Rhubarb & Mango Savoury Muffins

Rhubarb & Mango Savoury Muffins

Makes 12

INGREDIENTS

• 235g plain flour
• 250g grated cheddar cheese
• 2 tsp baking powder
• 2 tsp caster sugar
• 1 tsp salt
• 1 tsp poppy seeds
• 90ml vegetable oil
• 120ml full fat milk
• 1 large egg
• 150g Rhubarb & Mango chutney (I used Annabel's Deliciously British here)

Topping
• 85g grated cheese
• 1 tsp poppy seeds to sprinkle

METHOD

1. Heat the oven to 170 degrees fan and pop 12 muffin cases into a muffin tray
2. In a large bowl combine all the dry ingredients excluding the cheese and mix thoroughly, add the grated cheese and mix again
3. In a smaller bowl combine the oil, milk, egg and chutney

and mix until all combined
4. Pour the wet ingredients into the dry and mix until just combined, do not overwork
5. Spoon evenly between the 12 muffin cases and top with the remaining cheese and poppy seeds
6. Bake on the middle shelf for 20-22mins (check a skewer comes out clean), then remove from the oven to a wire rack
7. These can either be served warm or cold. If not eating straight from being cooked then I highly recommend warming in the microwave for 3o seconds before serving – absolutely delicious!



ENJOY! If you opt for Rhubarb & Mango Savoury Muffins, please do share a picture!

Almond Milk

Almond Milk

A lower calorie delicious alternative to shop bought almond milk, surprisingly very easy to make and lasts 4-5 days in the fridge. The only piece of equipment I would strongly suggest buying is a nut straining bag, Amazon do a great one that comes with a litre glass bottle to hold the finished milk in too for £9.99 – here

Makes 1 litre

INGREDIENTS

115g raw almonds
1 litre of filtered water
2 dates pitted
1 tsp vanilla extract

METHOD

1. Soak the almonds in a bowl of cold water overnight

2. Strain the almonds and then add to a food processor along with the dates and 250ml of water, blitz for a few minutes until a smooth consistency is formed.

3. Add in the rest of the water (depending on how thick or runny you would like it, vary the amount of water you add to a consistency that works for you) and pulse again

4. Pass the liquid through a nut straining bag over a bowl, squeeze out as much juice as you can. You can either discard the pulp that remains or use in other baking

5. Pour into your litre bottle and its ready to use, how easy is that!

Variations – you could add a little cocoa powder to make

chocolate almond milk, or berries to make a fruity version (I like a cup of mine chilled and blended with blueberries and raspberries for a wonderful summer vegan milkshake). If you like it a little sweeter then just add another date.

TOTAL CALORIES PER 50ml – 31 cals. Macro split Fat 2.1g Carbs 2.7g Protein 0.9g



ENJOY! If you opt for Almond Milk, please do share a picture!

Low Calorie Prawn, Asparagus & Cauliflower Bowl

Low Calorie Prawn, Asparagus

& Cauliflower Bowl

A really healthy, filling and nutritious lunch whilst also being low calorie, its a mountain of good food for under 300 calories. For the cauliflower cous cous I recommend if you aren’t making it from scratch the Marks & Spencers pre prepared one as it is herbed and seasoned already so makes for a really nice flavour.

Recipe serves 1

INGREDIENTS

140g cooked and peeled large king prawns
250g cauliflower cous cous
tbsp finely chopped parsley
1 garlic clove peeled and thinly sliced
Zest of half a lemon
handful of coriander chopped
250g cherry tomatoes chopped in half
125g asparagus tips
Salt & pepper to season

METHOD

1. Place the asparagus on a baking tray, scatter sliced garlic over the top and roast in the oven for 10-12 mins at 200 degrees

2. Cook the cauliflower rice according to the cooking instructions

3. Once the cauliflower rice is cooked place in your serving bowl and mix in the lemon zest, parsley and season to taste with salt and pepper.

4. Mix through the prawns and the tomatoes into the rice

5. Remove the asparagus and garlic from the oven, chop the asparagus into 2cm lengths, add all to the rest of the dish and mix to combine.

6. Top with the chopped coriander and season.

TOTAL CALORIES PER PERSON – 285 cals. Macro split Fat 3.3g Carbs 24.1g Protein 36.8g



ENJOY! If you opt for Low Calorie Prawn, Asparagus & Cauliflower Bowl, please do share a picture!

Low Calorie Curried Chicken Flat breads

Low Calorie Curried Chicken Flat breads

One of the most asked questions I have been asked through my body transformation journey is around what recipes I cook. Over the years I have created a set of low calorie, healthy balanced meals perfect for lunch or a light evening option and this is one of them. The recipe serves 2.

INGREDIENTS

300g piccolini tomato
4 flatbreads (I recommend the M&S folded ones at 107 cals each)
3 heaped tbsp lighter crème fraiche
1 lime both zest and juice
1 heaped tsp mild curry powder
1 crushed garlic clove
70g wild rocket
2 heck chicken burgers
Salt & pepper to season

METHOD

1. Cook the heck burgers according to the instructions on the packet

2. Add the crème fraiche, garlic, lime (zest & juice) and mild curry powder in a bowl and mix until all combined. Season with salt and pepper to taste

3. Chop the tomatoes in to halves reserve half for the flat breads and divide the other half between two plates. Do the same with the lettuce.

4. Warm the flat breads in the oven when the burgers have 2

mins left to cook. Then remove from oven with the burgers

5. To assemble, divide the remaining lettuce and tomatoes between the four warmed flat breads. Cut the cooked burgers into 6 strips each and put 3 strips in each flat bread on top of the salad. Top generously with the curried crème fraiche and re fold to make a sandwich.

6. Top the salad and the flat breads with any remaining crème fraiche sauce.

TOTAL CALORIES PER PERSON – 397 cals. Macro split Fat 11.4g Carbs 39.4g Protein 29.8g



ENJOY! If you opt for Low Calorie Curried Chicken Flat breads, please do share a picture!