



LANCE CRESSWELL
COACHING

SIMPLE. HEALTHY. TASTY.

COACH CRESSWELL'S RECIPE BOOK

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The recipes in this book can help to boost your performance, inspire you in the kitchen and ultimately better your health. Plus, they taste fucking good!

Coach Cresswell

Head Coach

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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V Vegetarian

VE Vegan

DF Dairy Free

GF Gluten Free

N Contains Nuts

P High Protein

LC Low Carb

LF Low Fat

C Low Calorie

BREAKFAST



THE GREENEST SMOOTHIE

SERVES: 1
TOTAL TIME: 5 minutes



INGREDIENTS

220g spinach
150g kale
40g frozen courgette
40g cucumber
1/2 lemon
200ml water
5-10 ice cubes

INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth and silky.

Calories	187
Protein	14
Carbs	26
Fats	3
Fibre	12





MEXICAN CORN HUMMUS TOAST

SERVES: 4
TOTAL TIME: 15 minutes



INGREDIENTS

- 1 tbsp butter
- 2 x (420g) tinned corn, drained
- 1 clove garlic, minced
- 2 tbsp jalapeños, diced
- 50g feta, crumbled
- 15g coriander, leaves picked
- salt and cracked pepper
- 4 slices sourdough bread (or gluten free if required)
- 4 tbsp hummus

INSTRUCTIONS

Heat butter in a medium-sized fry pan. Add corn and cook for 7-8 minutes. Add garlic and cook for another 2 minutes.

Remove from heat and stir through jalapeños, feta, coriander salt and cracked pepper.

Meanwhile, toast your bread and spread hummus evenly on each slice.

Top with corn mix and serve with any extra fresh coriander.

Calories	380
Protein	12
Carbs	56
Fats	12
Fibre	9





BACON EGG ROLL

SERVES: 1

TOTAL TIME: 25 minutes



INGREDIENTS

2 rashers bacon
2 eggs
20ml skim milk
1 tbsp tomato relish
1/4 avocado, sliced

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6 and line a baking tray with baking paper.

Cook bacon for 15-20 minutes or until nice and crispy.

Meanwhile, crack the eggs into a bowl, along with milk, salt and cracked pepper. Bring a frying pan to high heat, pour egg into the pan and swirl to coat the base (like a crêpe).

Cook for 1 minute or until fully cooked.

Transfer to a plate and spread with relish. Top with bacon and avocado and roll like a burrito.

Calories	345
Protein	21
Carbs	9
Fats	25
Fibre	3





QUINOA GRANOLA

SERVES: 8

TOTAL TIME: 35 minutes



INGREDIENTS

300g quinoa
140g rolled oats
60g sesame seeds
1 tbsp coconut sugar
1 tsp nutmeg
60ml maple syrup
2 tbsp coconut oil, melted

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5 and line a baking tray with baking paper.

Place all ingredients in a large bowl and mix well to combine.

Spread the mix across a baking tray (use 2 if you need, as you don't want to crowd the tray).

Cook for 15-17 minutes or until golden.

Allow to cool and serve with Greek yoghurt and fresh fruit (optional).

Granola will last 1 1/2 weeks in an airtight container.

Calories	315
Protein	10
Carbs	44
Fats	11
Fibre	5





SMOKED SALMON EGG SCRAMBLE

SERVES: 4
TOTAL TIME: 20 minutes



INGREDIENTS

10 eggs
125ml milk
2 stalks spring onions, chopped
salt and cracked pepper
2 tbsp butter
450g smoked salmon, chopped into small pieces

INSTRUCTIONS

Start by whisking together the eggs, milk, 3/4 of the spring onion, salt and cracked pepper.

Heat the butter in a large non-stick frying pan over medium heat. Add the eggs and gently fold them around the pan. When the eggs are half way to cooked, stir through the salmon.

Remove from the heat when the eggs are just slightly underdone.

Divide on four plates and top with extra chopped spring onion.

Calories	483
Protein	58
Carbs	2
Fats	27
Fibre	0



SIDES



CREAMY SPINACH

SERVES: 3

TOTAL TIME: 15 minutes



INGREDIENTS

280g baby spinach
1/2 brown onion, diced
1 tbsp butter
1 clove garlic
60ml milk
40ml heavy cream
1 tbsp flour
1 tsp nutmeg
Salt and cracked pepper
60g parmesan

INSTRUCTIONS

Bring a large pot of salted water to boil and cook spinach for about 30 seconds. Drain and place in a bowl of iced water to cool it down. Once cold, drain and use your hands to squeeze out as much excess water from the spinach as you can.

Bring a medium-large frying pan to medium heat, add butter and onion and cook for 3-4 minutes or until onion is soft. Add the garlic and heat for another 1 minute before adding milk, cream, flour, nutmeg, salt and cracked pepper.

Once thickened slightly, add the spinach and parmesan and stir to combine.

Feel free to add extra parmesan when serving.

Calories	263
Protein	16
Carbs	16
Fats	15
Fibre	8





LOADED MASHED POTATO

SERVES: 3

TOTAL TIME: 30 minutes



INGREDIENTS

- 3 rashers bacon, cooked and crumbled
- 700g potatoes, chopped
- 60g butter
- 60ml milk
- 1 avocado, mashed
- 1 clove garlic, minced
- 1 tsp chilli flakes
- 1 tbsp spring onions, chopped

INSTRUCTIONS

Preheat oven to 200 /395 /Gas 6. Line a baking tray with foil, place bacon rashers on the tray and cook for 15-20 minutes or until crispy.

Place potatoes in a large pot of salted water. Bring to a boil and cook for 15-18 minutes, or until the potatoes have softened and can be easily pierced with a fork.

Meanwhile, melt butter with milk, either in the microwave or on the stove.

Once the potatoes are cooked, drain, return to the pot and mash. Pour butter and milk over the potatoes and stir through until nice and creamy. Season well with salt and cracked pepper.

In a separate bowl, mash avocado with garlic and chilli flakes.

Top potato with avocado mash, crumbled bacon and spring onions.

Calories	409
Protein	10
Carbs	27
Fats	29
Fibre	8





BROCCOLI SALAD

SERVES: 6

TOTAL TIME: 25 minutes



INGREDIENTS

200g quinoa (uncooked)

60g Brazil nuts, sliced

700g broccoli (2 large or 3 medium heads)

3 tbsp fresh basil, chopped

For the honey mustard dressing:

60g Dijon mustard

3 tbsp honey

60ml olive oil

40ml apple cider vinegar

2 tbsp lemon, juiced

1 clove garlic, minced

Sea salt and cracked pepper

INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater (because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss well to combine.

Calories	294
Protein	11
Carbs	40
Fats	10
Fibre	7





EDAMAME AND MINT SALAD

SERVES: 4
TOTAL TIME: 25 minutes



INGREDIENTS

500g frozen edamame
150g frozen peas
60ml olive oil
1 lemon, finely zested and juiced
1/2 tbsp olive oil
15g mint leaves
100g Persian feta, crumbled

INSTRUCTIONS

Bring a pot of salted water to boil, add edamame and peas. Cook for about 4 minutes or until peas are vibrant and bright green. Drain and immediately rinse under cold water before peeling the edamame.

Meanwhile, in a small dish, whisk together the lemon zest, lemon juice and olive oil.

Assemble the edamame and peas on a serving plate, drizzle lemon dressing on top and toss to combine.

Top with torn mint leaves and chunks of Persian feta.

Calories	386
Protein	22
Carbs	25
Fats	22
Fibre	3





BBQ CORN

SERVES: 4

TOTAL TIME: 20 minutes



INGREDIENTS

4 corn cobs
4 tbsp pesto sauce
60g cheddar cheese
60g parmesan cheese
salt and cracked pepper

INSTRUCTIONS

Preheat grill to high heat. Add corn and cook, turning regularly, for about 10 minutes or until charred all over.
Spread 1 tbsp of pesto on each cob, sprinkle with cheese and season with salt and pepper.

Calories	324
Protein	15
Carbs	25
Fats	18
Fibre	3



MAINS



BANGKOK BOLOGNESE

SERVES: 6

TOTAL TIME: 40 minutes



INGREDIENTS

200g spaghetti (gluten-free if required)

1 tbsp olive oil

3 stalks spring onion, diced

1 long red chilli, diced

1 clove garlic, minced

1 red bell pepper,

diced

350g beef mince

4 tbsp red curry paste

300ml coconut cream

15g coriander, leaves picked

INSTRUCTIONS

Start by cooking the spaghetti according to packet instructions. Drain and set aside.

Meanwhile, heat the oil in a large saucepan over medium-high heat.

Add the spring onion and chilli and cook for 3 minutes.

Add the garlic and red bell pepper and cook for another 2 minutes.

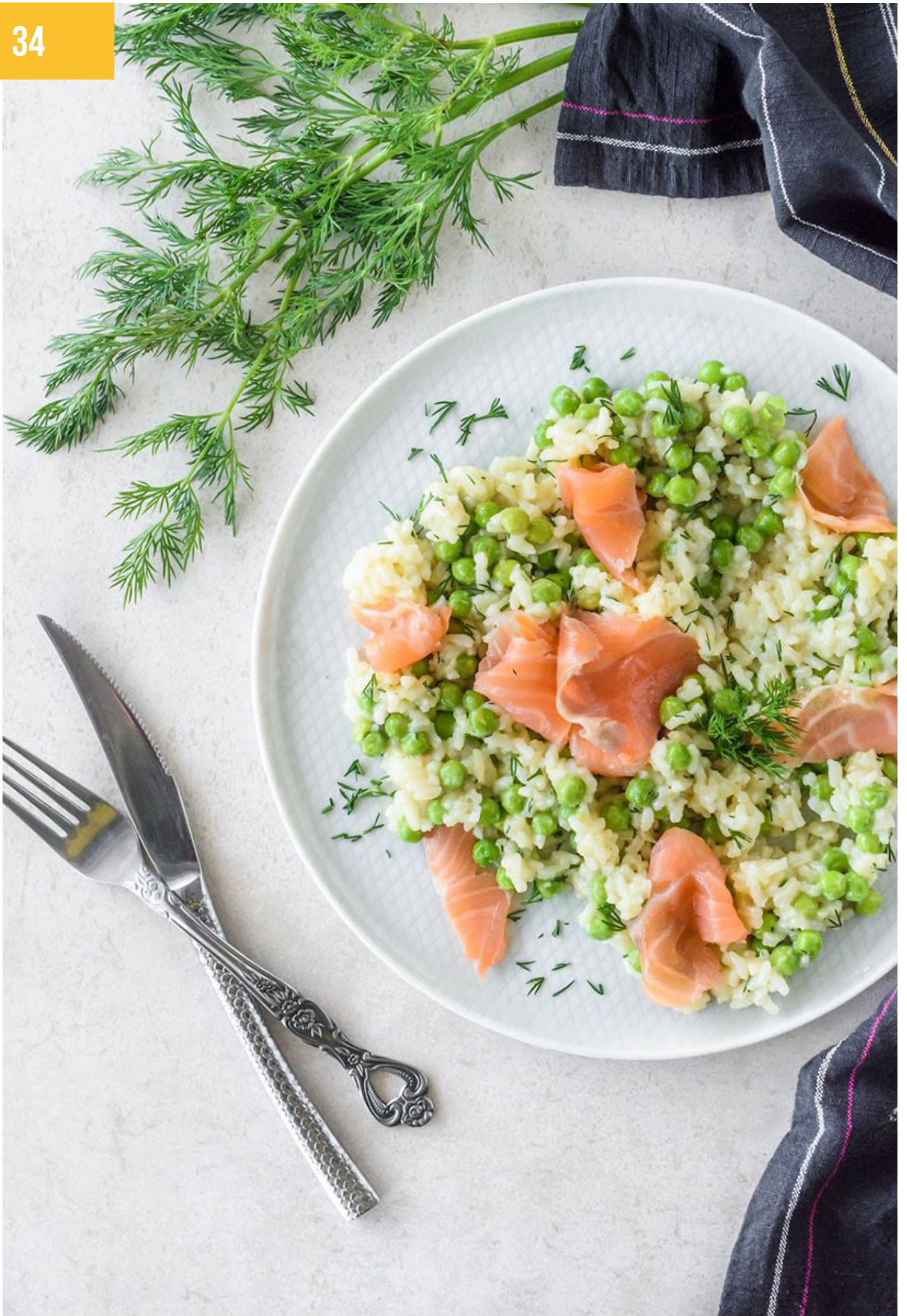
Next, add the beef and curry paste and cook for 5-7 minutes or until beef is browned.

Stir through the coconut cream and allow to simmer for 10-15 minutes or until thickened. Add the cooked pasta and toss to combine.

Divide between 4 bowls and top with fresh coriander.

Calories	560
Protein	23
Carbs	36
Fats	36
Fibre	2





SALMON RISOTTO

SERVES: 4

TOTAL TIME: 40 minutes



INGREDIENTS

- 1 tbsp olive oil
- 1 brown onion, diced
- 2 cloves garlic, minced
- 200g arborio rice
- 500ml vegetable stock
- 200g peas
- 1/2 lemon juiced and zested
- 10g dill, finely chopped
- 250g smoked salmon

INSTRUCTIONS

Heat half the olive oil in a large frying pan. Add the onion and garlic and cook for 5 minutes or until onion is translucent.

Add the rice and cook, stirring continuously for 2 minutes. Add the stock and bring to a boil. Reduce the heat and simmer, cover and cook for 10 minutes. You may need to give it a couple of stirs to stop it from sticking.

Stir through the peas and cook for another 5 minutes or until all the water has absorbed.

In a small bowl, whisk together the remaining olive oil, lemon juice, lemon zest, dill, salt and cracked pepper.

Remove risotto from the heat and stir through the lemon dressing.

Divide between 4 bowls and top with shreds of smoked salmon.

Calories	451
Protein	30
Carbs	49
Fats	15
Fibre	4





GINGERY CHICKEN WINGS

SERVES: 5

TOTAL TIME: 1 hour (plus 8 hours overnight)



INGREDIENTS

1kg chicken wings

For the sauce:

80ml tamari

1 tsp ground ginger

1/2 tsp ground garlic

3 tsp honey

1 1/2 tbsp tomato sauce

1 1/2 tbsp lime juice

INSTRUCTIONS

Start by mixing all the sauce ingredients together.

Place the chicken wings in a large dish, pour the sauce all over, cover and leave in the fridge for at least four hours, or ideally overnight.

Preheat oven to 190°C/375°F/Gas 5. Line a large ovenproof dish with baking paper.

Transfer the wings to the ovenproof dish, brushing the chicken wings with any extra sauce. Place in the oven and cook for 1 hour or until wings are crispy.

Calories	261
Protein	21
Carbs	6
Fats	17
Fibre	0





ROAST CHICKEN FRIED RICE

SERVES: 4
TOTAL TIME: 40 minutes



INGREDIENTS

250g brown rice (uncooked)
1 tbsp coconut oil
1 brown onion, diced
1 clove garlic, diced
300g frozen vegetable mix
1 egg
350g roast chicken, pulled
1 tbsp tamari
1/2 tbsp sriracha

INSTRUCTIONS

Start by cooking the rice according to packet instructions.

Meanwhile, bring a large wok to medium high heat, add coconut oil and onion and cook for 4-5 minutes or until onion has softened.

Next, add the garlic and vegetables and cook for another five minutes.

Meanwhile, crack the eggs into a small bowl and whisk. Transfer the eggs to a medium sized fry pan and cook like an omelette. Remove from the pan, chop into bite sized pieces and add to the wok.

Add the pulled roast chicken, sriracha and tamari and heat through.

Divide into 4 bowls and serve hot.

Calories	432
Protein	28
Carbs	53
Fats	12
Fibre	8





RIGATONI BAKE

SERVES: 4

TOTAL TIME: 60 minutes



INGREDIENTS

400g rigatoni (gluten-free if required)
1 1/2 tbsp olive oil
1 red onion, diced
1 x (400g) tin kidney beans
300ml passata
250ml vegetable stock
1 tbsp Italian herbs
2 tbsp fresh basil, chopped
70g panko breadcrumbs

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. At the same time bring a large pot of salted water to boil.

Next, grease a baking dish with cooking spray.

Cook pasta according to packet instructions. Once cooked, drain and set aside.

Meanwhile, heat half the oil in a medium frypan. Add onion and kidney beans and cook for 5 minutes or until soft. Pour in the passata, stock and Italian herbs. Bring to a boil then remove from heat.

Stir through the pasta before transferring to the baking dish.

In a small bowl, toss breadcrumbs with remaining olive oil. Sprinkle over pasta and bake for 25 minutes.

Sprinkle with chopped basil before serving.

Calories	543
Protein	21
Carbs	94
Fats	7
Fibre	8





CHEESY MEATBALLS

SERVES: 6

TOTAL TIME: 50 minutes

INGREDIENTS

450g beef mince
4 cloves garlic, minced
1 tbsp dried oregano
salt and cracked pepper
2 tsp chilli paste
50g parmesan cheese, grated
100g bread crumbs (gluten free if required)
2 eggs
250ml milk
1 tbsp olive oil
600ml passata
200g mozzarella cheese, grated

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/ Gas 6.

Add the beef, garlic, oregano, salt, pepper, chilli paste, parmesan cheese, bread crumbs, egg and milk to a large bowl and mix well to combine.

Roll the mixture into 15-20 balls.

Next, heat the oil in a large frying pan and cook the meatballs for 3-4 minutes. All you're doing for now is browning the outside, as they will continue to cook in the oven.

Add a few spoonfuls of passata to the bottom of an oven-proof casserole dish. Then, lay the meatballs in the dish.

Pour the rest of the sauce all over, top with mozzarella and sprinkle with a little extra oregano, salt and cracked pepper.

Cover with foil and cook for 30 minutes or until cheese has melted and sauce is bubbling.

Serve hot.

Calories	386
Protein	24
Carbs	23
Fats	22
Fibre	0





TEX MEX TOFU

SERVES: 4

TOTAL TIME: 40 minutes



INGREDIENTS

- 2 large sweet potato, cut into small cubes
- 2 large courgette, cut into small cubes
- 2 red bell peppers, cut into small cubes
- 1 red onion, sliced
- 1 tbsp olive oil, divided
- 500g tofu, sliced
- 1 pack tex mex seasoning
- For the dressing:
 - 250ml Greek yoghurt
 - 1/2 bunch coriander, leaves picked
 - 2 tbsp lemon juice
 - 1 clove garlic, minced

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line 2-3 baking trays with baking paper.

Lay the sweet potato on one and the courgette, bell pepper and onion on the others. Drizzle the trays with 2 tsp olive oil and season with salt and cracked pepper. Cook for 30-35 minutes or until tender.

Meanwhile, make the dressing by mixing all the ingredients together. Set aside.

Rub the tex mex seasoning into the tofu. Add the remaining olive oil to a large frying pan or grill plate, bring to medium-high heat and add tofu. Cook for 5-7 minutes each side.

Divide cooked vegetables on four plates, top with tofu and yoghurt dressing.

Calories	370
Protein	20
Carbs	41
Fats	14
Fibre	8





HOKKIEN NOODLES

SERVES: 3

TOTAL TIME: 35 minutes



INGREDIENTS

For the sauce:

2 tbsp lime, juiced

1 1/2 tbsp peanut butter

1 tbsp tamari

1/2 tsp chili flakes

For the noodles:

450g fresh rice noodles

2 tsp coconut oil

1 red onion, diced

4 spring onions, diced

1 tsp ginger, minced

1 carrot, cut into matchsticks

1/2 courgette, cut into matchsticks

50g mushrooms, chopped

80g bean sprouts

INSTRUCTIONS

Start by mixing all the sauce ingredients together really well. Set aside.

Cook the noodles according to packet instructions. Drain and set aside.

Next, in a large wok, heat the coconut oil. Add the onion, spring onions and ginger and cook for 1-2 minutes.

Add the carrot and courgette and cook for 5 minutes. Throw in the mushrooms and cook for another 2 minutes.

Finally, add the cooked noodles and sauce. Stir through and heat for another 2-3 minutes.

Remove from the heat, divide into four bowls and top with bean sprouts.

Calories	327
Protein	9
Carbs	48
Fats	11
Fibre	5





CHICKEN MEATBALLS

SERVES: 15
TOTAL TIME: 50 minutes



INGREDIENTS

500g chicken mince
2 tbsp olive oil
25g sundried tomatoes
10g fresh basil
1 tsp onion powder
1 egg
50g panko bread crumbs
45g parmesan cheese, finely grated
salt and cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Mix all the ingredients together in a large bowl.

Roll into bite-sized balls and place on the baking tray.

Place in the oven and cook for 25-30 minutes or until cooked through and golden.

Serve with sweet chilli sauce or chutney.

Calories	98
Protein	9
Carbs	3
Fats	6
Fibre	0





VEGETARIAN ROGAN JOSH

SERVES: 4

TOTAL TIME: 45 minutes



INGREDIENTS

- 2 tbsp olive oil
- 1 medium butternut squash, cut into small chunks
- 1 brown onion, diced
- 1 head broccoli, florets chopped
- 1 large carrot, sliced
- 2 cloves garlic, minced
- 3 tbsp rogan josh paste
- 1 x (400g) tin chickpeas
- 1/2 bunch coriander, leaves picked
- 250g natural yoghurt

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the butternut squash in 1 tbsp olive oil and lay on the baking tray. Place in the oven and cook for 30-35 minutes.

Meanwhile, heat the remaining olive oil in a large fry pan. Add the onion and cook for 5 minutes or until translucent. Add the broccoli and carrot and cook for 2-3 minutes.

Next, add the garlic, rogan josh paste, chickpeas (including the liquid) and 175ml water.

Place the lid on and cook for 15 minutes, stirring occasionally. Take the lid off and cook for another 5-10 minutes or until thickened.

Stir through the sweet potato and remove from the heat.

Serve with yoghurt and fresh coriander.

Calories	415
Protein	20
Carbs	44
Fats	18
Fibre	13





RED CURRY CHICKEN

SERVES: 4

TOTAL TIME: 30 minutes



INGREDIENTS

300g fresh rice noodles

1 tbsp olive oil

4 chicken thighs

2 tbsp honey

For the curry sauce:

2 tbsp red curry paste

1 clove garlic, minced

3 spring onion, diced

125ml chicken stock

200ml coconut milk

INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Place the chicken thighs in a large frying pan, skin side down. Drizzle with olive oil, salt and cracked pepper. Turn the chicken thighs every minute or so for about 15 minutes or until cooked. Half way through cooking, drizzle both sides of the chicken with honey.

Meanwhile, make the curry sauce by heating all ingredients in a small saucepan. Allow to simmer for about 5 minutes but don't let it boil.

Divide the noodles between 2 bowls, top with chicken and drizzle with curry sauce.

Calories	413
Protein	20
Carbs	30
Fats	24
Fibre	3





PRAWN AND BLACK RICE SALAD

SERVES: 2
TOTAL TIME: 50 minutes



INGREDIENTS

- 150g black rice
- 1 orange
- 150g cooked prawns
- 1 sticks celery, sliced
- 3 spring onions, sliced
- 1 teaspoon olive oil
- 100g edamame
- 1 teaspoon black sesame seeds

INSTRUCTIONS

Cook the rice according to packet instructions. Set aside to cool once cooked.

Peel the orange and cut out segments. Tip into a bowl and squeeze any remaining juice, then add prawns, celery, spring onions, oil and edamame. Season with salt and toss with cooked rice.

Serve on plates, and garnish with the sesame seeds.

Calories	389
Protein	28
Carbs	58
Fats	5
Fibre	9





CHICKEN COBB SALAD

SERVES: 4

TOTAL TIME: 30 minutes



INGREDIENTS

170g boneless chicken breast
3 tablespoons sunflower oil, divided
3 tablespoons chilli powder
1 pinch salt
3 tablespoons apple cider vinegar
3 tablespoons ketchup
4 teaspoons honey
720g lettuce leaves, chopped
1 bacon rasher, cooked, crumbled
1/2 medium avocado, diced
60g black beans, drained and rinsed
150g frozen corn
150g tomatoes, chopped

INSTRUCTIONS

Preheat a heaving frying pan or grill pan over medium heat. Drizzle the chicken with 1 teaspoon of oil and sprinkle all over with 2 teaspoons of chilli powder and the salt. Grill, flipping occasionally, until the chicken is cooked through, about 15 minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Chop into bite-size pieces.

In a small bowl, whisk together the vinegar, ketchup and honey until smooth. Whisk in the remaining oil.

Divide the lettuce on plates. Arrange the chicken in a line over the lettuce. Add the bacon, avocado, beans, corn and tomatoes over the lettuce.

Drizzle with dressing and serve.

Calories	426
Protein	26
Carbs	31
Fats	22
Fibre	6





SALMON BURGER

SERVES: 4

TOTAL TIME: 30 minutes



INGREDIENTS

500g white potatoes
400g salmon fillet
2 teaspoon olive oil
2 tablespoons fresh parsley
1 teaspoon salt and pepper
50g wholemeal flour
lemon wedges
green salad (to serve)
4 buns
4 tablespoon tartar sauce
optional burger toppings - lettuce tomato, onion, pickles,
ketchup, mustard, mayo

INSTRUCTIONS

Place the potatoes in a large pan and cover with boiling water. Cook for 10-15 minutes until soft. Drain and mash.

Meanwhile, heat your grill to medium hot. Drizzle a little olive oil over salmon. Grill salmon for 3 minutes on each side. Remove salmon from the grill and put on a plate.

Flake the fish and add it to the mashed potato. Add parsley, lemon juice, salt and pepper and gently mix together. Shape burgers into 4 balls (or 6). Tip the wholemeal flour into a plate and gently roll the burgers until evenly coated.

Preheat the oven to 150°C/300°F/gas 2.

Heat olive oil in a large non-stick frying pan and cook for 2-3 minutes until burgers a brown crust. Flip over and repeat on the other side. Put the burgers on a plate in the oven to keep warm.

Serve the burgers on hamburger buns with tartar sauce or hamburger toppings.

Calories	429
Protein	27
Carbs	51
Fats	13
Fibre	6





QUICK AND EASY TUNA QUICHE

SERVES: 4
TOTAL TIME: 55 minutes



INGREDIENTS

250g tuna in springwater
200g mushrooms, sliced
3 eggs
250ml milk
100g Swiss cheese
salt and pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly grease an oven dish with cooking oil spray.

Drain the tuna and transfer to the dish along with the mushrooms (make sure you break the tuna up with a fork into flakes).

Season with salt and cracked pepper.

Whisk eggs and milk in a separate bowl and stir the cheese through. Pour over the tuna and mushrooms and bake for 30-35 minutes or until fully cooked through.

Serve immediately with an easy green salad.

Calories	306
Protein	38
Carbs	7
Fats	14
Fibre	1



DESSERTS



FRUITY MUFFIN

SERVES: 1

TOTAL TIME: 10 minutes



INGREDIENTS

- 100g mixed berries
- 2 tsp maple syrup
- 1/4 tsp cinnamon
- 1 English muffin, toasted
- 30g cream cheese
- 1 tsp coconut sugar

INSTRUCTIONS

Mix berries, maple syrup and cinnamon in a small bowl.

Once your muffin is toasted, place on a dessert plate and spread cream cheese on both sides.

Top with berry mix and sprinkle with coconut sugar.

Calories	351
Protein	6
Carbs	57
Fats	11
Fibre	8





PEANUT BUTTER PROTEIN COOKIES

SERVES: 12
TOTAL TIME: 15 minutes



INGREDIENTS

240g runny peanut butter
120g coconut sugar
2 large eggs
50g chocolate protein powder (vegan if required)
Sprinkling sea salt

INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Place all ingredients (except sea salt) into a medium-sized bowl and combine.

Spoon out 1 1/2 tbsp of dough at a time and roll into a ball. Flatten between your palms to create a cookie shape and place on the baking tray.

Sprinkle with a little sea salt.

Bake for 8-10 minutes or until the edges begin to turn golden brown.

Let cool for 10 minutes before transferring to a cooling rack.

Calories	182
Protein	10
Carbs	12
Fats	10
Fibre	0





GREEK YOGHURT TART WITH MANGO

SERVES: 8
TOTAL TIME: 40 minutes



INGREDIENTS

190g almond meal
2 tbsp coconut sugar
Pinch of sea salt
3 tbsp coconut oil, melted
1 egg white
285g Greek yoghurt
3 tbsp honey
260g mango

INSTRUCTIONS

Preheat the oven 180°C/350°F/Gas 4. Spray a round tart pan with a removable bottom with cooking spray.

In a food processor, pulse the almond meal with the coconut sugar and salt until finely ground. Add the coconut oil and egg white and pulse until everything is evenly coated and sticking together. Press the crumbs evenly over the bottom and up the sides of the tart pan.

Bake for about 15-20 minutes, until the crust is lightly browned. Let the crust cool completely.

In a medium bowl, mix the yoghurt with the maple syrup.

Spread the yoghurt in the crust and arrange the berries over the surface of the yoghurt.

Cut the tart in slices and serve.

Calories	302
Protein	8
Carbs	18
Fats	22
Fibre	3





CARROT CAKE OATMEAL SLICE

SERVES: 10
TOTAL TIME: 60 minutes



INGREDIENTS

100g instant oats
90g whole wheat flour
1 ½ tsp baking powder
1 tsp ground nutmeg
1 tsp ground cinnamon
2 tbsp coconut oil, melted
1 egg
1 tsp vanilla extract
120ml maple syrup
1 medium carrot, peeled and grated

INSTRUCTIONS

Preheat the oven to 180°C/350°F/Gas 4. Line a 2.5cm-5cm baking tray with baking paper.

Whisk together the oats, flour, baking powder, nutmeg and cinnamon. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Once combined, stir in the maple syrup. Add in the flour mixture, stirring until just combined. Finally, fold in the carrots. Chill the dough in the fridge for 40-45 minutes.

Transfer the mixture into the tray and smooth with the back of a spoon. Bake for 12-15 minutes.

Cool for 15 minutes before transferring to a cooling rack.

Calories	148
Protein	3
Carbs	25
Fats	4
Fibre	2





CHOCOLATE BANANA BREAD WITH DULCE DE LECHE CREAM

SERVES: 6
TOTAL TIME: 1 hour



INGREDIENTS

70g all-purpose flour
50g cocoa powder
75g dulce de leche cream, melted,
plus more for drizzle (3 tablespoons)
150g sugar
1 teaspoon baking soda
3/4 teaspoon baking powder
1/2 teaspoon salt
300g mashed bananas
125ml vegetable oil
2 eggs
1 teaspoon vanilla extract

INSTRUCTIONS

Preheat oven to 175°C/350°F/gas 4. Line a large loaf pan with parchment paper. Set aside.

In a large bowl, mix together the slightly melted dulce de leche, sugar, mashed bananas, vegetable oil and eggs.

After mixing, stir in cocoa, baking powder, soda, salt and vanilla. Add flour and stir.

Pour into loaf pan and bake for 50 minutes, until knife inserted in the center of the loaf comes out clean.

Cool on a wire rack for 20 minutes.

When bread has cooled, drizzle with dulce de leche cream and serve.

Calories	485
Protein	5
Carbs	60
Fats	25
Fibre	4





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COACH CRESSWELL'S RECIPE BOOK