

Peanut, Oat and Cinnamon Bliss Balls

Ingredients

- 0.5 cup crunchy peanut butter
- 0.5 cup rolled oats
- 2 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tbsp flax meal
- 1 tsp cinnamon

Method

1. Add all ingredients into a small blender or food processor and blend until combined.
2. Using a heaped tsp, roll mixture into balls.
3. Place in the fridge to set, or enjoy immediately.



Nutrition Information

Serving Size = 1 ball (25g)

| | |
|---------------|-------|
| Energy | 460kJ |
| Protein | 4g |
| Total Fat | 7g |
| Saturated Fat | 1g |
| Carbohydrates | 7g |
| Sugars | 3g |
| Added Sugars | 3g |
| Fibre | 2g |

Allergen Notes

- Contains gluten and peanuts
- Gluten free - swap oats for almond meal
- Peanut free - swap peanuts for other nut type

Serves = 12, Time = 20 mins, Difficulty = 1/5

Roasted Vegetable and Tofu Sandwich

Ingredients

- 1 small carrot, sliced
- 1 small zucchini, sliced
- 1 small piece pumpkin
- 0.5 small red capsicum
- 50g firm tofu
- Pinch of salt
- Pinch of pepper
- 0.5 tbsp mixed dried herbs
- 0.5 tbsp extra virgin olive oil
- 2 slices wholegrain bread
- 1 tbsp hommus
- 0.25 cup fresh baby spinach

Method

1. Preheat oven to 180°C fan forced. Line a tray with baking paper.
2. Place sliced carrot, zucchini, pumpkin, capsicum and tofu in a container. Add oil, salt, pepper and herbs. Shake until well coated.
3. Place vegetables and tofu on the baking tray and bake for 20-30 minutes (turning halfway).
4. To assemble the sandwich, spread hommus on each slice of bread.
5. Top one slice of bread with fresh baby spinach. Add roast vegetables and tofu and place the other slice of bread on top.

Allergen Notes

- Contains soy, wheat, gluten and sesame seeds
- Soy free - Replace tofu with seitan or chickpea tempeh
- Wheat & Gluten free - Use a gluten free bread
- Sesame seed free - replace hommus with tomato chutney

Nutrition Information

Serving Size = 315g

| | |
|---------------|--------|
| Energy | 2200kJ |
| Protein | 24g |
| Total Fat | 23g |
| Saturated Fat | 3g |
| Carbohydrates | 50g |
| Sugars | 14g |
| Added Sugars | 0g |
| Fibre | 17g |
| Iron | 8mg |
| Calcium | 465mg |



Serves = 1
Time = 35 mins
Difficulty = 2/5

Roasted Chickpea and Edamame Salad

Ingredients

Roasted chickpeas

- 1 cup Chickpeas, canned
- 1 tsp extra virgin olive oil
- Pinch of salt
- Pinch of pepper
- Pinch of garlic powder
- Pinch of smoked paprika

Dressing

- 2 tbsp fresh lemon juice
- 1 tsp maple syrup
- 1 tsp extra virgin olive oil
- Pinch of salt
- Pinch of pepper
- Pinch of garlic powder

Salad

- 3/4 cup frozen edamame beans, microwaved
- 2 cup fresh leafy greens (e.g. kale, rocket, spinach)
- 1/3 cup grated carrot
- 1/3 cup chopped cucumber
- 3 cherry tomatoes, chopped
- 1/2 tbsp chopped walnuts

Method

Roasted chickpeas

1. Preheat oven to 180°C fan forced. Line a tray with baking paper.
2. Drain and rinse chickpeas. Place chickpeas on a paper towel and lightly pat dry. Discard loose skins from outside of the chickpeas.
3. Combine chickpeas with oil, salt, pepper, garlic powder and paprika.
4. Add chickpeas to baking tray and bake for 25-30 minutes.

Salad dressing

1. Mix lemon juice, oil, maple syrup and a pinch of salt, pepper and garlic powder in a small bowl. Set aside.

Assembling the salad

1. In a bowl, start with a bed of mixed leafy greens.
2. Add grated carrot, chopped cucumber, chopped tomatoes, edamame beans and roasted chickpeas.
3. Drizzle with dressing and sprinkle with crushed walnuts.

Nutrition Information

Serving Size = 370g

| | |
|---------------|---------|
| Energy | 2000 kJ |
| Protein | 22g |
| Total Fat | 20g |
| Saturated Fat | 2g |
| Carbohydrates | 40g |
| Sugars | 13g |
| Added Sugars | 6g |
| Fibre | 21g |
| Iron | 6mg |
| Calcium | 200mg |



Allergen Notes

- Contains soy and tree nuts
- Soy free - swap edamame for extra chickpeas
- Tree nut free - swap walnuts for sesame seeds

Serves = 1, Time = 40 mins, Difficulty = 3/5

Mixed Berry Oatmeal with Banana & Chia Seeds

Method

1. In a medium saucepan, bring 1.5 cups of soy milk to boil.
2. Reduce heat to medium and add 0.5 cup rolled oats.
3. Cook for ~5 minutes, stirring occasionally.
4. Stir in 0.5 cup frozen mixed berries and 0.25 cup water.
5. Add lid to saucepan and cook for 5-10 minutes, stirring occasionally.
6. Add 1 tsp of cinnamon and stir to combine.
7. Pour oats into a bowl and top with banana, chia seeds and 0.25 cup frozen berries (microwaved for 30s).

Nutrition Information

Serving Size = 1 bowl (430g)

| | |
|---------------|--------|
| Energy | 1980kJ |
| Protein | 21g |
| Total Fat | 13g |
| Saturated Fat | 3g |
| Carbohydrates | 65g |
| Sugars | 28g |
| Added Sugars | 4g |
| Fibre | 14g |

Allergen Notes

- Contains soy and gluten
- Soy free - use an alternative high protein plant-based milk
- Gluten free - try quinoa flakes instead of rolled oats

Ingredients

- 1.5 cups light soy milk
- 0.5 cup rolled oats
- 0.5 cup frozen berries
- 0.25 cup water
- 1 tsp cinnamon
- 0.5 medium banana, sliced
- 1 tbsp chia seeds
- 0.25 cup frozen berries (for topping)



Serves = 1, Time = 25 mins, Difficulty = 2/5

