MOVE OVER SUGAR

Over 50 sweet recipes from MNB & the sporty sisterhood

#moveoversugar
Lorna Jane inspires women to live their best life through **ACTIVE LIVING**. It is at the heart of EVERYTHING we do. Simply put, Active Living is getting more out of your life by giving more of yourself each day. Active Living allows you to create a life based on what really matters to you and it allows you to be authentically yourself. We believe in a three pillared daily practice of **MOVE NOURISH BELIEVE** and it is this mantra together with our award winning activewear that encourages and motivates women to be the best they can be. Lorna Jane is not simply a clothing label, it is a way of life.

**MOVE your body every day**

**NOURISH from the inside out**

**BELIEVE in yourself and that anything is possible with enough hard work**

**MOVE NOURISH BELIEVE** is forever embedded in our DNA and is woven into every garment we create, so you can continually be inspired to embrace an active life.

*For more inspiration go to*  movenourishbelieve.com or lornajane.com
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We all love to treat ourselves from time to time, we deserve it! We also believe in nourishing our bodies the ‘right’ way, and that includes opting to sweeten up our treats — naturally.

For all you sweet-toothed sisters out there, this eBook is dedicated to you. We’ve filled it with handy tips for going sugar-free and nourishing recipes that will take you from breakfast to post-workout. Use these recipes as inspiration to experiment with your own delicious sugar-free creations — you may need to tweak the measurements and ingredients to your liking.

THE LOWDOWN ON SUGAR

Do you crave sugary treats after dinner?
Is chocolate the first thing you reach for when you are stressed out and emotional?
You might just be a sugar junkie.

There is nothing wrong with enjoying the odd sweet treat every now and again (the MNB team are certainly guilty). But those of us with a sweet tooth can often overdo it, and rely too heavily on sugary food to curb that craving, to give us an energy boost, or even to improve our mood. Let’s be honest, it may seem like a good idea, but very soon those cravings will return, accompanied by lethargy, moodiness, and to top it off, you will be back right where you started – wanting more sugar.

Now, don’t get me wrong, not all sugars are ‘bad’, in fact, sugar is critical for adequate metabolic function, to prevent stress on the body, and to avoid the depletion of critical cellular components. But as you may know, sugar comes in a wide variety of foods – from natural plant based foods such as fruits, grains and starchy vegetables, to animal foods such as cheese and milk, as well as processed and refined foods such as cakes, biscuits, and chocolate. It is the processed and refined sources that we should be avoiding.

SO WHY SHOULD WE AVOID REFINED SUGAR?

Any sugar that is unrecognizable from its natural form should be avoided. Conventional sugar is generally processed through extreme heat treatments, chemical purification, and bleaching. Even brown sugar should be avoided, as it is generally white, refined sugar that has either had molasses added back into it to make it brown, or is artificially colored. The end product of this sugar is therefore nutrient-empty, calorie dense and chemical laden.

Refined sugars are extremely easily digested and absorbed straight into our blood stream, causing elevated blood glucose levels. High blood glucose levels put a massive strain on our organs and body’s systems, causing wear and tear, aging our body and decreasing its functional ability. Not only this, but excess sugar consumption has been associated with contributing to weight gain, compromising immunity and tooth decay, among other consequences.
THE AMOUNT OF FOODS CONTAINING SUGAR IS CRAZY TOWN.

If your food is packaged, it is likely to contain added sugar. This includes ready-made sauce and salad dressing, bread, breakfast cereal, muesli bars, potato chips... the list goes on. When you sit back and think about what you eat on a typical day, you may be surprised at how much sugar you are actually consuming.

For example: muesli for breakfast, fruit for morning tea, a salad sandwich with cheese and sauce for lunch, crackers and dip for afternoon tea, cheesy tuna pasta for dinner, and ice cream for dessert – all of these things contain sugar. You can see how easy it is to consume a ton of sugar, and just how quickly it adds up.

Here at MNB, we don’t believe in demonizing foods, as we see the benefit in eating all foods sensibly, and prefer to swap highly processed and refined foods with their ‘real’ and ‘whole’ food counterparts.

For some of you it may mean cutting out all refined sugar and processed foods from your diet. Others, who wish to take it a step further, may want to reduce their consumption of sugars from all food sources.

Here are some steps that can help you eliminate refined and processed sources of sugar:

1. THROW OUT ALL THE PROCESSED FORMS OF SUGAR IN YOUR PANTRY. NO MORE WHITE/BROWN/RAW PACKETS OF SUGAR, MUESLI BARS, CEREALS, BISCUITS, CAKES, CRACKERS, DIPS ETC READ EVERY SINGLE INGREDIENTS LIST – AND DISCARD EVERYTHING THAT CONTAINS SOME FORM OF REFINED SUGAR (INCLUDING GLUCOSE, FRUCTOSE, MALTOSE, DEXTROSE, INVERT SUGAR, LACTOSE, AGAVE NECTAR, MALT SYRUP, SYRUP ETC.)

2. PLAY SWAPSIES. SWAP THOSE BAD SOURCES OF SUGAR FOR NATURAL ONES. HONEY, RAPADURA, COCONUT SUGAR, FRESH DATES AND FRESH FRUIT WILL BECOME YOUR BEST FRIEND.

3. EXPERIMENT WITH MAKING YOUR OWN TREATS USING NATURAL FORMS OF SUGAR. PUT A HEALTHY SPIN ON YOUR FAVORITE SWEET TREATS, AND SUBSTITUTE THE SUGAR FOR NATURAL ALTERNATIVES.

4. HAVE REGULAR MEALS PACKED FULL WITH PROTEIN, HEALTHY FATS AND VEGGIES. THESE MEALS WILL SUSTAIN YOU, MAINTAIN STABLE BLOOD GLUCOSE LEVELS, KEEP YOU FEELING SATIATED FOR LONGER, AND PREVENT YOU FROM REACHING FOR THE COOKIE JAR.

5. BE PREPARED. PLAN YOUR MEALS, PARTICULARLY YOUR LUNCHES, SO YOU ARE NOT FORCED TO EAT OUT OR CHOOSE UNHEALTHY, SUGARY CHOICES.

6. BE ORGANIZED. ALWAYS HAVE FRESH FRUIT AND NUTS HANDY FOR WHEN YOU GET PECKISH BETWEEN MEALS.

7. SPICE THINGS UP. USE SPICES TO GIVE THE ‘ILLUSION’ THAT A FOOD IS SWEETER THAN IT REALLY IS – VANILLA, CINNAMON, NUTMEG AND CARDAMOM.
The MNB approved sweet list.
We love working with what nature has given us, which is why we adore honey. This natural sweetener made the top spot on our list, being the least processed sweetener of all. Honey is made by bees from the nectar of flowers. A ready-made sweetener with powerful medicinal properties, it contains an abundance of vitamins and minerals – look out for the organic ‘raw’ honey brands or get some from your local farmers’ market.

Rapadura is our active chef Rhi’s favorite! Rapadura is basically dehydrated pure sugar cane juice – limited processing means it has all the vitamins and minerals intact! It is not only a balance of the natural sugars glucose, sucrose and fructose, but it is produced organically with no chemicals or anti-caking agents. Nothing is taken away or re-blended; it is a wholefood product!

Dates pack a real nutritional punch, being high in both soluble and insoluble fibre, as well as many vitamins and minerals including potassium and magnesium. Dates can either be bought fresh (the medjool variety is the most common) or dried, and are great to use in raw desserts to not only add sweetness, but to bind together the dry ingredients. Dates have a beautiful, rich caramel flavour.

Coconut sugar is produced from the sap of cut flower buds of the coconut palm with minimal processing. The sap is collected and heated to evaporate the water which is then reduced into a crystalline granulated form. Coconut sugar is naturally low-GI and a nutrient rich source of magnesium, potassium, zinc and iron.

Stevia is a sweet-leafed plant of the chrysanthemum family. The leaves of the stevia plant have incredible sweetness - 300 times sweeter than sugar! It has zero calories so it won’t spike your body’s blood glucose levels like other sweeteners and it’s great for diabetics or those who may be on a calorie-controlled diet. You can use the leaves of the stevia plant and put them straight into your tea to sweeten it.

Maple syrup hails from the sap of maple trees, collect and boiled to extract a distinctive flavour. Maple syrup contains fewer calories than honey, with a higher concentration of minerals such as zinc, calcium and manganese. Make sure you look for 100% maple syrup, not maple-flavoured syrups. You can find authentic pure maple syrup in health food stores.

Molasses is derived from sugarcane, as a byproduct of the processing and refinement of table sugar. Molasses is extremely nourishing, containing a large amount of minerals such as iron, potassium and copper, with health benefits such as improved digestion. The darker the color of the molasses, the more minerals it contains.

**FUN FOODIE FACT:** Did you know that agave syrup isn’t actually as healthy as you think? The sugar industry promotes the syrup as a reputable natural sweetener but the fact is it holds the same nutritional value as high fructose corn syrup, which is cheaply made and processed. Not to mention that it will give you a huge sugar spike and send your blood sugar levels through the roof!
One of the biggest challenges we face when going sugar-free is preventing ourselves from falling off the bandwagon. When we started this challenge we wanted to make a positive lifestyle change, and incorporate some of the lessons we learned into long-term habits. We feel good when we eat sugar-free and we want to continue being a better, healthier version of ourselves for LIFE.

But being completely sugar-free may not necessarily be the most sustainable option, one that you can be successful with for the rest of your life.

In order to be successful in making a positive lifestyle change, we need to have realistic goals and expectations for ourselves. You may need to work out some guidelines. Is eating cake at a friend’s birthday party acceptable? Is having a healthy homemade treat once per day acceptable? Figure out what you feel comfortable with to avoid setting yourself up for failure.

“Big things often have small beginnings”
— Lorna Jane Clarkson —

REFLECT ON HOW FAR YOU’VE COME

Look back to the start of your sugar-free journey. How far have you come since then?

How many of your short-term and long-term goals have you reached? How many habits have you changed? To prevent falling off the bandwagon, and becoming discouraged, it is important not to forget or disregard the little things. When you think about all the little things that you have improved upon, you are less likely to get discouraged about reaching your ultimate goals.

RE-EVALUATE YOUR GOALS

Now may be a great time to take a look at your goals to see if you still believe that they are reasonable for your individual wants and desires. Are your goals still relevant to you, are you still inspired to reach them, are they still attainable?

If you have one larger, long-term goal, it may be better to break it down into smaller goals so that you are continuously making small achievements. Can you add new goals to your list? These are all changes you can make to ensure that you are still on the right track to getting to where you want.

“A goal properly set is halfway reached”
— Abraham Lincoln —
80/20 LIVING

Going sugar-free should be a lifestyle change. Splurging occasionally is not going to have much of an impact on health in the long term if you already have a great diet, which is why the 80/20 rule is a great guideline to live by. Be good 80% of the time with your diet, and the other 20% leaves room for those times when you go to parties, when you don’t have your lunch prepared or when you just feel like some homemade chocolate shortbread.

HOLD YOURSELF ACCOUNTABLE

Create a means to hold yourself accountable to your sugar-free goals. This might be tracking the goals and challenges yourself, or getting a family member or friend on board. You could write a journal, start a blog or Instagram account based on your journey, or enlist the help of a sugar-free mentor.

CHANGE YOUR MINDSET

You are more likely to be successful at going sugar-free if you don’t think of it as denying yourself of pleasure. Instead of associating refined sugar with enjoyment and happiness, you may need to remind yourself of how these foods really make you feel; lethargic and emotional, not to mention upsetting to your gut and a compromise to your general health. You don’t necessarily have to deny yourself of pleasure, but just change your mindset to associate feelings of pleasure with homemade sweet treats, long walks or watching a movie instead.

REWARD YOURSELF

We have known for quite some time that rewards strongly reinforce ‘good’ behaviours. And there is no shame in rewarding yourself for all your hard work. You may want to reward yourself after reaching every milestone with a massage, or some new LJ!

DITCH THE DISCOURAGEMENT

Explore the reasons why you are feeling discouraged. Have you encountered some challenges and setbacks recently? You are not alone. Again, think of how far you have come, and how far you want to go. Challenges are all a learning experience, so accept them and take what you can from it.

CHANGE WHERE YOU SHOP

Sometimes supermarkets can be too much of a temptation. Why not test out your new tastebuds at your local Farmers’ Markets? The bright colors of the produce only makes you want to eat more delicious fresh veggies. It’s all to do with creating a supportive environment for yourself.

ALWAYS PLAN AHEAD

Planning ahead reduces the need to rely on packaged and processed foods. Bringing lunch to work doesn’t require you to queue up in line to get to the lunch van to feast on highly processed, sugar-laden snacks.
As the weeks fly by, you may find that moving sugar out of your life has become easier and easier after cutting out most processed and refined foods, and no longer relying on sugar to get you through the day.

Now that you are on your way to becoming completely refined sugar-free, it’s important to consider the food you wouldn’t necessarily label as a sweet or treat food. It’s time to uproot refined sugar from all its favorite hiding places. Make a mental list of the food in your pantry that you may not have ever considered containing sugar.

Like, tomato sauce... Or bread. When it comes to bread, we suggest making your own, or buying good quality sourdough. Sourdough is an ancient bread making practice that requires the fermentation of the grains to raise the bread. Fermentation produces bacteria that are not only beneficial for health and raise the bread, but also consume a lot of the sugars and starches present in the bread so the end product is often much lower in sugars than commercial bread leavened through other methods.

As for tomato sauce? We also recommend making your own. So, in order to make this possible for you, we have provided a few simple recipes on page 54 that are so easy, even though most of us would not have ever considered making them ourselves.

Here are our top tips if you’re looking to cut out all sources of sugar completely.

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**9 tips to reduce sugar consumption from all sources**

1. **AVOID ALL GRAINS AND STARCHY VEGETABLES** (including pseudograins; amaranth, buckwheat, and quinoa).

2. **AVOID ALL NATURAL FORMS OF SUGAR** e.g. fruits, dates, juices, honey, maple syrup.

3. **AVOID ARTIFICIAL SWEETENERS AND GUM**.

4. **AVOID ALCOHOL**.

5. **INCORPORATE MORE FAT** (avocados, coconut oil, nuts and eggs) in your diet to stabilise blood sugar and prevent overwhelming sugar cravings.

6. **INCORPORATE PROBIOTICS AND REDUCE CRAVINGS** by regulating yeasts in your gut through fermented food and drinks.

7. **EAT REGULAR MEALS AND SNACKS** packed full of fat, protein and vegetables.

8. **WHEN THOSE SUGAR CRAVINGS HIT** – get up and take a walk around the block, or hit the gym. This will take your mind off food and your craving.

9. **DRINK UNSWEETENED** (preferably uncaffeinated) tea. Tea can help get you by between meals, distracting you from food and curbing cravings.

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@lornajaneactive • #moveoversugar #movenourishbelieve
Breakfast is the most important meal of the day, and arguably the most delicious.

When sitting down to nourish in the morning, it’s important to make the right choices that will give you a ton of energy for your active day ahead. Ideally, aim to have a good mix of carbohydrates, protein and good fats.

But how do you find the time? Be proactive and MAKE the time. Even if that means getting up 15 minutes earlier to pack something for the road or prepping the night before. The key is being prepared.
In a bowl, pour boiling water over quinoa flakes. Cover with cling wrap, and leave to cook for 10 mins. Then add coconut milk, enough for your desired consistency, cinnamon and honey if you want a touch of sweet. This porridge is great with grilled fruits, dried fruits, fresh berries, banana, nuts and seeds. Whatever takes your fancy. Quinoa porridge is the perfect option for those gluten-free girls out there. Just like the overnight oats, you can pour the contents in a container or jar and take it to work with you. Add your favorite fruit or sprinkle some chia seeds on top for a health booster breakfast.

THE QUINOA PORRIDGE

WHAT YOU’LL NEED (SERVES 1)

1 cup quinoa flakes, rinsed
1 cup boiling water
½-1 cup coconut milk
1 tsp. cinnamon
1 tbsp. honey or maple syrup (optional)

HOW TO MAKE IT

In a bowl, pour boiling water over quinoa flakes. Cover with cling wrap, and leave to cook for 10 mins. Then add coconut milk, enough for your desired consistency, cinnamon and honey if you want a touch of sweet. This porridge is great with grilled fruits, dried fruits, fresh berries, banana, nuts and seeds. Whatever takes your fancy.

THE GRILLED NECTARINE SLICES

WHAT YOU’LL NEED

1 nectarine, deseeded and sliced thickly
1 tbsp. honey
1 tsp. salt

HOW TO MAKE IT

The grilled nectarine slices (pictured) were dipped into a mixture of 1 tablespoon of honey and 1 teaspoon of salt, then grilled on a hot grill plate for around 3 minutes on the first side, and 1 minute on the other side, until nicely caramelised.
**MANGO & COCONUT CHIA PUDDING**

*by @healthy_em*

**WHAT YOU’LL NEED (4 SERVES)**
- 2 cups of coconut milk
- 1.5 cups frozen mango
- 8 tbsp. chia seeds
- toppings of your choice (I used dried Turkish figs, fresh strawberries and bee pollen)

**HOW TO MAKE IT**

Combine coconut milk and mango in a blender until smooth. Mix in chia seeds. Evenly divide mixture between four jars and leave in the fridge overnight. The next morning top with fruit, nuts and bee pollen. Enjoy!

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**SPICED APPLE & WALNUT OATMEAL BAKE**

*by @thefitfoodieblog*

**WHAT YOU’LL NEED (MAKES 10 SLICES)**
- 1 apple, half diced, half sliced
- 2 cups rolled oats
- 1 cup raw walnut pieces
- ½ cup sultanas
- 2 tsp. cinnamon
- 1 tsp. baking powder
- 1 tbsp. natural vanilla extract
- ¼ cup granulated stevia
- 1 tbsp. honey
- 1 egg
- 2 cups milk (cow, soy, rice all work well)
- ½ tsp. salt
- ¼ cup dark chocolate chips or carob chips (optional)
- 3 tbsp. organic coconut oil, melted

**HOW TO MAKE IT**

Preheat oven to 400°F. In a bowl, whisk egg, vanilla, milk, honey and coconut oil with a fork until well combined. In another bowl, combine remaining ingredients with diced apple – but exclude apple slices. Pour in dry ingredients into a large greased baking dish, layer apple slices over the top, then pour over milk mix. Bake for 30-40 mins until solidified, then cool before slicing and serving with Greek yoghurt.

**TIPS:** If apples and sultanas aren’t your thing, substitute for raspberries and slices of banana. Toast under grill for 5 mins and serve warm with fresh Greek yoghurt on a cold morning.
BREAKFAST

PURPLE CARROT PORRIDGE
by @ajaneday
ajaneday.blogspot.com

WHAT YOU’LL NEED (SERVES 1)
1/3 cup rolled oats (or quinoa if gluten-free)
1-2 purple dutch carrots, finely grated
1 cup water
1/3 cup unsweetened almond milk
1 cup blueberries (plus extra to serve)
¼ tsp. ground cinnamon
1 tsp. agave syrup or your choice of natural sweetener (optional)

HOW TO MAKE IT
Place rolled oats, grated purple carrot and water in a small saucepan. Bring to boil.
Reduce heat and simmer for 2-3 mins, stirring occasionally.
Add almond milk, cinnamon, blueberries and agave syrup or natural sweetener of your choice (if desired).
Continue simmering for 2-3 mins or until smooth and creamy.
Serve with coconut yoghurt, extra blueberries, goji berries and pomegranate arils.

TGWM NATURAL MUESLI
by @tgwmanifesto
www.thegoodwolfmanifesto.com

This is a fantastic recipe for natural muesli. It has no sugar and is packed full of protein and all those good omega-3 and omega-6 fatty acids, with lots of seeds.

WHAT YOU’LL NEED (MAKES 10 CUPS)
3 ½ cups wholegrain rolled oats
1 cup sunflower seeds
1 cup pepitas/pumpkin seeds
1 cup linseeds
1 cup coconut flakes/shredded coconut/desiccated coconut
1 cup chopped raw almonds
½ cup chia seeds

HOW TO MAKE IT
Combine all ingredients in a large bowl and mix well.
Transfer into an airtight container for storage.
Makes around 10 cups of muesli.

1 serve = 1/3 - ½ cup so 20-30 serves!

It can also be used to make bircher muesli or overnight oats by adding milk and topping with berries.
VEGAN SUPERFOOD CHOCOLATE PANCAKES
by @nourishandlove

WHAT YOU’LL NEED
1 cup almond milk (or other non-dairy milk)
½ cup buckwheat flour
1/3 cup dates, pitted and chopped
1-2 tbsp. raw cacao powder
1 tsp. vanilla powder
1 tsp. maca powder
1 tsp. mesquite powder
½ tsp. baking powder

Toppings:
whipped coconut cream
strawberries
maple syrup
cacao nibs
(or whatever toppings you like)

HOW TO MAKE IT
Blend ingredients together until smooth and combined. Add a splash more almond milk if needed for consistency. Cook a couple of tablespoons of batter in coconut oil in a pan over medium heat. Stack pancakes and top with whipped coconut cream, strawberries, maple syrup and cacao nibs.

GRAIN-FREE SWEET POTATO PORRIDGE
by @nicolacarroll89

WHAT YOU’LL NEED
2 tbsp. chia seeds
3 tbsp. mixed seeds (sesame, sunflower, pepita, hemp, flaxseed etc)
½ tsp. cinnamon
¾ cup almond milk
½ cup sweet potato (or pumpkin) puree
2 tbsp. vanilla protein powder
or 1 tsp. vanilla essence
shredded coconut
mixed nuts (almond, brazil, walnuts etc.)
1 tsp. my homemade chai spice mix (recipe on page 21) (optional)

HOW TO MAKE IT
Grind seeds in a mortar and pestle. Put seeds, vanilla protein powder, sweet potato puree, almond milk and cinnamon in a small saucepan. Mix ingredients together and cook over a medium to low heat until it thickens (about 5 mins). Top with shredded coconut and chopped nuts.
BANANA OATCAKES
by @friendlylittlekitchen
friendlylittlekitchen.com

WHAT YOU’LL NEED (SERVES 2)
1 ripe banana
1 egg
½ cup soy milk (or milk of choice)
1 tbsp. natural yoghurt
1½ cups rolled oats
1/3 cup almond or walnut meal
2 tsp. cinnamon
a pinch of salt

HOW TO MAKE IT
Mash the banana in a medium size bowl, add egg, milk and yoghurt, whisking after each addition.

Add dry ingredients and mix well. Let the mixture sit for 15-30 mins to allow it to thicken, and prepare your choice of toppings – I like to use fresh fruit, natural yoghurt and cinnamon.

Place fry pan on medium heat and add a little of your choice of oil. For each oatcake, spoon a few tablespoons of mixture into the pan, and cook for a few minutes until the top bubbles and firms.

Carefully flip the oatcake and finish cooking. Serve topped with yoghurt and berries.

THE EVERYTHING-AVO BREAKFAST
by @sachtrikha

WHAT YOU’LL NEED
3 crackers of your choice
½-1 avocado
chia seeds
baby spinach
smoked salmon
pumpkin seeds
handful alfalfa sprouts
chilli flakes
pepper
salt
lemon juice
olive oil

HOW TO MAKE IT
(LEFT) Spread a layer of smashed avocado, sprinkle over pumpkin seeds + chilli flakes. Top with alfalfa sprouts and drizzle with olive oil.

(CENTER) Spread a layer of smashed avocado, top with steamed baby spinach and smoked salmon slices. Grind over salt and pepper, and sprinkle some chilli flakes. Drizzle with lemon juice!

(RIGHT) Top with avocado and sprinkle with chia seeds.
We love a good beverage. They go hand in hand with celebrations, hot summer days, cool winter evenings, picnics in park, afternoons on the deck, Sunday bubble baths. Sipping a soothing drink is an essential part of nourishing your body every day.

Here are some of our favorites for all occasions — enjoy!
HOT CHOCOLATE SMOOTHIE

Who doesn’t love hot chocolate? That soothing, comforting feeling as it slides down your throat and warms your belly, not to mention the mouth-watering chocolate taste. YUM!

In order to watch our waistlines over winter, we had to do a little experimenting and turn the indulging down a notch (or two). But that’s not to say we have stopped drinking our hot chocolates completely! Oh no, no, no. Instead we discovered a 100% healthy way to have our chocolate and drink it too. It’s a win-win situation for all.

So lo and behold, our oh-so good hot chocolate smoothie (yes smoothies can be hot). A recipe sooo tasty you won’t even know the difference between the naughty and healthy variety. Get your ingredients and blenders ready sporty sisters because this recipe is going to rock your socks off!

THE RECIPE

WHAT YOU’LL NEED

1 cup spinach
3 medjool dates
1 tsp. vanilla powder
1 tbsp. cacao powder
¼ cup oats
1 tsp. chia seeds
1 cup boiling water
¼ cup cold water

HOW TO MAKE IT

Blend all ingredients except cold water, being careful that the hot liquid doesn’t spill or splash. Blend until smooth. Add cold water if it is too hot.
BLUEBERRY & BANANA SMOOTHIE

by @martinabei

WHAT YOU’LL NEED
2 frozen, peeled bananas, cut into chunks
½ cup of blueberries
1 cup unsweetened almond milk
or 1 cup of low-fat Greek yoghurt (for a thicker consistency)
1 tbsp. chia seeds (white or black)
1 tbsp. organic honey (optional)
1 tsp. vanilla essence (optional)

TOPPINGS:
1 tsp. chia seeds to sprinkle (white or black)
1 handful of goji berries to sprinkle
coconut shavings (optional)

HOW TO MAKE IT
Place all smoothie ingredients into a blender and blend until smooth.
Pour into a glass or bowl and top with chia seeds, goji berries and coconut shavings.

TIPS: Add a tablespoon of raw cacao for a serious nutritional kick and chocolate hit!

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STRAWBERRY & COCONUT DREAM SMOOTHIE

by @thehealthycookie

WHAT YOU’LL NEED
½ - 1 cup of almond milk
½ cup of coconut milk (I use organic)
1 frozen banana (chopped)
2 tbsp. of protein powder of your choice
(I use vanilla pea protein powder)
1 tbsp. of maca powder
½ tbsp. of natural sweetener (stevia)
2 handfuls of frozen strawberries
1 tbsp. of caramelized buckinis (I use Loving Earth)

HOW TO MAKE IT
Place everything in a blender except for buckinis.
Blend away!
Add extra ice/milk until you get the consistency you desire. Personally, I love my smoothies thick so I can eat it with a spoon.
Pour into a glass and top with buckinis or anything else of your choice and enjoy!

TIPS: Add a tablespoon of raw cacao for a serious nutritional kick and chocolate hit!
SOOTHING TEA

by @nurmihealth

WHAT YOU’LL NEED
A small knob of fresh ginger, sliced
2-3 slices of Meyer lemon (normal lemon is fine too)
¼-½ tsp. turmeric powder
boiling water
1 tsp. manuka honey

HOW TO MAKE IT
Add ginger, lemon slices and turmeric powder to a tea pot with boiling water and brew for 5 mins.
Stir in a teaspoon of manuka honey to sweeten.
Et voila! A healthy hot treat.

GREEN SMOOTHIE

by @healthy_em

WHAT YOU’LL NEED
2 cups leafy greens (spinach, kale or rainbow chard)
2 sticks of celery
small bunch of parsley
½ continental cucumber
1 green apple
2 oranges
1 cup of coconut water

HOW TO MAKE IT
Blend all ingredients together until smooth.
Pour into a glass and enjoy!

TIP: For a creamier smoothie add
an avocado or banana.

#paleo #vegan #vegetarian #glutenfree #dairyfree
REFRESHING STRAWBERRY SMOOTHIE

by @inspirenutrition
inspirenutrition.com.au

WHAT YOU’LL NEED (SERVES 1-2)
1½ cups unsweetened almond milk
4 strawberries
1 tbsp. homemade or natural peanut butter
½ tbsp. chia seeds
½ tbsp. maca powder
4 ice cubes

TOPPINGS:
1 tbsp. plain activated buckinis
1 tbsp. shredded coconut (no added sugar)

HOW TO MAKE IT
Place all ingredients in a blender except for the toppings.
Blend on high speed until the desired consistency is reached.
Serve immediately in a glass and top with the buckinis and shredded coconut.

CHOCOLATE SMOOTHIE

by @makeandbakefromscratch
makeandbakefromscratch.com

This is a chocolate smoothie with a healthy twist, jam packed with goodness.

WHAT YOU’LL NEED
1-2 heaped tbsp. pumpkin and sunflower seeds (soaked prior to consumption, minimum 4 hours)
2-3 heaped tbsp. raw cacao powder
1 medium avocado
½ banana or you can use 1 banana
1 tsp. vanilla powder
1 cup coconut water
a pinch pink Himalayan rock salt
1-2 tsp. honey (optional if you have a sweet tooth)

HOW TO MAKE IT
Pop in blender or smoothie maker, blitz until mixture is combined.
Pour into a glass and add ice cubes.
Sip away to chocolate paradise.

#glutenfree #dairyfree #eggfree
HOMEMADE CHAI SPICE MIX
by @nicolacarroll89

WHAT YOU’LL NEED
1 tbsp. cardamom pods
3 star anise
4 whole cloves
1 tbsp. ground cinnamon
½ tsp. ground nutmeg
1 tsp. ground ginger
1 tbsp. ground coriander

HOW TO MAKE IT
Grind cardamom pods, star anise and cloves in a mortar and pestle.
Transfer to a small airtight container and add cinnamon, nutmeg, ginger and coriander.
Mix through and store in a cool, dark place.

It is perfect to use when making fresh almond milk (just add 2 teaspoons with 1 cup soaked almonds and 3 cups of water before blending).

You can also make chai lattes and use it in raw desserts, porridge (see recipe on page 14) and smoothies (see recipe on page 50).

BANANA BERRY COCONUT DELIGHT
by @thehealthycookie

WHAT YOU’LL NEED
1 cup of almond milk
½ cup of coconut milk
1 frozen banana (chopped)
2 tbsp. of frozen blueberries
2 tbsp. of chia seeds (optional - soak in water until gel is formed. Soaked chia seeds are easily digested and absorbed).
a handful of ice for extra thickness
1 tbsp. of goji berries
1 tbsp. of desiccated coconut

HOW TO MAKE IT
Place everything in a blender except for goji berries and desiccated coconut. Blend away! Add extra ice/milk until you get the consistency you desire.

 Personally, I love my smoothies thick so I can eat it with a spoon. Pour into a glass and top with goji berries, desiccated coconut and extra chia seeds. Enjoy!

Tips: Add protein powder for extra protein especially post workout. I add vanilla pea protein for a creamy vanilla kick!
Add a tablespoon of maca powder and raw cacao for a serious nutritional kick and chocolate hit!

#glutenfree #dairyfree
GREEN SUPER SHAKE

by @krumble
krumbled.com

WHAT YOU’LL NEED
½ cup organic coconut flakes
1¼ scoops coconut protein (I use 180 Nutrition)
2 tsp. chia seeds
½ cup ice
6 almonds
4 walnuts
¼ tsp. ground cinnamon
1 cup almond milk (or water)
1 cup coconut water
2 tbsp. Vital Greens powder
2 tbsp. flaxseed oil
1 tbsp. coconut oil
a big bunch of kale, stem removed
and roughly chopped

HOW TO MAKE IT
Get out a big blender; chuck all of the ingredients in.
Blitz until all combined. Serve immediately!

So no excuses that you don’t have time in the morning.

KALE & COCONUT SMOOTHIE

by @fifi_boom_box

WHAT YOU’LL NEED
2 cups red kale
1 cup frozen raspberries
1 cup coconut water
(Add more for a thinner consistency)
1 tbsp. organic coconut flakes
½ cup ice

HOW TO MAKE IT
Combine ingredients in a high speed blender.
Blend until smooth. Enjoy!
We all have those days when we are so hectic being amazing wives, gym junkies, students or mothers that we leave less time to build a glorious lunch – remember you have to nourish to stay amazing!

A healthy lunch is more than just a tin of tuna and crackers, bo-ring! It can take just minutes to throw a clean/whole foods inspired lunch together.

Read onwards and you will have lunch in the bag!
CHICKEN & VEGETABLE LASAGNE

To get the nourishing tick of approval, we have replaced the starchy pasta sheets for a beautiful layer of our fave roast vegetables. This is one dish you will want to show off to your family and friends, plus this recipe can be 100% vegetarian friendly, simply omit the chicken mince.

THE CHICKEN MINCE

WHAT YOU’LL NEED (SERVES 4-6)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 brown onion</td>
<td>1 lb chicken mince</td>
</tr>
</tbody>
</table>
| 2 tbsp. coconut oil            | 10½ oz tomatoes,  
| 2 cloves garlic, minced        | ½ tsp. pepper    |
|                                | 1 tbsp. tamari or soy sauce |

HOW TO MAKE IT

In a pot on medium heat, sauté the onion in the coconut oil until softened. Add the garlic, tamari and chicken mince and stir well. Turn the heat down to medium-low, and cook until the mince is cooked, stirring regularly.

Add the tomatoes, put the lid on, and leave it to slowly simmer while you prep the vegetables.

THE ROAST VEGETABLES

WHAT YOU’LL NEED

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 bell peppers, seeds and pith removed</td>
<td>1 large sweet potato</td>
</tr>
<tr>
<td></td>
<td>1 large eggplant</td>
</tr>
<tr>
<td></td>
<td>2 large zucchinis</td>
</tr>
<tr>
<td></td>
<td>coconut oil for drizzling</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

Preheat the oven to 400°F. Slice all of the veggies into thin strips, lengthways. Place flat onto lined baking trays and drizzle a little bit of coconut oil over. Roast in oven until softened and slightly browned. Cooking time depends on the vegetables, but sweet potato will take approx. 25 mins, capsicum 20 mins, and eggplant and zucchini will take 10 mins.

THE CHEESE SAUCE

WHAT YOU’LL NEED

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp. olive oil</td>
<td>1 cup milk of choice</td>
</tr>
<tr>
<td>2 tbsp. spelt flour</td>
<td>1 tsp. paprika</td>
</tr>
<tr>
<td></td>
<td>100g pecorino or parmesan, grated</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

In a pot on medium-low heat add the oil and flour. Stir continuously with a whisk, ensuring you don’t miss the edges of the pot. Cook the flour for approx. 5 mins, or until fragrant. Pour the milk in, continuing to whisk. Add paprika and half of the grated cheese. After a few minutes the milk should noticeably thicken. Take off the heat.

ASSEMBLING THE LASAGNE

WHAT YOU’LL NEED

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups spinach or rocket</td>
<td>1 bunch of fresh basil</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

Line a large baking tray and start layering vegetables. Try to prevent gaps in the vegetables, and layer some basil leaves or spinach in between. Once most of the vegetables are layered (leaving enough for one more layer), spread chicken mince over the top. Cover with the rest of the basil, spinach and vegetables. The final layer is the cheese sauce. Cover the top completely with the sauce, and then sprinkle the rest of the grated cheese over the top. Cook in the oven for around 15 mins, or until the cheese has browned. Enjoy!
SAVORY

CAULIFLOWER PIZZA CRUST

by @jaclynjpaul

Preparation time: 15 mins, Cooking time: 30 mins
WHAT YOU’LL NEED
PIZZA CRUST:
1 small head of cauliflower (2 cups after puréed)
2 eggs
1 tbsp. coconut flour
1 tsp. mixed herbs
1 tbsp. ground chia seeds
1 garlic clove, finely chopped
1 tsp. Himalayan salt
a touch of ground black pepper

TOPPINGS:
Whatever you like! I’ve added red, yellow and green capsicum, sundried tomatoes, spinach, red onion, zucchini, shaved ham and cheese over a puréed tomato base.

HOW TO MAKE IT
Preheat oven to 400°F.
Cut the cauliflower florets into small pieces and blend in a food processor until it forms a purée texture.
Pat the mixture down with paper towel to remove the excess water from the cauliflower.
Mix in the remaining ingredients in a large bowl until thoroughly combined.
Spread the purée on a lined cooking tray forming a pizza shape. Avoid spreading it any thinner than an inch to avoid cracking. Bake for about 15-20 mins until the top is golden and firm to touch.
Take out of the oven and add your favorite toppings, then bake for another 10 mins at 400°F until everything on top has cooked and melted. Enjoy!

HEALTHY HOMEMADE SUB

by @nicolacarroll89

WHAT YOU’LL NEED
2 Chinese cabbage (Wombok) leaves
1 carrot, grated
1 beetroot, grated
1 tomato, finely sliced
1 avocado; blended with a pinch of Himalayan rock salt, a squeeze of lemon juice and a tsp. of flaxseed oil

HOW TO MAKE IT
Evenly spread carrot, beetroot and tomato over the cabbage leaves. Spoon avocado dressing over the top. Add cooked chicken or meat if desired.

#glutenfree #dairyfree #grainfree #paleo #vegan #rawfood

@lornajaneactive • #moveoversugar #movenourishbelieve
SESAME TUNA & QUINOA NORI ROLLS

by @amjnewman

WHAT YOU’LL NEED

SUSHI:
4 nori sheets
2 cups cooked quinoa, rinsed and cooled
½ cup red cabbage
½ cup carrot
½ cup cucumber
½ cup shallots
4 whole leaves of raw kale or butter lettuce

TUNA MIX:
3 oz tin of tuna in spring water, drained
2 ½” fresh ginger, thinly sliced
½ tsp. sesame oil
½ avocado
white pepper
handful coriander
½ handful mint

DIPPING SAUCE:
4 tbsp. organic tamari
1 tbsp. homemade chili jam (could substitute for a natural sweet chilli sauce, or fresh chilli and ½ tsp. coconut sugar)
Knob of fresh ginger

HOW TO MAKE IT

Prepare salad ingredients by julienning carrot and cucumber, shredding cabbage, slicing shallots, and cutting kale or butter lettuce into strips.
Prepare tuna mix in a bowl by lightly mashing avocado, chopping herbs, adding sesame oil and pepper and tuna, mix together and set aside.
Have a little bowl of water close by for ‘glue’.
Lay down one nori sheet, spoon 2 heaped spoonfuls of quinoa and press down making it about 5” wide.
On top of quinoa spoon tuna mix.
Top with 2-3 strips each of salad mix.
Top with kale/lettuce.
Using two hands very carefully roll up, making sure it is nice and tight as you roll.
Once at the end using the water on hand, wet finger or brush and wet along the very edge of the nori sheet, this acts as a ‘glue’ to seal together.
Using a sharp wet knife, slice into desired sizes, and serve with dipping sauce.
QUINOA CHICKPEA VEGETABLE SALAD WITH HUMMUS

by @emmalaurenfood
emmagowdie.wordpress.com

WHAT YOU’LL NEED - SERVES 4
1 tbsp. coconut oil
1 carrot, peeled and finely sliced
1 zucchini, washed and finely sliced
1 eggplant, washed and finely diced
1 bell pepper, washed and finely diced
½ head broccoli, washed and cut into florets
4 mushrooms, finely sliced
1 cup cooked quinoa
1 tbsp. cumin
14 oz can chickpeas, drained and rinsed
1 cup rocket, washed
3 tbsp. hummus
salt and pepper

HOW TO MAKE IT
Place a large frypan over medium heat and add coconut oil. Add in carrot, zucchini, eggplant, bell peppers, broccoli and mushrooms, and cook for 3-5 mins. Add cooked quinoa, cumin and chickpeas to vegetables. Cook for a further 5 mins. Stir through rocket, season with salt and pepper and serve immediately with hummus.

Enjoy! NOTE: Goat’s cheese would work really well with this salad!

BUTTERNUT PUMPKIN STUFFED WITH KALE, BROWN RICE, HAZELNUTS & WHITE BEANS

by @coby rachel

WHAT YOU’LL NEED
1 halved butternut pumpkin, seeds removed
course salt and freshly ground black pepper
1/3 cup cooked white beans
1/3 cup cooked quinoa or brown rice
1 cup chopped kale
2 tbsp. chopped toasted hazelnuts, divided

HOW TO MAKE IT
Heat oven to 400°F.
Season pumpkin with salt and pepper.
Roast cut side down until tender, about 30 mins.
Turn over and leave to the side.
Shred kale and wilt either by steaming or in a pan until reduced in size and dark green in colour.
Mix kale, hazelnuts, beans and rice together and divide between the two pumpkin halves.
Put back in oven until the top is browned and enjoy!
**VEGETARIAN QUICHE**

_by @allabouteve___

This veggie quiche is a quick and easy meal to whip up, and great for clearing out the fridge!

**WHAT YOU’LL NEED**
- ½ cup of wholemeal self raising flour
- ½ cup of milk
- ½ cup of shredded cheese
- 1 tbsp. of dried mixed herbs
- 4 eggs, beaten
- 3 cups of grated or chopped vegetables of your choice: e.g. zucchini, mushrooms, bell peppers, spinach, leek, corn kernels

**HOW TO MAKE IT**

Preheat oven to 400°F. Whisk together eggs and milk. Fold in flour, vegetables and cheese (save some cheese for sprinkling on top).

Pour into a quiche dish lined with baking paper. Sprinkle with cheese and any fun decorative toppings! Cook for 40 mins or until set. Enjoy with a fresh salad, or pack it for lunch the next day.

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**LAMB BACK STRAP SALAD**

_by @yvettewilson_

**WHAT YOU’LL NEED**
- 2 lamb backstraps

**DRESSING:**
- 1/3 cup extra virgin olive oil
- ¼ cup mint leaves
- ¼ cup of white wine vinegar

**SALAD:**
- 1 bag of mixed lettuce leaves including rocket
- 1 red onion, sliced
- 2 avocados, sliced
- 1 punnet cherry tomatoes sliced in half
- 5 mushrooms, sliced
- small handful of snow peas, leave whole
- 1 lebanese cucumber, sliced thinly
- 1/3 cup pine nuts, slightly roasted
- 1 cup crumbled goat’s feta (or feta of your choice)

**HOW TO MAKE IT**

Chargrill the lamb backstrap for 6 mins each side until brown. Set aside to rest.

In a small food processor combine oil, vinegar and mint leaves and blend to make a dressing, set aside.

Assemble the salad with the lettuce at the bottom, add the feta and roasted pine nuts last.

Cut the rested meat into diagonal slices and place on the salad.

Pour the dressing over and garnish with extra mint leaves if desired.
EGGPLANT ROLLS

by @kbsugarfree

WHAT YOU’LL NEED (MAKES 12)
1 eggplant, sliced lengthways
1 ricotta tub (could do 50/50 cottage cheese)
¼ cup parmesan cheese
1 can cannellini beans
1 packet frozen spinach
5-10 mushrooms
½ onion
1 garlic clove, crushed
olive oil or coconut oil
2 eggs

HOW TO MAKE IT
Brush eggplant slices with olive oil and roast in oven 400°F for 5 mins or until slightly brown (this will make it soft and easy to wrap). Let cool before stuffing.
Fry garlic and onion in a dash of olive/coconut oil over a medium heat in a pan. Steam spinach in microwave to defrost, for about 5 mins.
Add spinach and cannellini beans to pan, slightly smash cannellini beans.
Roughly chop mushrooms, add to pan and stir well.
Transfer contents of pan to a large bowl, add ricotta, eggs, cheese and season with salt and pepper. Mix well.
Add heaped teaspoons of the mixture to the thick end of the eggplant slices, and roll them up, resting them on the end to prevent opening while cooking.
Add to oven, bake for 10-20 mins or until brown at 400°F.
NOTE: If you run out of eggplant, add 2 eggs to the mixture, and bake in muffin trays to make mini quiches/frittatas.

CHICKPEA & LEEK SOUP

by @ashleighmiranda

WHAT YOU’LL NEED
1 tbsp. coconut oil
2 leeks
2 potatoes
1 large carrot
1 x tin organic chickpeas
1½ tbsp. salt
freshly cracked pepper
1 tsp. minced garlic
1 tbsp. ground coriander
coconut cream and fresh coriander to serve

HOW TO MAKE IT
Boil potatoes and carrot on the stove with salt and ground coriander until cooked through.
Meanwhile, cook finely sliced leeks, chickpeas and garlic in pan with coconut oil until soft and brown.
Process leeks, chickpeas and cooked vegetables (with original salted water) in blender with 1½ cup coconut cream until desired consistency.
May need additional water.
Serve with fresh coriander and coconut cream.
SAVORY

CUCUMBER CANAPÉS

by @kbsugarfree

WHAT YOU’LL NEED
1 cucumber, sliced 5mm thick
½ avocado, mashed
handful of spinach/kale leaves
½ cup cottage cheese or feta or ricotta
½ red cabbage, thinly sliced
½ tomato, thinly sliced
bean sprouts
¼ cup grated carrot
squeeze of lemon juice
pepper and rock salt

HOW TO MAKE IT
Mash avocado in a bowl, together with the
cottage cheese. Add a squeeze of lemon juice,
and season with pepper and rock salt.
Place the cucumber slices on a plate, spoon
a teaspoon of avocado mixture onto each
slice and spread evenly over surface.
Top with your favorite salad ingredients,
I used cabbage, tomato and sprouts on one.
On the other (pictured) it has cottage cheese with
carro and sprouts. Enjoy as a snack or prepare
as a healthy canapé alternative for guests!

NOTE: The great thing is that you can choose any
additional topping or remove any unwanted toppings!

ROAST PUMPKIN & COCONUT SOUP

by @mrsm88

Preparation Time: 5 mins
Cooking Time: 30-40 mins

WHAT YOU’LL NEED (MAKES 4-5 SMALL SERVES)
4 ¼ lb pumpkin
2 cups coconut milk
olive oil to drizzle

HOW TO MAKE IT
Preheat oven to 400°F.
Chop the pumpkin up into medium sized pieces
and place on a baking tray. Drizzle some olive oil
over the pumpkin and place into preheated oven.
Bake for 30 mins or until pumpkin is soft.
Using a spoon, gently remove the skin away
from the pumpkin flesh, placing the flesh into
a blender. Once all pumpkin flesh is in the
blender, add the can of coconut milk and blend
until it resembles a smooth consistency.
You can enjoy this deliciously sweet soup straight
away, or store in the fridge or freezer, ready to
be heated up for meals throughout your week.
Serve with a bread or cracker of your choice. Enjoy!
Kicking the sugar craving can be a hard task, especially if you’re unprepared.

Whether it be running errands, or sashaying from meeting to meeting, when you hit that energy slump, there is nothing that will stop you satiating that ‘hangry’ feeling.

You know, the horrible emotion that sits between hungry and angry. For many of us, this means falling victim to the confectionery aisle in the grocery store or the vending machine. Guilty anyone?

At LJ HQ we are always coming up with new and exciting nourishing creations to share with our fellow sporty sisters. It’s almost turned into our very own MNB bake off (or in some cases un-bake off).

Here’s a bunch of our favorite sweet treat recipes to help kick that three-thirty-itis craving. Enjoy!
THE ULTIMATE MNB ENERGY BAR

The latest recipe on high-rotation is the appointed MNB Energy Bar – the active woman’s best friend and the ultimate energy source for the girl on the go.

Why do we love it?

Fats/Protein: We always like to use lots of fresh nuts, giving us a dose of healthy fats and protein, to help make us feel satiated and curb those sugar cravings.

Sweet treat: Dates, honey and bananas are a great way to pack a sweet punch, while still being extremely nutrient dense and beneficial.

Carbs: Rolled oats are great in raw energy bars to help retain their shape as they soak up the fats from the nuts. These guys are also high in protein and complex carbohydrates and are great to refuel and replenish our body.

This MNB Energy bar will be your saving grace when you’re in need of a 3.30pm pick-me up or mid-morning energy boost. With a good mix of fats, carbohydrates and protein, it contains the power of 3 that will provide you with the energy you need to go about your daily duties.

THE RECIPE

WHAT YOU’LL NEED

1 cup almonds
1 cup rolled oats
1 cup dried cranberries
5 medjool dates
½ cup cacao powder
2 tbsp. boiling water

HOW TO MAKE IT

Place almonds and oats in food processor and blend until a coarse crumb.
Add cacao powder, cranberries, and dates and blend again.
While blending add the boiling water, slowly, until the mixture becomes well incorporated and forms a ball.
Press the dough into a lined slice tin and place in the fridge for 1-2hrs before slicing into bars.

Be inspired to create your own energy source.
The best thing about making this recipe is you can get creative, and come up with your very own version.
RAW SUPERFOOD CUPS

by @nourishedheart

You will need a mini muffin tray for these delicious treats. Spread a tiny amount of coconut oil into each muffin base with a cooking brush.

CACAO ANTIOXIDANT BOOST LAYER

WHAT YOU’LL NEED
2 tbsp. organic coconut oil
1 tbsp. raw cacao powder
1 tbsp. maca powder
1 tbsp. acai powder
unsweetened almond milk
(I usually use Almond Breeze brand or make my own)

TOPPINGS:
cacao nibs, buckinis, goji berries, organic shredded coconut

HOW TO MAKE IT
Melt coconut oil over very low heat. The temperature should remain under approximately 115°F to be considered raw. (Alternatively coconut oil can be placed in a warm environment until it melts). Once melted, mix in raw cacao, maca powder and acai powder until smooth. Next, mix in almond milk until desired consistency is reached – ideally not too watery but not too thick. Divide the mixture in half, then spoon one half of it into eight spots in the muffin tray. Put the other half aside.

CARAMEL PEANUT PROTEIN LAYER

WHAT YOU’LL NEED
2 tbsp. organic coconut oil
1 tbsp. peanut flour
1 tbsp. mesquite powder
1 tbsp. protein (I use Garden Of Life’s raw vanilla protein)
unsweetened almond milk

TOPPINGS: cacao nibs, buckinis, goji berries, organic shredded coconut

HOW TO MAKE IT
Melt coconut oil. Once melted, mix in peanut flour, mesquite powder and protein powder. Mix in almond milk until desired consistency is reached. Divide the mixture in half and spoon one half into eight of the empty spots in the tray. Put the other half aside. Pop the tray in the freezer until frozen.

Once the bottom layers have frozen, spoon the remaining halves of each mixture onto the alternate layer so each cup has both a cacao and peanut caramel layer. Sprinkle more superfoods of choice on top of each cup then put into the freezer until frozen. I used organic shredded coconut, cacao nibs, buckinis (Loving Earth brand) and goji berries. Keep in the freezer for a delicious and nourishing treat, jam packed full of superfoods! Move Nourish Believe, Enjoy x
Baked Sweet Potato Topped with Cacao, Avocado & Coconut Spread

by @emmalaurenfood
emmagowdie.wordpress.com

What You’ll Need
1 sweet potato, washed and halved
4 tbsp. cacao avocado coconut spread (see recipe to the right)
2 tbsp. almond butter
2 tsp. shredded coconut
2 tsp. cinnamon
2 tsp. pumpkin seeds

How to Make It
Preheat oven to 400°F.
Line baking tray with baking paper.
Place sweet potato halves on prepared tray with cut side facing up.
Bake for 40-45 mins, or until cooked through.
Top each half with cacao avocado coconut spread, almond butter, coconut, cinnamon and pumpkin seeds.
Enjoy!

Cacao Avocado Coconut Spread

by @emmalaurenfood
emmagowdie.wordpress.com

What You’ll Need (makes 1 cup)
½ avocado, ripe
½ cup cacao powder
2 tbsp. honey
4 tbsp. almond milk, more for thinner consistency
½ cup coconut, shredded or desiccated
2 tbsp. almond butter

How to Make It
Place all ingredients in a food processor.
Process for 3-5 mins or until all well combined.
Place in a clean glass jar or a sealed container and store in the fridge for up to 1 week.
Enjoy!
SWEET TREATS

STRAWBERRY CACAO BROWNIES

by @thenourishingbaker

WHAT YOU’LL NEED

BASE:
1 cup dates soaked in hot water for min. 5 mins
1 cup almond meal
2 tbsp. coconut oil
½ cup cacao powder

STRAWBERRY FILLING:
15 strawberries (approx. 1 punnet)
2 tbsp. maple syrup (optional)
2 tbsp. chia
1 ripe banana
20 pitted dates soaked in hot water for min. 5 mins
2 tbsp. coconut oil

CHOCOLATE TOPPING:
2 tbsp. coconut oil
1 tbsp. cacao powder
pinch of salt (optional)
1 tbsp. maple syrup (optional)

HOW TO MAKE IT

BASE: Blend the dates and almond meal together until a dough consistency is achieved. Add cacao powder and coconut oil and mix again. Press into a brownie tin and set aside.

FILLING: Blend all together until smooth and creamy, spoon over the base then add to the freezer. If you have some leftover, this also makes a yummy sorbet, or mousse.

TOPPING: Melt ingredients in a small pot over low heat, once combined spoon over the strawberry layer then return to the freezer. Freeze for 3-4 hrs until set. Slice with a sharp knife.

ORANGE, GRAPEFRUIT & POPPYSEED ROLLED OAT MUFFINS

by @wellnessforbeginners

WHAT YOU’LL NEED

2 cups rolled oats
1 ¼ cup natural yoghurt
1 cup almond meal
2 tsp. baking powder
4 eggs
¼ coconut oil, melted
1 tbsp. poppy seeds
zest of 1 red grapefruit
1 navel orange

HOW TO MAKE IT

Preheat oven to 300°F (350°C for conventional ovens). In a large bowl, combine rolled oats, almond meal, baking powder, eggs, yoghurt, and coconut oil. Once combined, set aside and allow to rest for 10 mins. Zest 1 grapefruit and 1 orange, then add to mixture. Roughly chop the orange and add to mixture. Add poppy seeds and combine. (If the mixture seems too thick, add a little yoghurt).

Line a muffin tray with muffin cases and scoop mixture into muffin cases. Bake for 40 mins or until cooked through. Allow muffins to cool on a cooling rack for at least 10 mins. Serve and enjoy.

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PEANUT BUTTER CHOC FUDGE

by @newstart_healthkick
photo by @aaronbesmith

WHAT YOU’LL NEED

PEANUT BUTTER LAYER:
2 oz coconut butter
1 cup raw peanut butter
2 tbsp. pure raw honey

CHOCOLATE LAYER:
1 cup dates, soaked for 1 hr
1 tsp. maple syrup
2 tbsp. shredded coconut
¼ cup cacao powder
3 tbsp. coconut oil, melted
2 tbsp. almond milk

HOW TO MAKE IT

PEANUT BUTTER LAYER: Line a 6" baking tin with baking paper. In a small pot over medium heat melt all ingredients. Pour peanut butter mixture into tin and freeze for at least 2hrs.

CHOCOLATE LAYER: Blend all ingredients in a food processor until smooth. Once peanut butter layer has solidified pour chocolate over. Store in refrigerator.

WATERMELON ICE BLOCKS

by @newstart_healthkick
photo by @aaronbesmith

WHAT YOU’LL NEED

½ watermelon, chopped
1 cup of coconut water
1 lime, juiced
1 strawberry, sliced

HOW TO MAKE IT

Blend all ingredients in a food processor. Spoon mixture into ice block moulds until ¾ full. Pop some sliced strawberry into mould. Freeze for at least 3hrs. If you don’t like pulp, juice the watermelon before processing with coconut water and lime.
HEALTHY OATMEAL SCONES

by @yvettewilson

WHAT YOU’LL NEED (MAKES 6-8)
2 cups rolled oats plus extra for rolling
½ cup almond meal
1 tbsp. of chia seed
½ tsp. bicarb soda
½ cup honey or maple syrup
¼ olive oil or coconut oil
¼ tsp. cinnamon
1 tsp. of vanilla extract
zest of 1 orange
1 ripe banana
½ cup of dried fruit (dates, raisins, figs)

HOW TO MAKE IT
Combine oats, honey, oil, cinnamon, orange zest, vanilla, banana and bicarb into a food processor and blend.
Add dried fruit and almond meal to mixture and mix with a wooden spoon. You can add more almond meal if mixture is too moist.
Flatten into rounds and sprinkle with the extra oats.
Makes about 6 to 8 depending on size.
Bake 20 mins until golden at 400°F.
Serve with fruit jam and a cup of tea.

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RAW VEGAN LAVA CUPS

by @kates_kitchen

WHAT YOU’LL NEED (MAKES 6)
BASE:
1½ cups raw almonds (or any nuts)
1 cup medjool dates (pitted)
1 tsp. coconut oil
3 tbsp. cacao powder
1 tsp. cinnamon (optional)
FILLING:
1 cup medjool dates (pitted)
½ cup raw cashews
2 tbsp. peanut butter
3 tbsp. cacao powder
1 cup almond milk

HOW TO MAKE IT
Grease 6 muffin tins with coconut oil.
TO MAKE THE BASE: Blend all ingredients together. Divide the mixture evenly between the 6 tins and press the mixture to shape the base layer.
TO MAKE THE FILLING: Blend all ingredients together except the almond milk. Once combined well, slowly add the almond milk until you get your desired consistency. Fill the cups with the chocolate mousse filling.
Eat straight away or to get a more ice cream like texture place in the freezer for 40 mins. Top with berries or crushed nuts. Enjoy!
## SWEET TREATS

### ORANGE & FENNEL ALMOND COOKIES

**by @friendlylittlekitchen**  
**photo by @aaronbesmith**

**WHAT YOU’LL NEED (MAKES 16)**
- 1 tbsp. fennel seeds
- 2 cups almond meal
- 1/3 cup rice flour
- ½ tsp. salt
- ½ tsp. baking powder
- 2 eggs, room temperature
- zest of 1 orange
- 1-2 tbsp. rice malt syrup or honey
- ¼ cup of coconut oil (or oil of your choice)

**HOW TO MAKE IT**

1. Preheat oven to 400°F and line a baking tray with baking paper.
2. Toast fennel seeds until fragrant and roughly crush them in a mortar and pestle.
3. Combine almond meal, salt, fennel seeds and baking powder in a bowl.
4. Mix together the eggs, orange zest and rice malt syrup or honey in a separate bowl.
5. Melt coconut oil in a separate bowl.
6. Combine the wet and dry ingredients and stir until you have a nice dough. Roll tablespoons of dough together with your hands and press lightly on to the lined tray. Use additional rice flour if the dough is too sticky. Bake for 12-15 mins or until golden.

### ANZAC BISCUITS

**by @newstart_healthkick**  
**photo by @aaronbesmith**

**WHAT YOU’LL NEED (MAKES 8)**
- 1 cup rolled oats
- ½ cup shredded coconut
- ½ cup maple syrup
- ¾ cup almond meal
- 3 tbsp. coconut oil, melted
- 1 tsp. vanilla extract

**HOW TO MAKE IT**

1. Preheat oven to 350ºF.
2. Line 2 baking trays with baking paper.
3. Combine all ingredients in a bowl.
4. Form mixture into small balls and place on baking trays.
5. Flatten balls to a round disc with a fork.
6. Cook in the oven for 10-15 mins or until golden brown.
CARROT & WALNUT MUFFINS WITH LEMON FROSTING

by @nancyandthewolf
wolfandwillowblog.com

WHAT YOU’LL NEED (MAKES 9)

MUFFINS:
1 ½ cups grated carrot
½ cup coconut cream
½ cup coconut nectar
½ cup coconut butter
1 cup brown rice flour
1 cup bean flour (I use a mixture of fava/garbanzo flours)
2 tsp. baking powder
1 tsp. baking soda
1 ½ tsp. xantham gum
½ tsp. salt
½ tsp. cinnamon
½ tsp. nutmeg

LEMON FROSTING:
½ cup coconut butter
½ cup vegan cream cheese
(I used Tofutti)
½ cup coconut nectar
2 tbsp. coconut cream
1 tbsp. tapioca (arrowroot) flour
1 tbsp. fresh lemon juice
2 tsp. lemon zest
1 tsp. vanilla

HOW TO MAKE IT

Line a muffin tray with cupcake liners. In a large bowl, whisk the carrot, coconut cream, coconut nectar and coconut butter together. Float the mixing bowl in a sink full of hot water if the coconut butter begins to solidify.

In a mixing bowl, sift dry ingredients together - flour, baking powder, soda, salt, and spices. Combine wet and dry mixtures and stir with a spatula until well combined. Spoon batter evenly into muffin cases. Refrigerate batter for half an hour. Meanwhile, preheat oven to 400°F.

Bake for 25-30 mins, or until a toothpick inserted into the center of a muffin comes out clean. Let muffins rest a moment in the pan, then cool slightly on a wire rack before icing.

#vegan #sugarfree #glutenfree
It’s hard not to get excited about this section. With a vast array of swoon worthy, decadent desserts this chapter will surely satisfy any sweet tooth. It’s official — sweet and HEALTHY can co-exist. Well, in this eBook anyway.
RAW PISTACHIO CHEESECAKE

When I was a kid, unbaked cheesecakes were my favorite. And nobody made them better than my Mom. But my world turned upside down when I created this raw lemon and pistachio cheesecake.

Oh, man! I have made raw cheesecakes before – but none have turned out as good as this one. It’s lighter, creamier and tastier than any I have ever made before. This may be due to the winning combination of equal amounts of cashews and macadamias, and making lemon the star of the show.

THE BASE

WHAT YOU’LL NEED

1 cup macadamias
½ cup pistachios
½ tsp. fresh ginger, finely grated
6 medjool dates
(or ½ cup dried dates soaked for ½ hr)

HOW TO MAKE IT

Blend all ingredients together in a food processor, until it comes together and forms a ball. Place evenly into a lined pie or cake tin. Place into the freezer until the topping is ready.

THE FILLING

WHAT YOU’LL NEED

1 cup cashews
(soaked for ½ hr)
1 cup macadamias
(soaked for ½ hr)
1-2 tbsp. honey

1/4 cup lemon juice
zest of 1 lemon
1/4 cup yoghurt or coconut cream
1 tsp. vanilla powder
2 tsp. Great Lakes gelatine (optional)
extra pistachios or lavender to decorate (optional)

HOW TO MAKE IT

Place all ingredients into a food processor and blend until completely smooth (approx. 5 mins). Spoon over the top of the base, smoothing out the top. If you wanted to decorate the top with extra pistachios, do this now, sprinkle them over and push down gently. Set in the freezer for 4 hours before eating. After you’ve savored your first slice, store the leftovers in an airtight container and pop it in the freezer.
SUPER MOUSSE
by @estelleallen

WHAT YOU’LL NEED
¼ cup beetroot
1/3 cup boiling water
1 small avocado
7 strawberries
½ cup blueberries
3 large medjool dates (pitted)
¼ tsp. cinnamon
¼ cup packed washed spinach
½ tsp. bee pollen
1 tsp. ground chia/flax
½ tbsp. cacao nibs
½ tsp. acai powder

HOW TO MAKE IT
Soak beetroot in boiling water for several minutes to soften. In a high speed food processor, process beetroot and boiling water for 2 mins until thoroughly pureed. Add avocado, strawberries, blueberries, dates and spinach. Process on high speed until thoroughly combined and smooth (add hot water if unable to process or too thick). Add cinnamon, bee pollen, chia ground, cacao nibs, cacao powder, acai, protein powder, maca, spirulina and egg white. Process on high speed until thoroughly combined. Serve in a glass jar layered with fresh strawberries, blueberries, raspberries, cacao nibs and buckwheat.

MOIST COCONUT CAKE (SERVES 8)
by @healthyhotlips
healthyhotlips.tumblr.com

WHAT YOU’LL NEED
1 cup coconut oil
½ tsp. coconut essence
1 cup stevia powder
2 eggs
½ cup desiccated coconut
1 1/2 cups self-raising flour
10 ½ oz Greek yoghurt
1/3 cup milk

ICING:
1 cup stevia powder, ground into icing sugar using a food processor or coffee grinder
2/3 cup desiccated coconut
1 egg white

HOW TO MAKE IT
Grease a round cake tin and line with baking paper. Preheat oven to 325°F. Cream oil, essence and Natvia until light and fluffy. Beat in eggs one at a time. Stir in half the coconut, half the flour, half the yoghurt and half the milk, then stir in remaining. Bake for 1 hr or until the top is golden and a skewer inserted comes out clean. Leave on a wire rack to cool.

For the icing, combine all ingredients together well. Spread on cooled cake.
MINI LEMON & BLUEBERRY CHEESECAKE CUPS

by @kates_kitchen

WHAT YOU’LL NEED (MAKES 6)

BASE LAYER:
2 cups pecans
1 cup medjool dates, pitted
coconut oil (to grease tins)

MIDDLE LAYER:
1 cup raw cashews (soaked for min. 5 hrs or overnight)
½ cup lemon juice
rind of 1 lemon
2 tsp. honey
a pinch of sea salt

TOP LAYER:
1 cup raw cashews (soaked for min. 5 hrs or overnight)
1 cup blueberries (thawed if frozen)
2 tsp. honey
a pinch of sea salt
pulp of 2 passionfruit (optional)

HOW TO MAKE IT

TO MAKE THE BASE LAYER: Grease 6 muffin tins with coconut oil. Blitz the base layer ingredients in a food processor, divide into 6 even portions and press into muffin tins to shape the crust.

TO MAKE THE MIDDLE LAYER: Blitz soaked cashews then add the other ingredients once cashews are a smooth consistency. Spoon the lemon mixture evenly between 6 tins.

TO MAKE THE TOP LAYER: Blitz cashews in a food processor and once smooth add the other ingredients. Divide this mixture evenly between the 6 tins. Top with blueberries or anything you desire! Put in freezer for a few hours or until set. Serve with fresh passionfruit. ENJOY!

QUARK CHEESECAKE

by @hayleyfaz

WHAT YOU’LL NEED (SERVES 2-4)

100g quark
6 tbsp. cacao
½ cup oats
6 tsp. stevia
blueberries

HOW TO MAKE IT

Combine the quark, cacao, oats and stevia in a bowl, once mixed add a dash or two of edible gelatine. Scoop out mix into individual serves, top with blueberries and set in the fridge for a few hours. Quark is a rich source of protein high in calcium, vitamin A and B.

@lornajaneactive • #moveoversugar #movenourishbelieve
CREAMY PEAR & VANILLA BEAN PIE WITH CHOCOLATE SAUCE

**by @healthysiswas**

**WHAT YOU’LL NEED**

**BASE:** 1 cup desiccated coconut, 1 cup cashews, ¼ cup cooking dates (or 1/3 cup medjool dates), a pinch of sea salt

**TOPPING:** ¾ cup cashews, 3 large brown pears peeled and cored, 2 vanilla beans split and scraped, sweetener of choice (e.g. medjool dates, stevia).

**CHOCOLATE SAUCE:** 1 cup medjool dates, 2 tbsp. cacao, water

**HOW TO MAKE IT**

**BASE:** Process ingredients, press into spring-form pan and freeze while you prep the next part.

**TOPPING:** Blend until smooth. Spread on top of base, smooth and return to freezer for 2-3 hrs before serving.

**CHOCOLATE SAUCE:** Blend until smooth and add small amounts of water until you reach the desired consistency.

VEGAN CAKE POPS

**by @emmalaurenfood
emmagowdie.wordpress.com**

**WHAT YOU’LL NEED (MAKES 8)**

**CAKE BALLS:**
- ½ cup raw cashews
- ½ cup desiccated coconut
- 1 tbsp. honey
- 1 tsp. vanilla extract
- 1 tbsp. cacao butter

**CHOCOLATE COATING:**
- 2 tbsp. coconut oil
- ¼ cup cacao butter
- ¼ cup cacao powder
- 1 tsp. vanilla extract
- 2 tbsp. honey
- 8 skewers
- ¼ cup desiccated coconut

**HOW TO MAKE IT**

**CAKE BALLS:** In a food processor, process cashews for 1 minute, or until crumbly. Add desiccated coconut, honey, vanilla extract and cacao butter and process for 3 mins, or until it all comes together. Form 8 round balls then place in the freezer for 10 mins to harden (make the chocolate coating during this time). Take out of freezer and place a skewer in each ball.

**CHOCOLATE COATING:** Place coconut oil, cacao butter, cacao powder, vanilla extract and honey in a small saucepan over low heat. Stir constantly for 2 mins or until it has all melted and become velvety. Place chocolate and extra desiccated coconut in separate shallow bowls and roll cake pops in just the chocolate coating. Place cake pops in small cups upright in the freezer for 10 mins. Repeat the dipping process and finish by dipping the top in desiccated coconut. Place in the freezer for another 10 mins. Enjoy!
HUMMINGBIRD CAKE  
by @ashleighjensen  
wholesomelivingblog.wordpress.com  

WHAT YOU'LL NEED  
- 2 ripe bananas  
- ¾ cup coconut flour  
- 1 tbsp. cinnamon  
- 1 tsp. sea salt  
- 1 tsp. baking soda  
- 1 tsp. baking powder  
- 10 medjool dates  
- 1 tbsp. 100% pure maple syrup  
- 1 tbsp. vanilla extract  
- 4 eggs  

HOW TO MAKE IT  
Preheat oven to 400°F. Place dates in a bowl with ¼ cup of boiling water. Strain half the water then process with maple syrup until smooth. Mix together dates, bananas, eggs, vanilla and oil. In another bowl mix flour, cinnamon, coconut, nuts, baking powder, baking soda and salt until combined. Add dry ingredients to wet ingredients and stir in yoghurt. Place in a cake bundt/cake/muffin tin and bake until knife comes out clean and cake is golden (in a bundt tin this takes approx 40 mins). Once cake has completely cooled, strain excess liquid from the plain yoghurt tub and add honey and ½ tsp. of vanilla. Mix well and ice the cake with the yoghurt icing. Sprinkle with toasted pepitas and coconut.

STRAWBERRY & COCONUT TEACEAKE  
by @the_change_room  
thechangeroomblog.blogspot.com.au  

WHAT YOU'LL NEED  
- 2 tubs pineapple yoghurt (I use Chobani)  
- 3 tbsp. melted coconut oil  
- 1 cup chopped pecans (or walnuts)  
- ¼ cup shredded coconut  
- 1 tub plain yoghurt  
- 1 tbsp. honey  
- ½ tsp. vanilla  
- pepitas, toasted  

WHAT YOU'LL NEED  
- ½ cup organic extra virgin coconut oil, melted  
- ½ cup organic plain, unsweetened yoghurt  
- ¾ cup organic coconut nectar  
- 3 organic free range eggs, whisked  
- ¼ tbsp. organic vanilla extract  
- 2 cups almond meal  
- 1 tsp. gluten-free baking powder  
- 2 organic strawberries, halved and hulled  

HOW TO MAKE IT  
Preheat oven to 400°F (fan-forced). In a large bowl, whisk together the oil, yoghurt and syrup until it forms a smooth emulsion. Whisk in the eggs and vanilla until smooth and yellow. Fold in baking powder, coconut and almond meal. Pour the batter into a lined round, spring-form cake tin and cover securely with aluminium foil. Bake for 60 mins on middle shelf of oven. Remove foil, reduce heat to 300°F and bake for a further 25-30 mins, until a skewer comes out clean when pierced in the centre of the cake. Allow to cool, carefully remove from tin and dust with coconut flour.
RAW BERRY CHEESECAKE

by @clairefleg
burntbuttern.com.au

WHAT YOU’LL NEED (SERVES 12)

BASE:
1 cup almonds
½ cup hazelnuts
¼ cup pistachios
¼ cup walnuts
1 cup dates
1 ½ tbsp. coconut oil, melted
juice and zest of
½-1 lemon (to taste)

FILLING:
1½ cup soaked cashews
(overnight is best or but
a few hours is fine)
½ cup orange juice (approx.
the juice of 1 large orange)
¼ cup coconut oil melted
1/3 cup raw honey (or your
choice of natural sweetener)
1 cup raspberries

TOPPINGS:
handful of raspberries, warmed up and mashed
coconut flakes
strawberries (as many as you like)

HOW TO MAKE IT

Line a 50” round pan with baking paper.
Blend base ingredients in a food processor until well combined and mixture holds together when squeezed.
Press mixture into the base of the round pan evenly.
Blend filling ingredients on high until mixture is smooth.
Pour filling onto base and freeze for 4hrs.
Top with coconut flakes, mashed raspberries and strawberries.

*This recipe can also be used to make 12 individual mini cheesecakes using a muffin tin.
Ahhh snacks, snacks, snacks. How we love you so, but you really do bother us at times! I don’t know about you but sometimes it feels like we have our meal plan in the bag, but always fall short on ‘snackspiration’. Think about it.

Breakfast, yep no worries.

Lunch, leftovers from dinner…duh!

And dinner, easy like Sunday morning.

But pre and post-workout snacks… they always have us stuck. It’s always a question of, what will give me the most energy?

Not to worry, there’s no need to fall into a snack-induced stress attack because we’ve got you covered.

We are happy to share a stellar lineup of our favorite nourishing snacks that tick all the boxes – healthy, delicious and easy-to-prepare. Get ready to hop, skip and jump to the supermarket ladies because this is your go-to guide to healthy snacking pre and post-workout!
3 RECIPES TO JAZZ UP YOUR NUTS

Do you ever reach for your raw or activated almonds with disdain, wishing they were just that little more exciting? We hear you. We love nuts more than anything, but sometimes we feel you just need to add a little bit of spice to your life.

These spiced nuts recipes are just ideas to get you started. You can use any nuts that take your fancy, and experiment with different flavors and spices. The key is to have fun as you dress up your nuts!

<table>
<thead>
<tr>
<th>TAMARI ALMONDS</th>
<th>SPICY CASHEWS</th>
<th>SWEET MACADAMIAS</th>
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<tbody>
<tr>
<td>WHAT YOU’LL NEED</td>
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<td>WHAT YOU’LL NEED</td>
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<tr>
<td>1 cup almonds</td>
<td>1 cup cashews</td>
<td>1 cup macadamias</td>
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<tr>
<td>1 tbsp. tamari</td>
<td>2 tsp. garam masala</td>
<td>1 tsp. salt</td>
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<tr>
<td>1 tsp. sea salt</td>
<td>1 tsp. thyme powder</td>
<td>1 tsp. rapadura sugar</td>
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<tr>
<td>water to cover</td>
<td>(ground dried thyme)</td>
<td>1 tsp. ground cinnamon</td>
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<tr>
<td></td>
<td>¼ tsp. ground chilli</td>
<td>1 tsp. ground cardamom</td>
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<td>HOW TO MAKE IT</td>
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<tr>
<td>Mix the tamari, salt and water together. Place the almonds in a bowl, and cover with water. Let soak for 12-14 hours. Drain and rinse quickly. Spread the almonds over a baking tray or dehydrator rack. Dehydrate for 12-24 hours, or bake in an oven on the lowest possible temperature, until completely dry and crispy.</td>
<td>Mix the salt and water together. Place the cashews in a bowl, and cover with water. Let soak for 3-4 hours. Drain and rinse. Now is the perfect opportunity to add flavour and seasoning, as it sticks to the wet nut. Mix together the garam masala, ground chilli and ground thyme. Sprinkle over the wet nuts, and shake them around to distribute it easily. Spread the cashews over a baking tray or dehydrator rack. Dehydrate for 12-24 hours, or bake in an oven on the lowest possible temperature, until completely dry and crispy.</td>
<td>Mix the salt and water together. Place the macadamias in a bowl, and cover with water. Let soak for 12-14 hours. Drain and rinse. Mix together the rapadura sugar, ground cinnamon and ground cardamom. Sprinkle over the wet nuts, and shake them around to distribute it easily. Spread the macadamias over a baking tray or dehydrator rack. Dehydrate for 12-24 hours, or bake in an oven on the lowest possible temperature, until completely dry and crispy.</td>
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POST-WORKOUT PROTEIN
“BEANIE BROWNIE”

by @krumble
 krumbled.com

WHAT YOU’LL NEED
1 can drained organic cannellini beans
3½ oz protein powder
2 oz raw cacao powder
1 large banana
1 tsp. baking powder
¼ chia seeds
½ - 1 cup organic and unsweetened almond milk
2 tbsp. melted coconut oil
1 ½ tsp. ground cinnamon
½ - 1 cup frozen raspberries

HOW TO MAKE IT
Pre-heat oven to 300°F.
Combine all dry ingredients and banana into a food processor.
Blitz until smooth, slowly adding the almond milk as needed.
Once combined, pour into a lined baking tray.
Sprinkle over raspberries (the chia seeds will absorb a lot of moisture so frozen raspberries work well).
Cook for 20-30 mins and cool on a wire rack for 10 mins before tasting.

STRAWBERRY SHORTCAKE PROTEIN BALLS

by @beingmybestme

WHAT YOU’LL NEED (MAKES 8)

PROTEIN BALLS:
¼ cup goji berries
½ cup dried cranberries chopped finely
¾ cup almond meal
½ cup strawberry protein powder
1 tbsp. chia seeds
1 tbsp. flaxseed
½ cup coconut oil
¼ cup dessicated coconut
1 tbsp. raw honey
2 tbsp. water

COATING:
1/3 cup dessicated coconut

HOW TO MAKE IT
Combine ingredients together and roll into balls.
Roll balls in leftover coconut as a fine coating.
Pop in the fridge to set.
RAW PROTEIN FUDGE BALL

**by @fitness_love_healthyfood**
itsmeandfood.blogspot.com.au

**WHAT YOU’LL NEED**
- 2 tbsp. coconut flour
- 1 oz vanilla whey protein powder
- 1 tbsp. psyllium husk
- ¼ cup of milk (of your choice)
- ½ tbsp. goji berries- chopped up small
- ½ tbsp. cacao nibs- chopped up a little

**HOW TO MAKE IT**
Combine all ingredients in a food processor and process until it forms a bit of a dough. Scoop out with a spoon and roll into a ball. Roll in goji berries and cacao nibs.

I usually make mine the night before and keep it in the fridge but you can eat it straight away.

POWER PROTEIN SLICE

**by @krumble**
krumbled.com

**WHAT YOU’LL NEED**
- ½ cup raw cacao powder
- 1 cup hazelnuts
- 2 scoops protein powder (180 Nutrition)
- 2 tsp. stevia
- 1 tsp. ground cinnamon
- ½ cup melted coconut oil
- 2 tbsp. water
- 1 tsp. organic almond butter

GANACHE:
- 2 tbsp. raw cacao powder
- 1 tbsp. water
- 1 tbsp. melted coconut oil
- 1 tsp. ground cinnamon
- 1 tsp. of stevia (if desired)

**HOW TO MAKE IT**
Blitz the hazelnuts in a food processor until just crushed. Add cacao, stevia, protein powder, coconut oil and if you want it a little bit more nutty, add a teaspoon of almond butter. Blitz again until combined. Line a freezer safe tray with baking paper and pour in, pressing down firmly and evenly. Pop in freezer for 15 mins. To make the ganache, whisk all of the ingredients together and then pour over slice and freeze until ready to serve.
SWEET POTATO PRE-WORKOUT ENERGY SMOOTHIE

by @nicolacarroll89

WHAT YOU’LL NEED
1 cup sweet potato (or pumpkin) puree
2 tbsp. vanilla protein powder (or 1 tsp. vanilla essence)
½ tsp. cinnamon
¾ cup almond milk
1 tsp. homemade chai spice mix (see recipe on page 21)

HOW TO MAKE IT
Blend all ingredients in a high powered blender until smooth and creamy. The mixture should be thick and can be eaten with a spoon. Add more almond milk if a thinner consistency is desired. Top with desiccated coconut and bee pollen.

The chai spice mix is optional, but I add one teaspoon because it tastes awesome.

CHOC-MINT PROTEIN CAKE POPS

by @thefitfoodieblog
the-fit-foodies.com

WHAT YOU’LL NEED
¼ cup organic raw cacao powder
1 tsp. natural peppermint extract
¼ cup coconut flour
½ cup natural peanut butter
½ cup chocolate protein powder (optional – see tips)
¾ cup almond milk
2 tbsp. honey
4 drops liquid stevia (optional – for those who like it sweet!)
16 skewers

HOW TO MAKE IT
Mix all the ingredients in a bowl until a soft dough forms. Press dough evenly into a small brownie pan. Freeze for 40 mins or until dough is firm. Cut it into squares (approx 16). Between your hands, roll each square into a spherical truffle and place on skewers.

Tips: For an extra treat, dip the truffles (once skewered) in melted dark chocolate, sprinkle on a few crushed nuts and then transfer them back to the freezer for another 30 mins. Use additional cocoa and extra honey if you don’t have protein powder.
**PUMPKIN SPICE PROTEIN BALLS**

by @thefitfoodieblog  
the-fit-foodie.com

These protein balls taste just like Christmas.  
**WHAT YOU’LL NEED (MAKES 30)**  
1 ½ cups rolled oats  
2 tbsp. ground flax  
½ cup unsweetened shredded coconut  
½ cup raisins  
2 tbsp. ground cinnamon  
1 tbsp. ground ginger  
½ tbsp. nutmeg  
½ cup pumpkin puree  
2 tbsp. natural vanilla protein powder  
4 medjool dates  
4 tbsp. peanut flour  
3 tbsp. water  
pinch salt (optional)

**HOW TO MAKE IT**  
In a food processor, add in the spices, pumpkin, peanut flour, dates, salt, protein powder, flax and half the oats. Add water a little at a time until a soft dough forms – you may not need it all. Remove the dough and stir in the remainder of the oats and all of the raisins until evenly distributed, then roll into balls and store in a sealed container in the fridge.

**TIPS:** Taste the dough for sweetness before you remove it from the processor – you may wish to add more dates, honey, a little maple syrup or stevia if you have a very sweet tooth. Make your own pumpkin puree by cutting a fresh one into small cubes and roasting in the oven on 400ºF for about 30 mins. Use your food processor to blend to a smooth paste and then freeze leftovers in ½ cup measures for future baking.

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**PROTEIN BANANA BREAD**

by @tiyana21

**WHAT YOU’LL NEED**  
1 cup almond milk  
½ cup protein powder (banana or vanilla)  
2-3 ripe bananas  
½ cup egg whites  
4 tbsp. coconut flour  
pinch of baking powder  
¾ cup pitted dates (or about 5-6 medjool dates)  
1 tbsp. vanilla essence  
½ tsp. cinnamon  
1 ½ cup of nuts (pecans or walnuts)

**HOW TO MAKE IT**  
Preheat oven at 400°F. Combine all ingredients (except for about a handful of nuts) in food processor. Line tin with baking paper, pour in batter and bake for approximately 30 mins at 400°F. After 30 mins add a handful of nuts to top of batter and bake for a further 15-20 mins.
RAW BRAZIL NUT, CACAO & ORANGE BLISS BALLS

by @chipsyfox

WHAT YOU’LL NEED
1/2 cup Brazil nuts
1/4 cup sunflower seeds (soaked for an hour or two)
4 medjool dates
1/4 cup shredded coconut
1/4 cup sultanas
3 tbsp. carob or cacao powder
zest of 1 orange
juice of half a small orange

HOW TO MAKE IT
These are super quick and easy to make. Process all ingredients in food processor (except juice) until mixture resembles large bread crumbs. Add juice until combined and sticky (still with texture). Roll into balls then into coconut. Firm up in the fridge.

CHOCOLATE PROTEIN PANCAKES

by @ashleighjensen
wholesomelivingblog.wordpress.com

WHAT YOU’LL NEED
1 1/2 cups egg white
1/2 cup Bare Blends Dark Cacao & Kakadu Plum Native whey protein isolate (or your choice of chocolate-flavoured protein powder)
1/2 cup oats or quinoa flakes
1 tbsp. cacao
1 ripe banana
1/2 tsp. baking soda

HOW TO MAKE IT
Simply place all of the ingredients into a bowl and use a stick mixer, or blender to combine. Cook on a low-medium heat in a fry pan with a little coconut oil. Once little bubbles appear over the batter it’s time to flip! Serve with fresh berries, banana, pure maple syrup or anything else that takes your fancy!
BERRY BLAST POST-WORKOUT SMOOTHIE

by @nicolacarroll89

WHAT YOU’LL NEED (SERVES 2)
- 2 tbsp. vanilla protein powder
- 1 frozen banana
- 1/3 cup frozen berries
- 1 tbsp. goji berries
- 1 tbsp. Inca berries
- 1 tsp. acai berry powder
- 1 tsp. maqui berry powder
- 1 cup coconut water
- ice
- 1 tsp. cinnamon

HOW TO MAKE IT
Blend all ingredients in a high powered blender until smooth and creamy.

POST-WORKOUT SUPER SHAKE

by @krumble
krumbled.com

WHAT YOU’LL NEED
- 5 almonds
- ¼ cup shredded coconut
- water from 1 whole coconut
- ¼ cup of coconut flesh
- 1 ½ tbsp. chia seeds
- 2 tbsp. LSA
- dash of flaxseed oil
- 1 ½ tbsp. coconut oil
- ¾ cup blueberries
- ¼ blackberries
- 6 ice cubes
- 1 heaped scoop of coconut protein powder (I use 180 Nutrition)

HOW TO MAKE IT
Add ingredients to a blender, blitz for about 3 mins. If the consistency is too thick, add more water, until just right.
FACT. Most sauces found in the supermarket are a breeding ground for sugar.

So, we make it a priority to make our own sauces whenever possible.

These are three of our favorite saucy friends that are guaranteed to take your nourishing dishes to a whole new level.
SUGAR-FREE SAUCES

Have you ever considered how much sugar may be hiding in your condiments?
Most of us have never considered making our own sauces, but once you realize how easy it is, you’ll never again go to the effort of preparing a healthy salad only to soak it in sugar. Try out these sugar-free recipes, taste the difference and savor the satisfaction of avoiding the numerous additives in supermarket-brand bottled sauce.

TOMATO/PASTA SAUCE

WHAT YOU’LL NEED (MAKES 12 SERVES TOMATO SAUCE OR 4 SERVES PASTA SAUCE)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 red onion</td>
<td>1</td>
</tr>
<tr>
<td>4 garlic cloves</td>
<td>4</td>
</tr>
<tr>
<td>¼ red bell pepper</td>
<td>1</td>
</tr>
<tr>
<td>6 large tomatoes</td>
<td>6</td>
</tr>
<tr>
<td>2 tsp. thyme</td>
<td>2</td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td>½</td>
</tr>
<tr>
<td>½ tsp. pepper</td>
<td>½</td>
</tr>
<tr>
<td>2-3 tbsp. extra virgin olive oil</td>
<td>2-3 tbsp.</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

Preheat oven to 400°F.
Roughly chop the onion, garlic, tomatoes and red pepper, removing all unwanted skins, seeds and piths.
Place them onto a large, lined baking tray and mix together with the spices, seasoning and oil.
Roast in the oven for 20-25 mins. The roasting brings out the sweet flavor of the tomatoes.
Remove from oven and place into a large pot. Simmer with the lid on for 10 mins, stirring regularly.
Taste to see if there is enough seasoning. Take off the heat when you are happy with its taste and consistency.
If you are making tomato sauce – blend in a blender until smooth.
If you are using as pasta sauce – leave it chunky.

MAYONNAISE

WHAT YOU’LL NEED (MAKES 15 SERVES)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg yolk</td>
<td>1</td>
</tr>
<tr>
<td>1 whole egg</td>
<td>1</td>
</tr>
<tr>
<td>¼ tsp. Dijon mustard</td>
<td>¼</td>
</tr>
<tr>
<td>juice of ½ lemon</td>
<td>½</td>
</tr>
<tr>
<td>¼ garlic clove, minced</td>
<td>¼</td>
</tr>
<tr>
<td>¼ tsp. salt</td>
<td>¼</td>
</tr>
<tr>
<td>1 cup extra virgin olive oil</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

Place the yolk and whole egg in a food processor. Blend well for a minute, and then add the mustard, lemon juice, garlic and salt. Continue to blend for another 2-3 mins, and then slowly drizzle the olive oil in, while still blending. Drizzle the olive oil at a steady pace, not too fast, otherwise the mixture will split (the oil will separate from the eggs instead of be incorporated together), until it is all used up. The mayonnaise should be creamy both in color and consistency. Scoop out the mayonnaise and store it in an airtight glass jar in the fridge for about 2 weeks.

SALAD DRESSING

WHAT YOU’LL NEED (MAKES 4 SERVES)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup extra virgin olive oil</td>
<td>½</td>
</tr>
<tr>
<td>2 tbsp. white wine vinegar</td>
<td>2</td>
</tr>
<tr>
<td>1 garlic clove</td>
<td>1</td>
</tr>
<tr>
<td>¼ tsp. dried chilli flakes</td>
<td>¼</td>
</tr>
</tbody>
</table>

HOW TO MAKE IT

Remove the skin from the garlic, and place all ingredients together in a bowl or jug. Give it a swirl, and let the flavors infuse for around 3 mins. Strain the dressing, keeping the oil and discarding the chilli flakes and garlic clove.
# CONDIMENTS

**HEALTHY BELL PEPPER DIP**

*by @kbsugarfree*

**WHAT YOU’LL NEED (1/3 CUP DIP)**
- 1/3 cup of bell pepper sliced
- 2 tbsp. cottage cheese
- 2 tbsp. cashews
- 1 slice of red onion
- pepper to taste

**HOW TO MAKE IT**
Place all of the ingredients in a food processor, pulse until combined.

This dip can be served straight away but will thicken if left in the fridge prior to serving.

Add cashews for a thicker consistency.

This will yield about 1/3 cup of dip however you can play with the ingredient proportions to make more.

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**NATURAL TZATZIKI DIP**

*by @kbsugarfree*

**WHAT YOU’LL NEED**
- ½ cucumber, sliced
- 1 tbsp. Greek yoghurt
- pinch of chopped shallots

**HOW TO MAKE IT**
In a food processor pulse the cucumber for a few times to break it down, make sure you don’t blend it for too long or it will form a juice (and you won’t get the yummy chunky bits!)

Slice the shallots finely and mix through the yoghurt.

Mix all the ingredients together and season to taste.

**NOTE:** This recipe tastes incredible with a quarter of a smashed avocado mixed through.

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**GREEN SPINACH DIP**

*by @kbsugarfree*

**WHAT YOU’LL NEED**
- ¼ avocado
- 1 tbsp. cottage cheese
- 1 tbsp. Greek yoghurt
- 1 tbsp. cashews
- 1 cup spinach leaves
- small squeeze of lemon pepper to taste

**HOW TO MAKE IT**
Place all of the ingredients in a food processor, pulse until combined.
## RECIPE ESSENTIALS*

<table>
<thead>
<tr>
<th>COCONUT CREAM</th>
<th>QUinoa</th>
<th>FRESH DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEA SALT</td>
<td>PEPITAS</td>
<td>PEPITAS</td>
</tr>
<tr>
<td>RAPADURA/COCONUT SUGAR</td>
<td>CASHEWS</td>
<td>LEMONS/LIMES</td>
</tr>
<tr>
<td>HONEY</td>
<td>ALMONDS</td>
<td>BEETROOT</td>
</tr>
<tr>
<td>MAPLE SYRUP</td>
<td>MACADAMIAS</td>
<td>SWEET POTATO/PUMPKIN</td>
</tr>
<tr>
<td>ALMOND MEAL</td>
<td>PISTACHIOS</td>
<td>PEARs/APPLES</td>
</tr>
<tr>
<td>SPELT FLOUR</td>
<td>PECANS</td>
<td>DESSICATED/SHREDDED COCONUT</td>
</tr>
<tr>
<td>QUinoa FLOUR</td>
<td>CACAO POWDER</td>
<td>CHIA SEEDS</td>
</tr>
<tr>
<td>BUCKWHEAT FLOUR</td>
<td>COCONUT OIL</td>
<td>GOJI BERRIES</td>
</tr>
<tr>
<td>OATS</td>
<td>VANILLA EXTRACT/POWDER</td>
<td>CINNAMON</td>
</tr>
</tbody>
</table>

*This is not a be-all and end-all list of essentials, merely a guide to get you started on moving sugar out of your life.

## ABOUT RHIANNON MACK, LJ ACTIVE CHEF

Rhiannon learned the importance of food and health from an early age, having a family prone to food allergies and diabetes. Upon completing a Bachelor of Nutrition, however, she realised that simply telling people how to eat healthy was not enough. She wanted to show them – teach them hands on how to prepare healthy foods, how to create tasty meals, and how to love their newfound way of life. And so she pursued a career in cheffing, so that she could learn the ‘rules’ of cooking, to then pass on to others.

Presently, Rhiannon has already inspired many, through her blogs, and her time as a cooking school teacher. She wishes to go on and inspire many more to Move Nourish and Believe, through her role as the LJ Active Chef. Rhi loves stretching, hot porridge, her “fur” children and learning new things.

## A BIG THANK YOU

To our Instagram sisters, thank you so much for contributing your delicious sugar-free recipes — we couldn’t have created this recipe eBook without your help. We’re so inspired by your creations here at LJ HQ, we know that the rest of our sporty sisterhood will be too, so thank you for helping to inspire others to make a positive change in their lives.

## CONTRIBUTORS

Ashleigh Hipwood (Editor), Bianca Blades (Copywriter), Shaelah Ariotti (Photographer), Davina Purnama (Graphic Designer)

@lornajaneactive • #moveoversugar #movenourishbelieve