May Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

TheHeart2HeartFoundation.org

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

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Peanut Butter & Jam Overnight Oats	Easy Ramen	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Filipino-Style Pineapple & Pork Adobo
Tue	Green Onion Pancakes	Thai Larb Lettuce Wraps	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Filipino-Style Pineapple & Pork Adobo
Wed	Keto Meal Prep Breakfast Bowls	Thai Larb Lettuce Wraps	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Naked Thai Beef Burgers with Salad
Thu	Keto Meal Prep Breakfast Bowls	Naked Thai Beef Burgers with Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Citrus Salmon with chili Cucumber Salad
Fri	Egg, Carrot & Kale Muffins	Tuna Rice Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Citrus Salmon with chili Cucumber Salad
Sat	Egg, Carrot & Kale Muffins	Tuna Rice Salad	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Meal Out - Enjoy!
Sun	Peanut Butter & Jam Overnight Oats	Potato & Cucumber Salad with Jalapeño Pesto	E.g. Chocolate Chip Oat Cookies, Tiramisu Protein Pancakes, Apple Oat Pie, Peanut Butter & Jam Overnight Oats	Chicken & Plum Stir Fry with Bok Choy & Noodles

Weekly Shopping List

Fruits, Vegetables

Fruits
- 1 apple
- 1 banana
- 4 plums
- 3 limes
- 1 orange
- 2 lemons
- 1 grapefruit
- 1 pineapple
- box raspberries

Vegetables
- 2 bulbs of garlic
- root ginger
- 1.7 lbs. (800g) baby potatoes
- 3 bunches green onions (spring onions)
- 1 onion
- 2 red onion
- 2 shallots
- 4 baby gem lettuce
- head of romaine lettuce
- 2 bok choys
- 2 red chilis
- 8 bird's-eye chilies
- 2 cucumbers
- 8.5 oz. (240g) radishes
- 1 red bell pepper
- 3 carrots
- pack bean sprouts
- kale
- mushrooms
- 1 zucchini (courgette)
- 1 bunch asparagus

Fresh Herbs
- chives
- 3 packs cilantro (coriander)
- lemongrass
- kaffir lime leaves

Protein, Dairy

Meats
- 1.2 lbs. (560g) chicken thighs
- 1.1 lbs. (500g) lean ground beef
- 3 lbs. (1.4kg) pork shoulder steaks
- 1 ½ lbs. (680g) ground chicken breast
- 8 oz. (225g) ground pork
- 4 turkey/chicken sausages

Fish & Seafood
- 4 salmon filets (4.5 oz/130g each)

Cold
- 12 eggs
- carton egg whites
- carton almond milk, unsweetened
- Greek yogurt
- unsalted butter
- feta cheese

Seeds, Baking, Spices

Grains
- rolled oats
- instant oats
- basmati rice

Nuts & Seeds
- walnuts
- roasted peanuts
- cashews
- sesame seeds
- chia seeds
- pistachios

Baking
- baking powder
- baking soda
- vanilla extract
- oat flour
- all-purpose flour
- cocoa powder
- chocolate chips

Dried Herbs & Spices
- black pepper
- whole black peppercorns
- ground cinnamon
- ground cumin
- chili flakes
- paprika
- got paprika
- ground turmeric
- ground coriander
- ground ginger
- bay leaves

Cans, Condiments, Misc

Oils
- coconut oil
- olive oil
- toasted sesame oil

Sweeteners
- honey
- coconut sugar

Boxed, Canned & Condiments
- peanut butter
- raspberry jam
- instant coffee powder
- 2 packs instant ramen noodles
- panko breadcrumbs
- hoisin sauce
- ketjap manis
- tamari
- mayonnaise
- fish sauce
- sriracha sauce
- chili garlic sauce
- rice vinegar
- jalapeño peppers
- 2 cans sweetcorn
- 1 can kidney beans
- 2x 5 oz. (145g) cans tuna, in oil
- 1 can pineapple rings
- 2 chicken broth (or chicken stock cubes)
- white miso paste
- sheets nori

Misc/Other
- sea salt

Peanut Butter & Jam Overnight Oats

Serves 2

1 cup (80g) rolled oats
1 cup (240ml) almond milk, unsweetened
½ cup (140g) natural yogurt
2 tbsp. chia seeds
2 tbsp. honey
4 tbsp. raspberry jam
2 tbsp. peanut butter
2 tsp. pistachios, chopped
½ cup (60g) raspberries

What you need to do

1. Add the rolled oats, almond milk, yogurt, chia seeds and honey into a large bowl and stir until combined. Cover and refrigerate for at least 2 hours, or overnight.
2. Divide the oats between 2 serving glasses or jars, layering the oats with the jam and peanut butter. To serve, top with pistachios and fresh raspberries.

Storage: Store in an airtight container in the refrigerator for up to five days.

MP | V | N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2-8 hrs	422	11	70	15	10

*Nutrition per serving.

myfitnesspal
02478272

Keto Meal Prep Breakfast Bowls

Serves 2

12 oz. (340g) Italian chicken sausages
2 tbsp. olive oil, divided
1 cup (70g) mushrooms, sliced
½ red onion, diced
1 zucchini, sliced
1 bunch asparagus (4.5 oz./125g) chopped
¼ tsp. chili flakes
salt & pepper

What you need to do

1. Cook the sausages according to instructions on the packaging. Remove from the skillet and set aside to cool.
2. Add half the olive oil to the same skillet and cook the mushrooms until softened, approximately 5-7 minutes. Remove the mushrooms from the pan and set aside to cool.
3. Add the remaining olive oil and cook the red onion, zucchini and asparagus for around 5-7 minutes. Stir through the chili flakes and season with salt and pepper.
4. Divide all the ingredients between 2 meal prep containers.

Storage: Store in a sealed container in the fridge for up to 4 days.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	348	19	12	34	3

*Nutrition per serving.

myfitnesspal
07223046

Green Onion Pancakes

Serves 3

1 cup (125g) all purpose flour
2 eggs
1 cup (240ml) water
1 bunch green onions, trimmed and cut into 1-inch long strips
2 tbsp. olive oil
2 tbsp. tamari, to serve
salt

What you need to do

1. Place the flour and eggs in a large bowl, slowly pour in the water, keep whisking until everything is mixed well. Add a pinch of salt into the batter, along with the green onions and mix well until evenly coated in the batter mixture.
2. Heat some oil in a non-stick skillet over a medium heat, carefully pour about ⅓ of the mixture into the pan and spread out to form a round pancake. Cook for about 4-5 minutes on each side. Repeat this process with the remaining pancake batter.
3. Place a pancake onto each plate and serve with tamari sauce as a dip.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	290	12	36	8	7

*Nutrition per serving.

myfitnesspal
04556572

Egg, Carrot & Kale Muffins

Makes 6

For the muffins:
4 eggs
1 garlic clove, minced
½ tsp. ground turmeric
2 tbsp. chives, chopped
1 cup (70g) kale, chopped leaves
1 cup (110g) carrots, grated
¼ cup (40g) feta, crumbled
salt & pepper

For the sauce:
¾ cup (180g) Greek yogurt
2 tbsp. chives, chopped

What you need to do

1. Preheat the oven to 360°F (180°C). Prepare a muffin tin lined with muffin paper cases or use silicone muffin cases.
2. In a bowl, beat the eggs with the garlic, turmeric, salt, pepper and chives. Add the kale, carrots, crumbled feta and mix with a fork.
3. Fill 6 muffin cases with the mixture and place in the hot oven to bake for 15 minutes.
4. Meanwhile, mix together the yogurt and chives and season with salt and pepper.
5. Serve the egg muffins with the yogurt sauce.

GF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	98	5	4	8	0

*Nutrition per serving.

myfitnesspal
01393590

Easy Ramen

Serves 4

For the broth:
3 garlic cloves, sliced
¾ tsp. salt
1 tbsp. + 1 tsp. toasted sesame oil
8 oz. (225g) ground pork
2 carrots, grated
4 green onions, sliced, white and green parts separated
1 ½ tbsp. ginger, grated
2 tsp. chili garlic sauce
8 ⅓ cups (2L) chicken broth
4 tbsp. white miso paste
2 tbsp. unsalted butter

For the toppings:
4 large eggs, soft boiled
8 oz. (230g) ramen noodles, dried
chili garlic sauce
4 sheets nori, chopped
½ cup (15g) bean sprouts
4 tbsp. canned sweet corn
2 tbsp. toasted sesame seeds

myfitnesspal
08533142

What you need to do

For the broth:

1. Place the garlic with ¼ teaspoon of salt onto a chopping board, and using the edge of a knife, mash together into a paste. Set aside.
2. Heat 1 tablespoon of the sesame oil in a large pot over a medium heat. Add the pork and the remaining ½ teaspoon of salt and cook for 5-7 minutes. Transfer the pork to a plate.
3. To the same pot add the remaining 1 teaspoon of sesame oil and cook the carrots, white parts of the green onion and half of the green parts of green onion. Cook over a medium heat, for 2-3 minutes, until the carrots are tender.
4. Push the vegetables aside to clear a space in the center of the pot. Add the ginger, chili garlic sauce and reserved garlic paste and cook for 30 seconds, taking care not to burn the garlic. Next, stir in the pork and any pork juices, then add the chicken broth. Increase the heat to high and bring just to a boil. Add the miso and butter and stir until the miso is fully dissolved. Cover the pot and keep warm over a low heat until ready to serve.
5. Cook the noodles according to instructions on packaging and prepare all the other topping ingredients.

To serve: Divide the noodles and pork between 4 bowls. Ladle the hot broth over the top. Top with egg halves, the remaining green onion, and the remaining toppings. Serve hot.

DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	617	31	59	29	5

*Nutrition per serving.

Thai Larb Lettuce Wraps

Serves 4

For the dressing:
⅓ cup (80ml) fresh lime juice
2 tbsp. fish sauce
2 tbsp. coconut sugar
1 tsp. sriracha sauce

For the wraps:
1 tbsp. coconut oil
1 ½ lbs. (680g) ground chicken breast
2 shallots, chopped
2 tbsp. lemongrass, thinly sliced
2 kaffir lime leaves, thinly sliced
1 red chili, sliced
1 garlic clove, sliced
2 tsp. fish sauce
1 tsp. salt
12 romaine lettuce leaves
4 tbsp. cilantro, to serve

What you need to do

1. Make the dressing by combining all the dressing ingredients together in a small bowl. Set aside.
2. Heat the oil in a large heavy nonstick skillet over a medium/high heat. Add the ground chicken, shallots, lemongrass, lime leaves, chili and garlic and sauté, breaking the chicken up into small pieces with the back of a spoon, until the chicken is starting to turn golden brown and is cooked through. Season with salt, add the fish sauce and mix well then take off the heat.
3. Divide the chicken between lettuce leaves, garnish with cilantro and drizzle the dressing over. Serve immediately.

myfitnesspal
01347593

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	305	9	17	41	4

*Nutrition per serving.

Tuna Rice Salad

Serves 4

1 cup (185g) basmati rice, uncooked
2x 5 oz. (145g) cans tuna in oil, drained
½ red pepper, diced
2 slices canned pineapple, chopped
1 cup (150g) sweet corn, drained
1 cup (180g) kidney beans, drained
2 tbsp. chives, chopped
2 tbsp. cilantro, chopped
4 tbsp. mayonnaise
1 tsp. chili flakes
salt & pepper

What you need to do

1. Cook the rice according to instructions on the packaging, place in a large bowl and let it cool down completely.
2. Once the rice has cooled, add all the remaining ingredients, season to taste with salt and pepper and mix well to combine. Serve immediately.

GF | DF | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	444	14	62	19	8

*Nutrition per serving.

myfitnesspal
09305298

Potato & Cucumber Salad with Jalapeño Pesto

Serves 6

1.7 lbs. (800g) baby potatoes with skin on
1 red onion, sliced
4 tbsp. jalapeño peppers, jared, sliced
1 cup (15g) cilantro, chopped
1 cup (150g) feta, crumbled
2 tbsp. olive oil
1 cup (150g) canned sweet corn, drained
1 cucumber, diced
salt & pepper

What you need to do

1. Place the potatoes into a large pot of water. Bring to a boil and cook the potatoes for 12 minutes.
2. Meanwhile, place the onion slices into a small bowl along with 2 tablespoons of the brine liquid from the jalapeño jar. Stir every few minutes, so that all the onion slices marinate in the brine.
3. Place the jalapeño pepper slices into a food processor along with a further 1 tablespoon of the jalapeño liquid, the cilantro, feta cheese and olive oil. Blitz to a coarse paste and season with freshly ground pepper.
4. Once cooked, drain the potatoes and set aside to cool in a large bowl until lukewarm. Drain the red onion, then add the cucumber, onion and sweetcorn in with the cooled potatoes. Pour in the feta dressing and mix well until the potatoes are coated.

Storage: Store in an airtight container in the refrigerator for 2-3 days. When ready to enjoy, remove from the refrigerator and let the salad come to room temperature before serving.

GF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	12 mins	248	11	33	8	5

*Nutrition per serving.

myfitnesspal
06994830

Filipino-Style Pineapple & Pork Adobo

Serves 8

3 lbs. (1400g) pork shoulder steaks, cut into 3cm chunks
¾ cup (150ml) rice vinegar
½ cup (120ml) tamari
6 garlic cloves, chopped
1 large onion, roughly chopped
12 bay leaves
8 bird's-eye chillies, halved lengthways
2 tbsp. black peppercorns
1 pineapple, peeled, cored and cut into chunks
¾-1 cup (180-240ml) water
1 tbsp. olive oil
4 green onions, sliced, to serve

What you need to do

1. Place the pork into a large bowl with all the other ingredients (except the olive oil and green onions) and add enough water to cover. Cover the bowl and set aside to marinate for at least 20 minutes at room temperature (or leave in the refrigerator for up to 24 hrs).
2. Remove the pork and pineapple from the marinade, reserving the marinade for the next steps. Heat the olive oil in a large casserole dish or deep pot over a medium/high heat. Fry the pork for 8-10 minutes until browned. Add the pineapple and cook, stirring often, for a further 2-3 minutes on each side until the pineapple starts to caramelize.
3. Next pour over the marinade, scraping the dish to lift off any sticky bits. Reduce the heat to a medium low, cover and simmer gently for 30 minutes.
4. Remove the lid from the pot and simmer, uncovered, for a further 25-30 minutes, stirring regularly, until the pork is tender and the sauce has thickened.
5. Serve in bowls, with the green onion and a side of rice (not included in nutritional breakdown).

GF | DF | LC | MP | HP

Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	70 mins	20 mins - 24 hrs	305	8	14	42	2

*Nutrition per serving.

myfitnesspal
08704252

Citrus Salmon with Chili Cucumber Salad

Serves 4

For the salmon:
4 salmon filets (4.5 oz/130g each)
1 tsp. paprika
½ tsp. ground cinnamon
½ tsp. chili flakes
2 tbsp. honey
2 tbsp. tamari
1 tbsp. olive oil
1 orange, sliced
1 lemon, sliced
1 grapefruit, sliced

For the salad:
1 cucumber, thinly sliced
8.5 oz. (240g) radishes, sliced
1 tbsp. lemon juice
½ tsp. chili flakes
2 tbsp. tamari
1 tbsp. honey
2 tbsp, chives, chopped

What you need to do

1. Preheat the oven to 360°F (180°C).
2. Place the salmon in an ovenproof dish, cover with the spices and drizzle over the honey, tamari and olive oil. Rub the spices and sauces into the salmon filets with your hands until well covered.
3. Next top the salmon with the lemon, orange and grapefruit slices. Place the dish into the hot oven to cook for 25-30 minutes, until the salmon is cooked through.
4. In the meantime, make the salad by placing all the salad ingredients into a bowl and mixing well. Store in the refrigerator until required.
5. Once the salmon has cooked, place a filet on each plate and serve with a side of salad.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	312	12	24	28	3

*Nutrition per serving.

myfitnesspal
03756881

Naked Thai Beef Burgers with Salad

Serves 4

For the burgers:
1 lime, zest and juice reserved for dressing
2 tsp. paprika
1 tsp. ground turmeric
1 tsp. ground coriander
½ tsp. ground cumin
½ tsp. ground ginger
¼ tsp. hot paprika
1 cup (15g) cilantro, chopped
¼ cup (30g) panko breadcrumbs
½ tsp. salt
1.1 lbs. (500g) lean ground beef
½ tsp. black pepper

For the salad:
reserved lime juice
2 tbsp. olive oil
1 tsp. honey
1 red chili, deseeded, chopped
3 tbsp. cashews, chopped
4 baby gem lettuce, trimmed, sliced
4 green onions, sliced

What you need to do

1. Preheat the oven to 390°F (200°C). Prepare a baking sheet lined with baking paper.
2. Place the lime zest, all the spices and half the chopped cilantro into a large bowl. Mix in the panko breadcrumbs and season with salt. Add the ground beef and season with black pepper, then mix with your hands to form 4 burgers roughly ⅓ inch (1cm) thick.
3. Place the burgers onto the earlier prepared tray, place the sheet into the hot oven and bake on the middle shelf until cooked through, approximately 18-20 minutes.
4. While the burgers cook, prepare the salad dressing. In a medium bowl, combine half the lime juice, olive oil and honey with the remaining cilantro, half the cashews and half the chili. Set aside.
5. Place the lettuce in a bowl with the green onions, pour over the salad dressing and stir to combine.
6. To serve, divide the burgers and salad between 4 plates. Sprinkle with the remaining cashews and chili and serve with additional lime wedges (optional).

DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	388	24	17	29	4

*Nutrition per serving.

myfitnesspal
01581584

Chicken & Plum Stir Fry with Bok Choy & Noodles

Serves 4

8.5 oz. (230g) instant ramen noodles
1 tbsp. coconut oil
1.2 lbs. (560g) chicken thighs, diced
4 plums, destoned, chopped into wedges
2 tsp. coconut sugar
2 cloves garlic, minced
1 tbsp. root ginger, minced
4 green onions, sliced
1 tsp. chili flakes
2 bok choys, trimmed, sliced
2 tbsp. hoisin sauce
2 tbsp. ketjap manis
½ cup (120ml) water
⅓ cup (50g) roasted peanuts
salt & pepper

What you need to do

1. Cook the noodles according to instructions on packaging. Once cooked, drain and run under cold water to stop them sticking together. Set aside.
2. Meanwhile, heat the coconut oil in a large skillet or wok over a medium/high heat. When hot, add the diced chicken and season with salt and pepper. Fry, stirring occasionally until browned, for approximately 4-5 minutes.
3. Lower the heat to medium and add the plums and sugar to the skillet. Cook for 1-2 minutes, then add the minced garlic and ginger along with half the green onions and chili flakes. Cook for a further 1-2 minutes.
4. Add the bok choy and cook until just soft, 1-2 minutes. Stir in the hoisin sauce, ketjap manis and water, making sure everything is well coated. Add the cooked noodles to the pan. Stir together and cook until everything is hot, 1-2 minutes.
5. Divide the chicken and plum stir-fry between 4 bowls. Scatter over the peanuts and remaining green onion to serve.

DF | MP | HP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	553	18	62	37	5

*Nutrition per serving.

myfitnesspal
02567792

Chocolate Chip Oat Cookies

Makes 22

Wet ingredients:
½ cup (110g) solid coconut oil
1 cup (200g) coconut sugar
1 banana, mashed
¼ cup (60ml) almond milk, unsweetened
1 tsp. vanilla extract

Dry ingredients:
2 ¼ cup (280g) all purpose flour
1 tsp. baking soda
½ tsp. sea salt
1 cup (80g) rolled oats
⅓ cup (55g) chocolate chips

What you need to do

1. Preheat the oven to 375°F (190°C). Prepare a baking sheet lined with baking paper.
2. Combine the coconut oil and sugar together in a food processor, alternatively use a hand blender. Add in the mashed bananas, milk, and vanilla extract.
3. In a bowl, mix all the dry ingredients together, except the oats and chocolate chips. Fold into the wet mixture and mix until well combined. Next, add in the oats and chocolate chips and stir through.
4. Form into balls and flatten each ball into a cookie shape. Place on the baking sheet, ensuring there is space between each cookie. Place the baking sheet into the hot oven and bake for 10 minutes.
5. Once baked remove the cooking from the oven and place on a wire rack to cool completely before serving.

Tip: You may need to bake the cookies in two batches, rather than overcrowd the baking sheet.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	150	6	24	1	2

*Nutrition per serving.

myfitnesspal
04797700

Tiramisu Protein Pancakes

Serves 3

For the pancakes:
½ cup (50g) oat flour
1 tbsp. honey
¾ cup (180ml) egg whites
½ tsp. instant coffee powder
½ cup (120ml) almond milk
3 tsp. coconut oil
1 tsp. cocoa powder, to serve

For the filling:
½ cup (80g) Greek yogurt
1 tbsp. honey
1 tsp. ground cinnamon

What you need to do

1. Combine the flour, honey, egg whites and instant coffee powder in a bowl. Start adding milk until you reach a batter with a crepe-like consistency.
2. Prepare the filling by combining the Greek yogurt, honey and cinnamon together in a small bowl. Set aside while you cook the pancakes.
3. Heat 1 teaspoon of the oil in a large non-stick skillet or crepe pan. Place ⅓ of the batter in the skillet and move the skillet in a circular motion to spread the batter evenly in a thin layer. Cook over medium heat for 2-3 minutes and flip. Continue cooking for a further 1-2 minutes then remove the pancake to a warm plate. Repeat this process with the remaining batter.
4. Fill the crepes with the yogurt filling and sprinkle with cocoa powder. Serve with fresh berries (optional - not included in nutritional breakdown).

MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	189	7	20	12	3

*Nutrition per serving.

myfitnesspal
09942107

Apple Oat Pie

Serves 8

1 cup (100g) instant oats
1 apple, peeled, cored and diced
3 tbsp. Greek yogurt, room temperature
2 eggs, room temperature
3 tbsp. honey
1 tbsp. coconut oil
1 tbsp. peanut butter
½ tsp. cinnamon
½ tsp. baking soda
½ tsp. baking powder
¼ cup (30g) walnuts, chopped

What you need to do

1. Preheat the oven to 355°F (180°C). Prepare a small baking tray 7 x 9.5-inch (18x24cm) lined with baking paper.
2. Place all the ingredients except the walnuts into a food processor or high-speed blender and blend until well combined.
3. Pour the batter onto the baking tray and spread the walnuts evenly on the top. Place the tray into the hot oven and bake for 20-25 minutes.
4. Remove the tray from the oven and set aside on a wire rack to cool completely before cutting and serving.

LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	156	7	19	5	2

*Nutrition per serving.

myfitnesspal
02582078