, chopped  
1 medium leek, thinly sliced  
1 large carrot, thinly sliced  
1 medium fennel bulb, sliced  
200g swede, cubed  
200g celeriac, peeled and cubed  
1 bay leaf  
Sprigs of fresh thyme  
Sprigs of parsley  
1l vegetable stock  
400g tinned tomatoes, finely chopped  
Salt and freshly ground pepper, to taste  
Handful of fresh parsley, chopped, to garnish

## Nutritional

### Value (per serving)

Calories 234  
Total fat 17g  
Saturated Fat 4g  
Carbohydrates 24g  
Fibre 7g  
Protein 3g

# Chunky Vegetable Soup

Pour the vegetable oil in a large saucepan. Throw in the onion and cook for 3 minutes. Mix in the leek, carrot, sliced fennel, swede and celeriac, and cook for another 5 minutes. Tie the bay leaf, thyme and parsley sprigs together to make a bouquet garni. Next, pop the bouquet garni into the saucepan, with the vegetable stock and tomatoes. Season to taste with salt and freshly ground pepper and bring the mixture to the boil. Cover the pan, lower the heat and simmer for 45 minutes. Next, remove the bouquet garni and serve the soup piping hot with a garnish of parsley. Some mixed grain or wholemeal bread would be an ideal accompaniment for this dish!



Prep Time | 10 mins  
Cooking Time | 10 mins

## Serves 2

1 tbsp. green curry paste  
100ml light coconut milk  
300ml vegetable stock  
100g smoked tofu  
100g pak choi, roughly chopped  
25g sugar snap peas  
2 spring onions, finely chopped  
Salt to taste

## Nutritional

### Value (per serving)

Calories 174  
Total fat 12g  
Saturated Fat 7g  
Carbohydrates 10.2g  
Fibre 3.4g  
Protein 11g

# Tofu Broth

Pop the curry paste into a saucepan on a medium heat, for a minute. Pour in the light coconut milk and vegetable stock and bring to the boil. Next, throw in the smoked tofu, chopped pak choi, sugar snap peas and spring onions. Season with salt to taste. Lower the heat and simmer for 3 minutes. To serve, divide the mixture between 2 bowls and relish the delicious, warming broth!





Prep Time | 15 mins  
Cooking Time | 40 mins

Serves 4

450g sweet potatoes, peeled and diced  
250g carrots, peeled and chopped  
4 tbsp. olive oil  
Salt and freshly ground pepper  
2 medium onions, finely chopped  
3 garlic cloves, minced  
1.2l vegetable stock  
100g crème fraîche

### Nutritional

#### Value (per serving)

Calories 370  
Total fat 27g  
Saturated Fat 11g  
Carbohydrates 36g  
Dietary Fibre 7g  
Protein 4g

## Sweet Potato & Carrot Soup

Preheat the oven to Gas 7 or 210°C  
Place the sweet potatoes and carrots in a large roasting tin. Drizzle the veggies with 2 tablespoons of olive oil and season to taste with salt and pepper. Put the veggies in the preheated oven for 30 minutes.  
Pour the remaining olive oil in a large saucepan and fry the onions on a medium heat for 4-5 minutes until soft. Mix in the garlic and stir for a minute. Then pour in the vegetable stock and simmer for 5 minutes and put aside.  
When the roasted veggies are ready, cool for 10 minutes and transfer to saucepan.  
Pop in a blender and whizz for 1-2 minutes until smooth. Stir in half of the crème fraîche. Reheat and serve in bowls, with swirls of the remaining crème fraîche.



Prep Time | 10 mins  
Cooking Time | 10 mins

Serves 4

20g butter  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
1.2 litres vegetable stock  
1 tsp. dried oregano  
500g frozen petit pois  
100g cooked ham, chopped  
Salt and freshly ground pepper, to taste

### Nutritional

#### Value (per serving)

Calories 200  
Total fat 5g  
Saturated Fat 3g  
Carbohydrates 24g  
Fibre 8g  
Protein 11g

## Pea & Ham Soup

Pop the butter in a medium-sized saucepan on a medium heat, and melt it.  
Throw in the chopped onion and garlic and cook for 3 minutes.  
Next, pour in the vegetable stock and add in the oregano.  
Bring to the boil and simmer for 5 minutes. Add salt and freshly ground pepper to taste and simmer for 5 minutes.  
Place the peas in the stock and bring to the boil again.  
Cook for 2 minutes and remove from the heat.  
Whizz the mixture in a blender until it is smooth and soft.  
Top with some sliced ham and enjoy!



Prep Time | 30 mins  
Cooking Time | 30 mins

## Serves 4

50g butter  
75g plain flour  
350ml whole milk  
75g Parmesan-style vegetarian cheese, grated  
120g vegetarian goat's cheese  
4 medium sized free range eggs, separated  
Salt and freshly ground pepper, to taste  
200g mixed salad  
2 tbsp. extra virgin olive oil  
Juice of a lemon  
25g walnut pieces  
1 medium apple, sliced

## Nutritional

### Value (per serving)

Calories 566  
Total fat 34g  
Saturated Fat 16g  
Carbohydrates 27g  
Fibre 2g  
Protein 19g

# Cheese Soufflé with an Apple & Walnut Salad

Preheat the oven to Gas Mark 6 or 200°C.  
Melt 30g of the butter and grease 4 x 200ml soufflé dishes with it using some greaseproof paper.  
Melt the rest of the butter in a large saucepan, add the flour and mix well.  
Take the pan off the heat and slowly pour in the milk, whisking throughout.  
Place the pan back on the burner and bring the sauce to the boil, whisking continuously.  
Whisk and cook the sauce for another minute.  
Take the sauce off the burner and let it cool down for 10 minutes.  
Beat in the grated Parmesan-style vegetarian cheese and goat's cheese together.  
Next, beat in the egg yolks and season with salt and freshly ground pepper to taste.  
Using an electric hand whisk, whisk the egg whites until they form stiff peaks.  
With a metal spoon, fold one third of the egg whites into the cheese sauce at a time.



## Prep Method Continued

Spoon the mixture into the lightly greased soufflé dishes and bake in the preheated oven for 20 minutes until the soufflés have turned a golden brown.  
Drizzle the mixed salad with the extra virgin olive oil and lemon juice.  
Garnish with walnuts and some slices of apple and enjoy.





Prep Time | 15 mins  
Cooking Time | 1 hr 10 mins

## Serves 4

220g spinach  
4 tbsp. olive oil  
1 medium onion, finely chopped  
150g button mushrooms, finely chopped  
2 garlic cloves, finely chopped  
175g soft light cream cheese  
4 tbsp. (100g) vegetarian hard cheese, grated  
4 lasagne sheets  
100g mozzarella, sliced

### For the Sauce:

2 garlic cloves, finely chopped  
1 tbsp. olive oil  
1 medium onion, finely chopped  
550g tinned tomatoes, finely chopped  
A handful of basil leaves, chopped  
Salt and freshly ground pepper to season

## Nutritional

### Value (per serving)

Calories 497  
Total fat 32g  
Saturated Fat 14g  
Carbohydrates 29g  
Fibre 6g  
Protein 27g

# Spinach Lasagne

### For the Sauce:

Using a medium-sized saucepan on a medium heat, cook the garlic in a tablespoon of olive oil until soft. This should take about 2 minutes.  
Add the onion and cook for 3 minutes, stirring occasionally.  
Stir in the chopped tomatoes and basil leaves and cook for a further 5 minutes.  
Season sauce with salt and freshly ground pepper to taste.

### For the Lasagne:

Preheat the oven to Gas Mark 4 or 180°C.  
Steam the spinach for 2 minutes and place aside.  
Pop the oil into a frying pan on a medium heat and cook the onion for 3 minutes. Next, throw in the mushrooms and garlic and fry for 3 minutes. Remove the pan from the burner.  
Mix in the soft cheese and 2 tablespoons of the hard cheese.  
Squeeze any excess moisture from the spinach and chop.



# Prep Method Continued

Then, add the spinach to the cheesy mixture and stir well.  
Season the mixture with salt and freshly ground pepper to taste.  
Pour half of the lasagne sauce on the bottom of an oven proof dish and cover with 2 layers of lasagne sheets.  
Top with half of the spinach and mushroom filling and repeat the process with the remaining 2 lasagne sheets and filling.  
Spread on the remaining lasagne sauce and top with the remaining grated hard cheese and mozzarella slices.  
Put the ovenproof dish into the oven and bake for 50 minutes until golden brown.  
Remove from the oven and allow to cool for a few minutes. Then, tuck into this exquisite dish!



Prep Time | 30 mins  
Cooking Time | 30 mins

## Serves 2

75g broccoli  
3 tbsp. olive oil  
2 small red onions, finely sliced  
3 garlic cloves, finely sliced  
1 medium egg  
60ml single cream  
30g goat's cheese, chopped  
1 tbsp. chives  
2 sheets filo pastry  
30g melted butter  
Salt and freshly ground pepper to taste  
10g walnuts, halved

## Nutritional

### Value (per serving)

Calories 572  
Total fat 44g  
Saturated Fat 16g  
Carbohydrates 37g  
Fibre 5.2g  
Protein 13g

# Goat's Cheese Tarts

Preheat the oven to Gas Mark or 200°C.  
Bring a medium sized saucepan of water to the boil, lower the heat and cook the broccoli in it for 3 minutes.  
Drain the broccoli and cut into ½ inch bits.  
Pop the oil in a medium-sized frying pan on a medium heat. Then, cook the red onion and garlic for 3 minutes and place aside.  
Beat the egg and cream in a mixing bowl.  
Next, stir in the broccoli, red onions, goat's cheese and chives.  
Slice the filo pastry into 12 squares, about 4 x 4 inches.  
Brush a square with the melted butter and pop another square of filo pastry on top at an angle.  
Repeat the process so you have 4 more layers of filo pastry. Make sure you brush each layer with butter.  
Using some of the melted butter and a pastry brush, brush 2 holes of a muffin tin with the butter and place the 6 layer filo stacks inside them.



# Prep Method Continued

Spoon the cream mixture into the filo pastry cases and season with salt and freshly ground pepper.  
Bake in the preheated oven for 20 minutes. When the cases are cooked, they should be crisp and golden.  
Remove the tarts from the oven and cool for 5 minutes. Then, scatter with the walnut halves and serve with a side of salad. Delicious!





Prep Time | 15 mins  
Cooking Time | 1 hr

## Serves 4

30g butter  
1 medium leek, trimmed, thinly sliced  
150g shortcut bacon, chopped  
4 spring onions  
2 tbsp. flat leaf parsley  
320g ready to roll short crust pastry  
100g grated medium cheddar cheese  
4 medium free range eggs  
100ml semi skimmed milk  
Salt and freshly ground pepper to taste

## Nutritional

### Value (per serving)

Calories 762  
Total fat 53g  
Saturated Fat 24g  
Carbohydrates 35g  
Fibre 2g  
Protein 35g

# Bacon & Leek Quiche

Preheat oven to Gas Mark 4 or 180°C.  
Put the butter in a large frying pan on a medium heat and melt the butter.  
Throw in the leek and bacon and fry for 3 minutes.  
Then, pop in the spring onions and cook for a further 2 minutes.  
Take the frying pan off the heat and mix in the parsley.  
Grease a flan dish lightly with a little bit of the butter and put the pastry into the prepared dish, trimming off any excess.  
Place the dish on a baking tray and line the pastry case with baking parchment.  
Pop some uncooked rice on the baking parchment and bake for 12 minutes.  
Next, remove the baking parchment and uncooked rice and bake for 5 minutes.  
Remove from the oven and cool for 5 minutes.  
Then, spoon the leek and bacon mixture into the pastry case and scatter on the cheese.  
Whisk together the eggs and milk and season with salt and freshly ground pepper.



# Prep Method Continued

Pour the egg mixture onto the leek mixture and bake for another 30 minutes until your quiche is a golden brown. You can have this dish warm or cold.





Prep Time | 15 mins  
Cooking Time | 25 mins

## Serves 2

4 tbsp. olive oil  
500g lamb cutlets  
4 garlic cloves, minced  
3 tsp. fresh rosemary leaves, finely chopped  
Salt and freshly ground pepper to taste  
100g instant polenta  
8 tsp. instant gravy granules  
Sprigs fresh thyme

## Nutritional

### Value (per serving)

Calories 710  
Total fat 41g  
Saturated Fat 11g  
Carbohydrates 50g  
Fibre 7g  
Protein 56g

# Lamb Cutlets with Polenta Mash

Pour the olive oil in a large frying pan and fry the lamb cutlets for 1 minute on each side on a high heat.

Reduce the heat and add the garlic and rosemary.

Cook for a further 2 minutes at least, depending on how well done you like them.

Season your cutlets with some salt and freshly ground pepper.

Cook the instant polenta as per instructions on the packet, and stir the rest of the olive oil into the polenta.

Make the gravy up as per instruction.

Spoon the polenta onto 2 plates, top with gravy and lamb cutlets.

Garnish with some thyme and tuck in!



Prep Time | 10 mins  
Cooking Time | 25 mins

## Serves 4

6 tbsp. olive oil  
8 x 100g chicken breasts  
4 tbsp. plain flour, seasoned with salt and freshly ground pepper  
4 garlic cloves, minced  
2 medium red bell peppers, seeds removed and finely sliced  
1 medium yellow bell pepper, seeds removed and finely sliced  
1 medium onion, finely sliced  
400g tinned tomatoes

## Nutritional

### Value (per serving)

Calories 519  
Total fat 24g  
Saturated Fat 3g  
Carbohydrates 27g  
Fibre 3g  
Protein 51g

# Chicken Peperonata

Heat half the oil in a large non-stick frying pan on a medium heat.

Coat the chicken breasts with the seasoned flour by dipping them in. Then, pop them into the pan for 4 minutes on each side.

Next, add the rest of the oil and the garlic, bell peppers and onion and cook for another 3 minutes.

Pour in the tomatoes and bring the mixture to the boil. Then, simmer for 10 minutes until the chicken is totally cooked through.

Serve with lemon wedges and a mixed leaf salad. Delicious!





Prep Time | 15 mins  
Cooking Time | 25 mins

## Serves 4

For the Lentils:

4 tbsp. vegetable oil  
2 garlic cloves, minced  
2 tsp. ginger, minced  
1 long red chilli, seeds removed and finely chopped  
1 medium white onion  
½ tsp. ground coriander  
½ tsp. ground cumin  
200g tinned Puy lentils, rinsed and drained  
2.5 large ripe plum tomatoes, finely chopped  
400ml vegetable stock

For the Salmon:

800g salmon  
4 tbsp. olive oil  
100g beetroot, cooked  
100g mixed salad leaves  
Handful of parsley to garnish

## Nutritional

### Value (per serving)

Calories 584  
Total fat 37g  
Saturated Fat 6g  
Carbohydrates 22g  
Fibre 4g  
Protein 46g

# Salmon Special

Preheat the oven to Gas Mark or 200°C.

Heat the vegetable oil in a large frying pan and fry the garlic, ginger, chilli and onion on a medium heat for 3-4 minutes. Then, mix in the ground coriander and ground cumin.

Throw in the Puy lentils, tomatoes and vegetable stock. Bring the mixture to the boil, then turn down the heat and simmer for 5 minutes.

Heat a non-stick frying pan on a high heat. Pour in the olive oil and cook the salmon, skin side up, in the frying pan for 5 minutes.

Then, transfer the salmon onto a baking tray and roast in the preheated oven for 6-8 minutes.

Remove from the oven and take off the skin before serving.

Once the salmon is cooked, plate up by popping pop some lentils in a large bowl, and top with the salmon, some chopped beetroot and some mixed salad leaves.

Garnish with some fresh parsley and enjoy!



Prep Time | 15 mins  
Cooking Time | 55 mins

## Serves 4

75g butter  
850ml vegetable stock  
200g instant polenta  
2 rosemary sprigs, leaves finely chopped  
500g chestnut mushrooms, halved  
1 small bunch thyme, leaves only  
2 tbsp. olive oil  
1 medium white onion  
1 large handful rocket  
1 tbsp. balsamic vinegar

## Nutritional

### Value (per serving)

Calories 456  
Total fat 28g  
Saturated Fat 15g  
Carbohydrates 46g  
Fibre 7.5g  
Protein 10g

# Mushroom & Polenta Tart

Preheat the oven to Gas Mark 6 or 200°C.

Lightly grease a baking tray with some of the butter and line a large baking tray with baking parchment. Bring the vegetable stock to boil in a large saucepan.

Mix in the polenta slowly, whisking throughout. Bring the mixture to the boil and let it simmer for 7-8 minutes, whisking throughout.

Remove from the heat and stir in the remaining butter, rosemary, salt and pepper to taste.

Spread the polenta on the lined tray and bake for 30 minutes. Meanwhile, mix the mushrooms with the thyme.

Heat the oil in a large frying pan and fry the mushrooms and the onion in two batches until the mushrooms are golden.

Top the baked polenta with the mushrooms, then bake again for 10 minutes.

Scatter the rocket over the tart and drizzle with the balsamic vinegar.





Prep Time | 15 mins  
Cooking Time | 30 mins

Serves 4

4 tbsp. vegetable oil  
1 medium red onion  
2 tsp. black mustard seeds  
100g ground peanuts, unsalted  
½ tbsp. ginger, finely chopped  
½ tbsp. garlic, finely chopped  
tomatoes  
½ tsp. ground cumin  
¼ tsp. turmeric powder  
½ tbsp. coriander leaves, finely chopped  
300g aubergines, diced  
400g tinned tomatoes, finely chopped  
300g celeriac, peeled and diced  
6 ready made chapattis (omit for a lower carb intake)

## Nutritional

### Value (per serving)

Calories 539  
Total fat 35g  
Saturated Fat 6g  
Carbohydrates 46g  
Fibre 10g  
Protein 13g

# Aubergine, Celeriac & Peanut Curry

To parboil the celeriac, bring a pan of water to the boil and pop in the diced celeriac.

Cook the celeriac for 10 minutes, then drain and set aside.

Pour the oil into a frying pan on a medium heat and fry the onion and black mustard seeds for 2-3 minutes.

Throw in the ground peanuts, ginger, garlic, cumin, turmeric, coriander and aubergine and cook for 2-3 minutes.

Add the tomatoes and cook for 4 minutes with the pan lid on. Then, pop in the parboiled celeriac and cook for 10 minutes.

Your dish is now ready to serve with a side of chapattis. Enjoy!



Prep Time | 10 mins  
Cooking Time | 45 mins

Serves 4

400g cooked brown long grain rice (omit for a lower carb intake)  
2 medium red onions, finely chopped  
2 tbsp. vegetable oil  
800g chicken breasts  
400ml light coconut milk  
1 tbsp. finely chopped ginger  
1 tbsp. garlic cloves, finely chopped  
1 tsp. garam masala  
1 tsp. ground cumin  
½ tsp. turmeric  
1 chilli, finely chopped

## Nutritional

### Value (per serving)

Calories 644  
Total fat 25g  
Saturated Fat 12g  
Carbohydrates 52g  
Fibre 5g  
Protein 52g

# Coconut Chicken Curry

Pour water into a large saucepan until it's around two-thirds of the way full, then pop in the uncooked rice.

Over a low heat, cook the rice for 35-40 minutes, then drain and set to one side.

Pour the oil into a large frying pan on a medium heat and fry the red onion for 3 minutes.

Place the chicken in the pan and seal the chicken (cooking it on all sides for 4-5 minutes until the chicken whitens).

Mix the coconut milk, ginger, garlic, garam masala, ground cumin, turmeric and chilli in a mixing bowl.

Add the chicken, ensuring it gets coated all over. Then, put the entire mixture into a large saucepan and cook on a low heat for 25-30 minutes.

Serve on a bed of the brown basmati rice and savour!





Prep Time | 20 mins  
Cooking Time | 45 mins

## Serves 4

For the Sauce:

1 tbsp. butter  
1 tbsp. plain flour  
Pinch of salt  
250ml semi skimmed milk  
120g grated medium cheddar cheese

For the Pie:

1 tbsp. olive oil  
1 medium leek, trimmed and diced  
600g roast chicken breast fillet, chopped  
½ tsp. fresh thyme, finely chopped  
Salt and freshly ground pepper to taste  
320g ready-to-roll puff pastry

## Nutritional

### Value (per serving)

Calories 750  
Total fat 42g  
Saturated Fat 20g  
Carbohydrates 39g  
Fibre 2g  
Protein 50g

## Chicken Pie

For the Sauce :

Melt the butter in a saucepan on a medium heat.

Throw in the plain flour and salt, and mix thoroughly.

Pop in the milk and cheese, whisking well.

Cook for 2-3 minutes, ensuring that the mixture is lump free.

For the Pie:

Preheat the oven to Gas Mark 4 or 180°C. Pour the olive oil in a medium-sized saucepan and fry the leek for 3 minutes. Then mix in the chicken, sauce and thyme, and add salt and pepper to taste.

Transfer to an ovenproof dish. Whilst the filling is hot, cover the ovenproof dish with the ready-to-roll puff pastry, trim and crimp the edges. Make a couple of holes in the top of the pie for the steam to escape, and pop into the oven to bake for 35 minutes.

Serve with a side of boiled carrots and peas. Scrumptious!



Prep Time | 10 mins  
Cooking Time | 30 mins

## Serves 2

400g cod pieces  
50g breadcrumbs  
50g plain flour  
1 large free range egg, lightly beaten  
1 tbsp. olive oil

For the Mushy Peas:

200g peas  
2 tbsp. half fat crème fraîche

For the Garnish:

Lemon wedges  
Salt and malt vinegar

## Nutritional

### Value (per serving)

Calories 535  
Total fat 15g  
Saturated Fat 4g  
Carbohydrates 48g  
Fibre 6g  
Protein 47g

## Fish & Mushy Peas

Preheat the oven to Gas Mark 6 or 200°C. Pop the pieces of cod in the flour to coat them and dip them into the egg mixture.

Next, dip the cod pieces into the breadcrumbs, ensuring that they have an even coat of breadcrumbs.

Place the fish on a non stick baking tray, drizzle with the olive oil, and bake for 20 minutes. Ensure that you turn the fish over 10 minutes into cooking.

In the meantime, pour some boiling water in a medium sized saucepan.

Throw in the peas, bring the water to the boil and cook the peas for 3-4 minutes.

Once cooked, put the peas in a colander and mash them with the crème fraîche.

Serve straight away with some lemon wedges, salt and vinegar!



Prep Time | 10 mins  
Cooking Time | 1 hour

## Serves 2

2 tbsp. olive oil  
Juice of a lemon  
4 garlic cloves, finely chopped  
2 tsp. oregano  
400g lamb cutlets  
150g frozen peas

### For the Roasted Celeriac:

2 tbsp. butter  
1 tsp. rosemary, finely chopped  
3 garlic cloves, peeled  
250g celeriac, trimmed, peeled and diced  
Salt and freshly ground black pepper for seasoning  
Some sprigs of rosemary

## Nutritional

### Value (per serving)

Calories 863  
Total fat 56g  
Saturated Fat 22g  
Carbohydrates 35g  
Fibre 7g  
Protein 56g

# Lamb Cutlets with Roasted Celeriac & Peas

### For the Lamb Cutlets:

Pop a tablespoon of the olive oil in a large bowl, along with the lemon juice, garlic, oregano and mix well. Throw in the lamb and coat well. Place in the fridge for 15 minutes. Next, coat the lamb cutlets with the remaining olive oil and grill them on a preheated grill for 5 minutes each side to get medium-rare cutlets. Of course, you can grill the cutlets for a bit longer if you wish to, depending on how you like them.

### For the Peas:

In the meantime, pour some boiling water in a medium-sized saucepan. Add in the peas, bring the water to the boil and cook the peas for 3-4 minutes. Drain in a colander and set aside.



# Prep Method Continued

### For the Celeriac:

Preheat the oven to Gas Mark 6 or 200°C.

Melt the butter in a sauce pan, add in the rosemary and garlic, and cook gently for 2 minutes until fragrant.

Throw in the celeriac and coat it with the butter mixture. Next, put the celeriac in a roasting tray in the preheated oven and cook for up to 20 minutes until golden brown.

Sprinkle the celeriac with salt and freshly ground pepper, garnish with the sprigs of rosemary and serve along with the lamb cutlets and peas!





Serves 2

6 chicken thighs  
 2 tbsp. olive oil  
 1.5 tbsp. runny honey  
 4 garlic cloves, finely chopped  
 150ml chicken stock  
 80g uncooked couscous  
 Salt and freshly ground pepper to taste  
 1 tbsp. flat parsley, chopped  
 Zest of a lemon  
 1 long red chilli, finely chopped  
 Florets from ½ small head of cauliflower, already boiled

## Nutritional

### Value (per serving)

Calories 651  
 Total fat 31g  
 Saturated Fat 7g  
 Carbohydrates 46g  
 Fibre 4g  
 Protein 49g

# Roast Chicken & Savoury Couscous

Preheat the oven to Gas Mark 6 or 200°C. Pop the chicken on a roasting tin and drizzle the olive oil and honey. Scatter on the garlic and pour on the chicken stock. Cover the chicken with some tin foil and roast for 50 minutes, ensuring that you remove the foil for the last 15 minutes of cooking. Put the couscous in a large bowl, pour 250ml boiling water on it and place aside for 10 minutes. Then, fluff the couscous with a fork and mix in the lemon zest. Season the couscous with salt and pepper, and stir in the parsley and chopped red chilli. Then, mix in the cauliflower florets. To serve, divide the couscous between 2 plates and serve with 3 chicken thighs per serving. Then tuck in!



Serves 3

600g pork spare ribs, chopped into 4 inch pieces  
 1 tbsp. Stevia  
 2 tbsp. honey  
 1 tbsp. ginger, minced  
 1 tbsp. garlic, minced  
 ½ tsp. Chinese 5 Spice powder  
 2 tbsp. rice mirin  
 2 tbsp. light soy sauce  
 ½ tsp. red food colouring  
 500ml chicken stock  
 1 tbsp. white wine vinegar  
 2 tbsp. vegetable oil

## Nutritional

### Value (per serving)

Calories 537  
 Total fat 34g  
 Saturated Fat 11g  
 Carbohydrates 18g  
 Fibre 0g  
 Protein 40g

# Sweet & Sour Pork Ribs

Throw the spare ribs in a sauce pan with enough water to cover them. Bring the water to the boil, and cook the ribs for 10 minutes. Then remove the ribs with a slotted spoon and drain onto some kitchen paper. In a bowl, mix the Stevia, honey, ginger, garlic, 5 spice powder, rice mirin, soy sauce, red food colouring, chicken stock and white wine vinegar. Pour the oil into a wok on a medium heat, throw in the ribs and brown them over. Stir in the sauce mixture and bring to the boil. Then, lower the heat and simmer for 1 hour. Place in a serving dish and let the ribs cool before you tuck in!





Prep Time | 10 mins  
Cooking Time | 1 hr 45 mins

Serves 4

5 garlic cloves, minced  
4 tsp. ground cumin  
3 tsp. turmeric  
2 tsp. paprika  
4 tbsp. olive oil  
800g lamb fillet, diced  
2 red onions, finely sliced  
80g green olives  
300ml chicken stock  
2 large lemons, sliced  
Handful of parsley to garnish

Nutritional

Value (per serving)

Calories 655  
Total fat 66g  
Saturated Fat 19g  
Carbohydrates 8g  
Fibre 3g  
Protein 40g

## Lamb Tagine with Olives & Lemons

In a small bowl, mix the garlic, ground cumin, turmeric, paprika and 2 tablespoons of olive oil.

Throw the lamb pieces and spice mixture into a large bowl, with the spice mixture.

Rub the spice mixture into the lamb with your hands to coat the meat thoroughly.

Cover the lamb with cling film and chill in the fridge overnight.

Preheat the oven on Gas Mark 3 or 160°C.

Throw the onions into the remaining oil on a medium heat in an ovenproof casserole dish and fry for 2 minutes.

Brown the lamb by cooking it for 3 minutes on each side.

Place the olives and lemon slices on top, and pour on the stock.

Pop the casserole dish in the preheated oven for 1 hour and 35 minutes. Once cooked, sprinkle on some fresh parsley.

Mmm, delectable!



Prep Time | 15 mins  
Cooking Time | 1 hr 40 mins

Serves 6

2 kg whole leg of lamb  
4 garlic cloves  
2 tsp. freshly ground black pepper  
1 tbsp. fresh rosemary, finely chopped  
75ml olive oil  
2 tbsp. balsamic vinegar  
8 small whole carrots  
3 whole small potatoes, halved (omit for a lower carb intake)  
4 medium ears of sweet corn, split into 3 pieces each  
300g sweet potatoes, sliced into quarters  
4 medium tomatoes, halved  
2 tbsp. olive oil  
6 x 3 heaped tsp. instant gravy  
Plus water as per gravy maker's instructions

Nutritional

Value (per serving)

Calories 797  
Total fat 41g  
Saturated Fat 9g  
Carbohydrates 46g  
Fibre 7g  
Protein 70g

## Leg of Lamb with Mixed Veggies

Preheat the oven to Gas Mark 6 or 200°C and position the oven rack in the lower third of the oven.

Let the leg of lamb rest at room temperature for an hour prior to cooking.

In a small bowl, whisk together the garlic, pepper, rosemary, 75ml of olive oil and balsamic vinegar.

Rub the mixture all over the lamb, season with salt to taste and place the lamb aside.

Throw the carrots, potatoes, sweet corn and sweet potatoes and tomatoes into a big roasting pan.

Toss with the 2 remaining tablespoons of olive oil and a pinch of salt.

Place the seasoned leg of lamb on top of the veggies and roast in the preheated oven for 20 minutes.

Then, lower the temperature to Gas Mark 3 or 160°C and carry on cooking the veggies and lamb for 20 minutes.





## Prep Method Continued

Then, remove the veggies from the oven, cover with foil and set aside.

Roast the lamb for another hour to cook to medium-rare.

Next, remove the leg of lamb from the oven and pop on a chopping board to rest, covered in foil, for 30 minutes prior to serving.

Make the gravy as per packet instructions.

Pour the gravy onto the lamb and veggies once dished up and tuck in!



Prep Time | 15 mins  
Cooking Time | 35 mins

## Serves 4

5 tbsp. olive oil

8 chicken pieces (750g)

2 medium onions, finely sliced

400g tinned tomatoes, finely chopped

4 medium bell peppers, finely sliced

250ml chicken stock

3 tsp. oregano

3 tsp. marjoram

Salt and pepper to taste

Sprigs of rosemary

## Nutritional

### Value (per serving)

Calories 590

Total fat 30g

Saturated Fat 6g

Carbohydrates 14g

Fibre 5g

Protein 24g

## Chicken with Bell Peppers in a Tomato Sauce

Heat 2.5 tablespoons of olive oil in a large frying pan on a medium heat.

Cook the chicken pieces with the skin side down for 4-5 minutes until golden brown.

Turn the chicken over and cook for 4-5 minutes on the other side.

Remove the chicken from the pan and place aside.

Pop the rest of the olive oil into the frying pan on a low heat and cook the onions for 2 minutes.

Stir in the bell peppers and cook for 3 minutes until they start to become soft.

Mix in the tomatoes, browned chicken, chicken stock and herbs.

Season with salt and pepper to taste.

Bring the entire mixture to a simmer and cook for 20 minutes.

Garnish with some sprigs of rosemary and enjoy!





Prep Time | 30 mins  
Cooking Time | 1 hr 40 mins

## Serves 6

1kg chicken breast  
1 celery stalk, chopped  
1 medium onion, sliced  
1 carrot, chopped  
2 tbsp. olive oil  
350g leeks, sliced

### For the Sauce:

75g butter  
50g plain flour  
175ml single cream  
100g cheddar, grated  
250g wholewheat lasagne  
Salt and freshly ground pepper to taste

## Nutritional

### Value (per serving)

Calories 626  
Total fat 31g  
Saturated Fat 14g  
Carbohydrates 40g  
Fibre 5g  
Protein 53g

# Chicken Lasagne

Throw the chicken, celery, onion and carrot in a large saucepan and pour on 3 litres of cold water to totally submerge the chicken.

Bring the entire mixture to the boil and skim off any grey scum that collects at the surface. Then turn down the heat and simmer for 20 minutes.

Next, take the lid off the pan and place aside for an hour.

In the meantime, pour the olive oil into a saucepan on medium heat.

Throw in the leeks and cook for 2 minutes.

Remove the chicken from the saucepan, retaining the stock, and cut into bite size pieces.

Pop the chicken into a big bowl and set aside.

Preheat the oven to Gas Mark 4 or 180°C.

For the sauce, melt the butter in a saucepan and mix in the flour. Cook, whilst stirring, for a minute.

Take off the burner and mix in 750ml of the stock you have poached the chicken in.

Bring the sauce to the boil and simmer for 5 minutes.



## Prep Method Continued

Add the cream, half the cheese, salt and freshly ground pepper to taste. Put the leeks in the bowl along with the chicken, and season with salt and pepper.

Lightly grease a 9 by 12 inch baking dish.

Tip a third of the sauce into the base of the dish and top with 2 lasagne sheets.

Add half of the chicken and leek mixture, then half of the remaining sauce.

Top with 2 more lasagne sheets, chicken, leeks and half of the remaining sauce.

Top with remaining lasagne sheets, pour on the rest of the sauce and scatter on the remaining cheddar.

Pop the lasagne in the preheated oven for 45 minutes. Allow the lasagne to stand for 10 minutes prior to serving. Totally tasty!





Prep Time | 10 mins  
Cooking Time | 30 mins

Serves 4

600g sweet potatoes, peeled and diced  
150g carrots  
150g green beans  
150g broccoli  
1 tbsp. unsalted butter, melted  
100ml single cream  
150g tomatoes, sliced  
4 x 200g gammon steaks  
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 533  
Total fat 25g  
Saturated Fat 11g  
Carbohydrates 45g  
Fibre 10g  
Protein 57g

## Gammon Steak with Mixed Veggies & Sweet Potato Mash

Cover the sweet potatoes with cold water. Bring to the boil, then lower the heat and simmer for 15 minutes. Add the carrots 8 minutes in, and the green beans and broccoli 12 minutes in.

Drain the vegetables. Mash the sweet potatoes with the butter and single cream. Season with salt and pepper to taste.

Brush both sides of the gammon steaks with melted butter. Season with black pepper and grill under a preheated grill on a medium-heat for 4-5 minutes on each side until they are cooked and the fat becomes crispy.

To plate up, serve a steak per person with a side of sweet potato mash and some sliced tomatoes, green beans, carrots and broccoli. Garnish with some slices of lemon and enjoy!



Prep Time | 15 mins  
Cooking Time | 40 mins

Serves 6

500g ripe pears, peeled, cored and thinly sliced  
150g blackberries  
50g ground almonds  
50g Stevia  
1 tsp. ground cinnamon  
2 tbsp. honey  
200g ready-to-roll filo pastry  
2 tbsp. olive oil  
2 tsp. orange zest

Nutritional

Value (per serving)

Calories 266  
Total fat 10g  
Saturated Fat 2g  
Carbohydrates 37g  
Fibre 7g  
Protein 6g

## Apple & Pear Strudel

Preheat the oven to Gas Mark 5 or 190°C. Mix the pears, blackberries, ground almonds, Stevia, cinnamon and honey in a large bowl. In another bowl, whisk together the oil and orange zest.

Pop 3 sheets of the pastry on a surface and brush lightly with the aromatic oil. Cover the first 3 sheets with another 3 overlapping sheets, brushing the top layer with some more zesty oil. Then, repeat the process once.

Spread the fruity mixture along the length of the filo pastry to within an inch from the edges. Fold the 2 shorter sides over the filling. Then, roll the strudel from a long edge. Place on an oiled baking tray, and, with a sharp knife, mark the top in a diamond pattern.

Bake for 35-40 minutes until cooked. Once cooled, sprinkle on some Stevia and enjoy! Truly delectable!





Prep Time | 15 mins  
Cooking Time | 35 mins

## Serves 8

For the Cheesecake Base:

60g butter, melted  
2 tbsp. Stevia  
1 tbsp. unsweetened cocoa powder  
110g ground almonds

For the Cheesecake Topping:

50g cream cheese  
2 tsp. Stevia  
140g natural yoghurt, unsweetened  
4 medium eggs, lightly beaten  
150g dark chocolate (minimum 85% cocoa solids), melted  
1 tbsp. unsweetened cocoa powder

## Nutritional

### Value (per serving)

Calories 318  
Total fat 33g  
Saturated Fat 16g  
Carbohydrates 9g  
Fibre 2g  
Protein 9.4g

# Chocolate Cheesecake

For the Cheesecake Base:

In a large mixing bowl, add the butter and Stevia, cocoa powder and ground almonds. Then firmly press into a loose-bottomed, 8 inch round cake tin.

For the Cheesecake Topping:

Preheat the oven to Gas Mark 5 or 190°C. Mix the cream cheese and Stevia together in a bowl with a small whisk. Pour in the yoghurt and mix thoroughly. Then add the eggs, one at a time, stirring after the addition of each egg. Break the chocolate into pieces and melt on a low-heat in a medium-sized saucepan. Add the melted chocolate and a tablespoon of cocoa powder into the yoghurt mixture. Spoon the cheesecake topping onto the chocolate crust. Smooth the top and pop in the preheated oven to bake for 35 minutes. Remove from oven and let it cool. You can eat this cheesecake as it is, or douse it in single cream and top with raspberries.



Prep Time | 20 mins  
Cooking Time | 30 mins

## Serves 12

For the Lemon Cake:

125g ground almonds  
75g desiccated coconut  
2 tsp. baking powder  
2 tbsp. natural honey  
75g unsalted butter, melted  
3 large eggs  
Zest and juice of 2 lemons

For the Cream Cheese Icing:

200g cream cheese  
Zest of a lemon  
1 tbsp. natural honey

## Nutritional

### Value (per serving)

Calories 235  
Total fat 20g  
Saturated Fat 10g  
Carbohydrates 8g  
Fibre 2g  
Protein 5g

# Iced Lemon Cake

For the Lemon Cake:

Preheat the oven to Gas Mark 4 or 180°C. In a large bowl mix together the almonds, desiccated coconut, baking powder and natural honey. Then pour in the melted butter and mix gently. Slowly, mix in the eggs, one by one. Next, add the lemon juice and zest. Pour the cake mixture into a greased and lined (with greaseproof paper) loose-bottomed 6 inch round tin. Pop in to the preheated oven and bake for 25-30 minutes. Once cooked, remove the cake tin from the oven and cool for 5-7 minutes on a wire tray.

For the Cream Cheese Icing:

In a large bowl, beat the cream cheese. Then add the lemon zest and natural honey. Mix well and ice the Lemon Cake once it is cool. Garnish with some lemon slices, then tuck in!





Prep Time | 15 mins  
Cooking Time | 30 mins

## Serves 8

100ml coconut oil  
50ml natural honey  
2 large eggs  
1 tsp. almond extract  
100g ground almonds  
200g polenta  
1 tsp baking powder  
50g blueberries

## Nutritional

### Value (per serving)

Calories 236  
Total fat 21g  
Saturated Fat 12.5g  
Carbohydrates 6.4g  
Fibre 1.3g  
Protein 5.4g

## Polenta Cake

Preheat the oven to Gas Mark 4 or 180°C.  
Grease and line a loose bottomed 6 inch round cake tin with greaseproof paper.  
Whisk the coconut oil and honey together until light and fluffy.  
Next, whisk in the eggs, one by one, and add the almond extract.

Pop in the ground almonds, polenta and baking powder, and mix thoroughly.  
With a spoon, stir in the blueberries, without crushing them.  
Pour this batter into the cake tin and cook in the preheated oven for 20-30 minutes until golden brown on top.  
Let the cake cool down, slice and enjoy!



Prep Time | 15 mins  
Cooking Time | 45 mins - 1 hr

## Serves 15

200g ground almonds  
100g self-raising flour  
2 tsp baking powder  
175g butter  
100g Stevia  
3 large eggs  
1 tsp. vanilla extract  
100ml almond milk  
75ml cold espresso

## Nutritional

### Value (per serving)

Calories 211  
Total fat 18g  
Saturated Fat 7g  
Carbohydrates 7g  
Fibre 1g  
Protein 5g

## Coffee Loaf

Preheat oven to Gas Mark 3 or 160°C and grease a loaf tin.  
In large bowl, whisk together the ground almonds, self raising flour and baking powder.  
Beat the butter until it is soft and add the Stevia. Next, beat the mixture for 2 further minutes.  
Mix in the eggs, one at time. Then add the vanilla extract and beat in half of the almond flour mixture, stirring thoroughly.  
Next, beat in the almond milk, espresso and the remainder of the almond flour mixture until the mixture has combined well.  
Bake for 45 minutes to an hour, or until the top turns golden brown and a skewer inserted in the centre comes out with only a few crumbs attached.  
Turn out onto a wire rack to cool. Then, slice to serve. Truly scrumptious!



Prep Time | 10 mins  
Cooking Time | 1 hr 20 mins

## Serves 12

2 oranges  
3 large eggs  
100g Stevia  
100ml whole milk  
200g ground almonds  
100g self-raising flour  
1 tsp. baking powder

## Nutritional

### Value (per serving)

Calories 171  
Total fat 11g  
Saturated Fat 1g  
Carbohydrates 11g  
Fibre 2g  
Protein 6.5g

## Orange Cake

Preheat oven to Gas Mark 4 or 180°C.

Lightly grease an 8 inch loose bottomed cake tin and line with greaseproof paper.

Pop the oranges in a saucepan and cover with cold water.

Bring the water to the boil on a medium heat.

Cook for 15 minutes until the oranges become soft.

Drain the oranges and rinse under cold water. Then coarsely chop them up, removing all seeds.

Put the oranges in the bowl of a food processor and whizz until smooth.

In a large bowl, whisk the eggs and Stevia until they become thick. Add the milk and mix well.

Gently fold in the oranges, ground almonds, self raising flour and baking powder with a metal spoon and pour the mixture into the prepared pan.

Bake for 1 hour, or until a skewer inserted into the centre comes out clean.

Set aside for 15 minutes to cool.

Slice up and serve with a hot cup of tea or coffee!



Prep Time | 15 mins  
Cooking Time | 15 mins

## Serves 12

200g oats  
1 tsp. baking powder  
2 tsp. cinnamon  
50g coconut flour  
1 large egg, lightly beaten  
1 tsp. vanilla extract  
50g natural honey (omit for a lower carb intake)  
2 tbsp cashew butter  
50g raisins  
1 small apple, finely grated

## Nutritional

### Value (per serving)

Calories 126  
Total fat 3.5g  
Saturated Fat 1g  
Carbohydrates 20g  
Fibre 4g  
Protein 5.5g

## Oat & Raisin Cookies

Preheat the oven to Gas Mark 4 or 180°C and line a baking tray with baking parchment.

In a large bowl, stir the oats, baking powder, cinnamon and coconut flour well.

Add the egg, vanilla extract, honey, cashew butter and mix until combined.

Then, add the raisins and grated apple, stirring thoroughly.

Place 12 scoops on to the baking tray to make 12 cookies, ensuring you leave enough room to flatten the cookies.

Bake in the preheated oven for 10-15 minutes.

When cooked, your cookies should be soft, yet chewy. Delicious!





Prep Time | 15 mins  
Cooking Time | 40 mins

## Serves 14

275g dark (85%) chocolate  
170g unsalted butter  
2 tsp. vanilla extract  
5 large eggs  
100ml double cream  
1 tbsp. natural honey  
1 tbsp. Stevia

## Nutritional

### Value (per serving)

Calories 126  
Total fat 3.5g  
Saturated Fat 1g  
Carbohydrates 20g  
Fibre 4g  
Protein 5.5g

# Chocolate Squares

Preheat the oven at Gas Mark 4 or 180°C.

In a large sauce pan, melt the chocolate and butter on a low heat.

Take off the heat, cool for 5 minutes and stir in the vanilla extract

In a large bowl, whisk together the eggs, cream, honey and Stevia for 3 minutes using a hand whisk or a stick blender until you get soft peaks.

Add the egg mixture to the chocolate mixture in the saucepan. As you do so the consistency of the mixture will become like that of custard.

Pour the entire mixture into a lightly greased 6 inch, loose-bottomed cake tin, lightly greased and lined with baking parchment. Ensure the baking parchment folds up the sides of the tin so that there is no spillage.

Bake in the preheated oven for 40 minutes.

Pop a skewer through to ensure the middle of the cake is done before you remove the cake. If not fully cooked, bake for another 5 minutes.



# Prep Method Continued

Take out the oven and place on a wire rack to cool for 5-7 minutes. Then, remove the baking parchment and cake from the tin and cut into squares.

These Chocolate Squares are delicious alone, or with a scoop of sugar-free vanilla ice cream!





Prep Time | 15 mins  
Cooking Time | 35 mins

## Serves 12

For the Cake:

100g ground almonds  
100g self-raising flour  
200g Stevia  
1 tsp. baking powder  
50g butter, melted  
6 large eggs  
2 tsp. vanilla essence  
200g low fat yogurt  
Zest of a lemon

For the Topping:

300ml half fat double cream  
200g fresh raspberries  
Sprigs of mint

## Nutritional

### Value (per serving)

Calories 218  
Total fat 14g  
Saturated Fat 7g  
Carbohydrates 17g  
Fibre 2g  
Protein 7g

# Raspberry Cake with Cream

Preheat the oven to Gas Mark 4 or 180°C.  
Lightly grease a 9-inch loose bottomed cake tin and place aside.

Combine the ground almonds, self raising flour, Stevia and baking powder in a large bowl.

Mix in the melted butter, eggs, vanilla essence, low fat yoghurt and lemon zest.  
Bake in the preheated oven for 35 minutes until the centre feels firm to touch.

Place onto a wire rack to cool down for a minimum of 15 minutes.

Loosen the cake from the sides of the cake tin and let it cool completely.

Then, smoothen the double cream on top of the cake and decorate with the whole raspberries.

Garnish with sprigs of mint, and tuck in.  
Yummy!



Prep Time | 20 mins  
Chilling Time | 1 hr

## Serves 14

150ml whipping cream  
70ml strong black coffee  
60g dark chocolate, (minimum 85% cocoa) broken into pieces  
1 tbsp. Stevia  
3 medium egg yolks

## Nutritional

### Value (per serving)

Calories 303  
Total fat 29g  
Saturated Fat 7g  
Carbohydrates 7g  
Fibre 2g  
Protein 4g

# Mocha Madness

On a low heat, warm the cream, coffee and chocolate pieces, in a medium-sized saucepan, until the mixture becomes shiny and smooth. This takes 3-4 minutes. Ensure the mixture doesn't boil.

Next, remove the chocolate mixture from the burner.

In a separate large mixing bowl, whisk the Stevia and egg yolks together until the mixture becomes fluffy. This takes 2-3 minutes.

Add the egg mixture to the chocolate mixture, stirring to combine.

Place the saucepan back on a low heat and whisk once again until the mixture becomes thick, which takes 3 minutes.

Allow the mixture to cool.

Pour the mixture into glass tumblers and chill for at least an hour.

Pipe with a little whipped cream and enjoy!





Prep Time | 10 mins  
Cooking Time | 20 mins

## Serves 12

100g uncooked quinoa  
30g sunflower seeds, hulled  
30g pumpkin seeds, hulled  
1 tbsp. agave nectar  
1 large egg white  
2 tsp. vanilla extract  
2 tsp. ground cinnamon  
30g coconut oil, melted  
30g ground flaxseed  
1 large apple, grated  
1 small carrot, finely grated  
100g desiccated coconut  
30g raisins

## Nutritional

### Value (per serving)

Calories 172  
Total fat 11.4g  
Saturated Fat 7g  
Carbohydrates 15g  
Fibre 3.5g  
Protein 4g

# Fruity Quinoa Snacks

Prepare the quinoa and seeds the night before you intend to make these delicious snacks.

Soak the quinoa in 200ml of cold water and soak the hulled sunflower and pumpkin seeds in 120ml of cold water.

Preheat the oven to Gas Mark 5 or 190°C and line a large baking tray with some baking parchment.

Mix the agave nectar, egg white, vanilla extract, ground cinnamon, coconut oil and flaxseed in a large bowl.

Rinse and drain the soaked quinoa, sunflower seeds, pumpkin seeds, and stir into the flaxseed mixture. Next, throw in the grated apple, grated carrot, desiccated coconut and raisins and stir the entire mixture thoroughly. Spread the mixture onto the lined baking tray and smoothen with a spatula.

Bake in the preheated oven for 30 minutes until it has turned a golden brown.

Once cooked, remove the tin from the oven and let it cool down on a wire rack.

Then cut into 12 pieces. Totally delectable!



Prep Time | 10 mins  
Cooking Time | 20 mins

## Serves 12

100g creamed coconut  
2.5 tbsp. coconut oil  
1 tbsp. agave nectar  
100g dried pineapple, finely diced  
50g desiccated coconut

## Nutritional

### Value (per serving)

Calories 142  
Total fat 11g  
Saturated Fat 9.3g  
Carbohydrates 11g  
Fibre 0.8g  
Protein 1g

# Coconut Slices

Line a 10cm square baking tin with some baking parchment.

Pop the creamed coconut packet in a bowl of hot water to loosen its contents easily.

After 5 minutes, tap out the creamed coconut into a bowl.

Stir in the coconut oil, agave nectar, pineapple and 30g of the desiccated coconut.

Pour the mixture into the prepared tin and press down with a spatula to smoothen out.

To coat, sprinkle the remaining desiccated coconut and place in the fridge for 25 minutes to set.

Then, turn the entire mixture onto a chopping board and slice into 12 slices.

A great snack for any time!





Prep Time | 15 mins  
Cooking Time | 55 mins

## Serves 16

150g butter  
100g Stevia  
2 tbsp. agave nectar  
175g rolled oats  
75g raisins  
150g flaked almonds  
75g chopped apricots  
75g sunflower seeds  
75g ground flaxseed

## Nutritional

### Value (per serving)

Calories 248  
Total fat 17g  
Saturated Fat 6g  
Carbohydrates 19g  
Fibre 4g  
Protein 6g

## Energy Bars

Preheat the oven to Gas Mark 3 or 160°C.

In a large saucepan, melt the butter on a low heat. Then, add the Stevia and the agave nectar, stirring throughout.

Throw the rolled oats, raisins, flaked almonds, chopped apricots, sunflower seeds and flaxseed into a large mixing bowl and mix together.

Next, pour on the buttery syrup, ensuring that the oat mixture is evenly coated.

Place the mixture onto an 8 x 8 inch baking tray and bake for 40-45 minutes.

Once cool, cut into 16 squares.

These snack bars are full of energy and make for a great treat.



Prep Time | 10 mins  
Cooking Time | 20 mins  
Chilling Time | 45 mins

## Serves 8

150g buckwheat, rinsed  
120g unsweetened pumpkin puree  
120g almond butter  
4 tbsp. Stevia  
1 tbsp. coconut oil

## Nutritional

### Value (per serving)

Calories 181  
Total fat 11g  
Saturated Fat 2g  
Carbohydrates 18g  
Fibre 2.6g  
Protein 6g

## Pumpkin Bars

Place rinsed buckwheat in a pan and add 600ml of water.

Bring to the boil and simmer the buckwheat for 15 minutes.

Rinse under cold water, strain through a colander and pop into a large mixing bowl.

Stir in the pumpkin purée, almond butter and Stevia, and mix thoroughly.

Lightly grease a baking tray, 10 x 5 inches, with the coconut oil.

Spoon the mixture into the prepared baking tray and smoothen it using the back of a metal spoon, warmed with hot water.

Freeze for 45 minutes and slice into 8 pieces. Your pumpkin bars are ready to eat!





Prep Time | 45 mins  
Chilling Time | 20 mins

Serves 16

100g dates, stoned  
75g cashew nuts  
2 tsp. coconut oil  
2 tsp. spirulina powder  
2 tsp. matcha powder

## Nutritional Value (per serving)

Calories 56  
Total fat 3.3g  
Saturated Fat 1.4g  
Carbohydrates 6.4g  
Fibre 1g  
Protein 1g

## Spirulina Energy Balls

Pop the dates in water for half an hour.

Pulse the cashew nuts for 1 minute in the food processor.

Wipe the moisture off the dates and add them to the processor along with the coconut oil, spirulina and matcha powders.

Whizz the mixture until you get a big ball. With wet hands, tear off 16 little pieces around the size of a walnut.

Roll them into balls of more or less the same size with your hands.

Chill the Spirulina Balls for 20 minutes and then serve!



Prep Time | 20 mins  
Cooking Time | 45 mins

Serves 9

1 tbsp. butter  
100g whole grain soy flour  
50g ground almonds  
50g Stevia  
2 tsp. cinnamon  
½ tsp. ground nutmeg  
Pinch of salt  
½ tsp. baking powder  
50ml olive oil  
2 large eggs  
1 small courgette, grated  
1 tsp. vanilla extract  
25g basil leaves, finely chopped

## Nutritional Value (per serving)

Calories 141  
Total fat 11g  
Saturated Fat 2g  
Carbohydrates 5g  
Fibre 3g  
Protein 9g

## Courgette Loaf

Preheat oven to Gas Mark 4 or 180°C.

Lightly grease an 8 x 4 inch loaf tin with the butter, then line with greaseproof paper.

In a large bowl, mix together the soy flour, ground almonds, Stevia, cinnamon, ground nutmeg, salt and baking powder.

In a medium sized bowl, whisk together the olive oil, eggs, grated courgette, vanilla extract and basil leaves.

Stir the courgette mixture into the dry ingredients until thoroughly combined. Then, pour this mixture batter into the prepared pan.

Pop in the preheated oven and bake for 45 minutes until golden brown. Then, place the loaf tin on a wire rack for 15 minutes.

Tip out the loaf and remove the greaseproof paper.

Cut into 9 slices before serving this healthy and tasty low carb snack!





Prep Time | 15 mins  
Cooking Time | 10 mins

## Serves 15

120g butter, softened  
80g tahini  
1 tbsp. Stevia  
1 large egg, beaten  
3 tsp. vanilla extract  
25g coconut flour  
1 tsp. baking powder

## Nutritional

### Value (per serving)

Calories 98  
Total fat 10g  
Saturated Fat 3g  
Carbohydrates 2.3g  
Fibre 1g  
Protein 1.4g

# Peanut Butter Cookies

Preheat the oven to Gas Mark 4 or 180°C and line a baking tray with baking parchment.

In a mixing bowl, cream the butter, tahini and Stevia for 3-4 minutes until smooth and shiny. Add the beaten egg and vanilla extract, and mix well.

Throw in the coconut flour and baking powder, and stir thoroughly.

Drop spoonfuls of the mixture onto the prepared baking tray, press down with a fork and bake in the preheated oven for 10 minutes.

Once cooked, cool on a wire rack and enjoy!



Prep Time | 15 mins  
Cooking Time | 15 mins

## Serves 15

120g butter, softened  
1 tbsp. Stevia  
1 tbsp. natural honey  
1 large egg, beaten  
1 tbsp. fresh ginger  
1 tsp. ground ginger  
150g ground almonds

## Nutritional

### Value (per serving)

Calories 131  
Total fat 12g  
Saturated Fat 5g  
Carbohydrates 1.6g  
Fibre 1g  
Protein 3g

# Ginger Biscuits

Preheat the oven to Gas Mark 4 or 180°C and line a baking tray with baking parchment.

In a large mixing bowl, cream the butter, Stevia and honey into a smooth paste.

Pop in the beaten egg and mix well.

Throw in the fresh ginger, ground ginger and ground almonds and stir thoroughly.

Drop spoons of the mixture onto the prepared baking tray and place in the preheated oven for 15 minutes.

Remove from the oven and cool on a wire tray, then enjoy!





Serves 10

150g fresh blackberries  
2 tbsp. Stevia  
175ml natural yoghurt  
175ml coconut milk

## Blackberry Yoghurt Pops

Whizz the blackberries and Stevia for 1-2 minutes in a blender.

Then place the blackberry mixture into a mixing bowl and stir in the yoghurt and coconut milk.

Pour into lolly moulds and freeze overnight.

Pop out of the moulds when you wish to enjoy this delicious treat!

### Nutritional

#### Value (per serving)

Calories 60  
Total fat 5g  
Saturated Fat 4g  
Carbohydrates 3.4g  
Fibre 1.2g  
Protein 1.4g



Serves 12

100g butter, softened  
1 tbsp. Stevia  
1 tbsp. natural honey  
1 large egg, beaten  
2 tsp. almond extract  
120g ground almonds

## Almond Biscuits

Preheat the oven to Gas Mark 4 or 180°C and line a baking tray with baking parchment.

In a large mixing bowl, cream the butter, Stevia and honey into a smooth paste.

Add in the beaten egg and almond extract and mix well.

Throw in the ground almonds and stir thoroughly.

Pop spoons of the mixture onto the prepared baking tray and place in the preheated oven for 15 minutes.

Remove from the oven and cool on a wire tray, then tuck in!

### Nutritional

#### Value (per serving)

Calories 131  
Total fat 12g  
Saturated Fat 5g  
Carbohydrates 1.6g  
Fibre 1g  
Protein 3g



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