



## Coffee Chocolate Morning Wakeup Call

Serves 2

### Ingredients:

- 3 shots (decaffeinated) espresso, chilled or 3 tablespoons (decaffeinated) instant coffee
- 1 cup milk
- 1 cup ice
- 1 cup pear, roughly chopped
- ½ cup cashew nuts
- ½ cup oats (gluten free)
- 1 to 2 tablespoons maple syrup (optional)
- 25gms SP chocolate protein powder

### How to Make:

1. Place all of the ingredients into a blender and blend until smooth, serve.

## Salmon with Garlic Mushrooms & Broccolini

Serves 4

### Ingredients:

#### *For the salmon*

- 4x 6oz wild salmon fillets
- Extra virgin olive oil, for drizzling
- ¼ teaspoon dried chili flakes
- 1 teaspoon ground paprika
- Sea salt and freshly ground black pepper
- 1 lime, juice only

#### *For the mushrooms and broccolini*

- 2 tablespoon olive oil
- 2 cups button mushrooms, sliced or quartered
- 4 cups broccolini
- 4 garlic cloves, peeled and minced
- 2 tablespoons freshly chopped parsley

### How to Make:

1. Pre-heat oven to 380°F
2. Place the salmon fillets onto a lightly oiled baking tray.
3. Drizzle over the olive oil, then sprinkle with the chili flakes, paprika and season with salt and pepper.
4. Pop the tray into the oven and bake for 10 minutes, or until cooked through.
5. Remove from the oven and squeeze over the lime juice.
6. While the salmon is cooking, heat the oil in a large frying pan over a medium high heat on the stove.
7. Add the mushrooms and stir-fry for 5 minutes.
8. Add the broccolini and stir-fry for approximately 2 minutes or until cooked to your liking.
9. Finish by adding the minced garlic and cooking for a further for 1 minute, then stir in the parsley.
10. Serve immediately with the salmon.

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## Frittata

Serves 4

### Ingredients:

- 1 tablespoon olive oil
- 1 green onion, roughly chopped
- ½ cup cherry tomatoes, cut in half
- ½ teaspoon turmeric powder
- 1 cup baby spinach leaves
- 6 eggs (cage free if possible)
- ½ cup Greek yogurt
- 1 teaspoon chopped dill
- 1 teaspoon chopped parsley
- 1 teaspoon chopped oregano
- Sea salt
- Freshly ground black pepper
- ¼ cup blue cheese, crumbled
- 1 tablespoon chopped walnuts

### How to Make:

1. Pre-heat oven to 360°F
2. Take medium size skillet and place over a medium hot stove.
3. Add the oil, then add the chopped green onions and tomatoes, cook for 2 minutes, then add the turmeric and spinach leaves, cook for a further 2 minutes.
4. Take a medium size bowl and whisk the eggs, yogurt, chopped herbs and seasoning together, then pour into the skillet.
5. Using a spatula, draw the edges into the middle a couple of times and cook until the eggs begin to set around the edges, around 4 mins.
6. Sprinkle over the cheese and walnuts and pop into the oven to finish cooking around 8 to 10 minutes.
7. Remove from the oven, leave to cool for a few minutes then gently slide onto a chopping board and cut into 4 wedges, serve with a big green salad.

## Tahini Apple Porridge

Serves 4

### Ingredients:

- 2 cups old fashioned oats
- 2 cups almond milk
- 2 cups water
- 1 tablespoon tahini
- 1 honey crisp or gala apple (or you chose your favorite apple). Thinly sliced
- ¼ cup crushed pistachio nuts

### How to Make:

1. Place the oats, milk and water in a pan.
2. Cook over a medium heat for 6 minutes, stirring gently, until thick and creamy.
3. Divide between two bowls.
4. Drizzle with the tahini and top with the sliced apple and crushed pistachio nuts, serve.