

Fat Burn Phase Week 3-4 - introduce the following recipes:

- Sweet treats (low carb)
- Savory treats (low carb)

Sweet treats (low carb)

Sweet treat – Chocolate snack balls (v)

Low carb

Ingredients:

1 tbsp. cacao powder
2 tbsp. shredded coconut
1 tbsp. protein powder
1 tbsp. xylitol
2 tbsp. cashew nut butter
dash of water / milk



Instructions:

- Mix the cacao, shredded coconut, protein powder and xylitol together in a bowl
- Using the back of a spoon, smooth in the cashew nut butter and dash of water until the mix hold together
- Roll into balls, dust with cacao and leave to set in the fridge

Sweet treat – Berry crumble (v)

Low carb

Ingredients (serves 4-6):

500g mixed berries (fresh or frozen)
3 tbsp. xylitol
200g almond flour (ground almonds)
2 tsp. cinnamon
2 tbsp. hazelnuts chopped
50g coconut oil



Instructions:

- Preheat the oven to 160 deg C
- Place the berries, xylitol and 100ml of water into a saucepan and heat on a medium temperature for a few minutes until the berries begin to soften (stir regularly)
- In the meantime, mix the almond flour, cinnamon and chopped hazelnuts in a bowl
- Melt the coconut oil (in the microwave for 30 secs) and mix into the crumble almond mix
- Pour the cooked berries into a baking dish
- Sprinkle the crumble topping over the berries and bake in the oven at 160 deg C for 40 minutes

- *Tip – great as a snack or for breakfast with a dollop of Greek yoghurt*

| Sweet treat – Matcha latte (v) | | Low carb |
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| <p>Ingredients: 300ml cashew nut milk ½ tsp. matcha powder 2 tsp. xylitol 1 tbsp. cashew nut butter</p> <p>Instructions:</p> <ul style="list-style-type: none"> • Heat the cashew nut milk in a microwave for 2 minutes • Blend all ingredients in a blender until smooth |  | |

Savory treats (low carb)

| Savory treat – Seed crackers (v) | | Low carb |
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| <p>Ingredients: 160g chia seeds 75g flax / linseeds 140g sesame seeds 140g sunflower seed 140g pumpkin seeds 150g almonds 1 egg 1 tsp. salt</p> <p>Instructions:</p> <ul style="list-style-type: none"> • Put the chia and flaxseeds in 500ml cold water for 15 minutes, so they form a slightly slimy substance • Coarsely chop (or crush in pestle and mortar) pumpkin seeds, sunflower seeds and almonds into a mix of various sizes - fairly large pieces, flakes and finely enough to form a flour-like consistency • Add all the ingredients together and stir well • Spread the mix onto a piece of baking paper in a thin layer, using a spatula to make it flat • Cut it carefully into rectangle shapes • Bake in the oven at 160 degrees for about an hour, until golden and crispy • <i>Tip – Make a big batch and keep in an airtight container in the fridge to keep fresh. Goes well with cream cheese and fresh chive topping</i> |  | |

Savory treat – Poppadoms & guacamole (v)

Low carb

Ingredients:

2 poppadoms (buy non-cooked)
 1 avocado
 1 tomato
 ½ tsp dried chillies



Instructions:

- Heat each poppadom for 1 minute in the microwave
- In the meantime, mash the avocado with a fork
- Finely chop the tomato and add to the avocado dip
- Add the dried chillies to the avocado dip and stir well
- Dip the poppadoms in the guacamole for a savory crunchy snack

Savory treat – Cheesy kale chips (v)

Low carb

Ingredients:

300 g kale leaves
 1 cup cashew nuts
 3 tbsp. nutritional yeast flakes
 juice of 1/2 lemon
 4 tbsp. water
 1 tsp. salt
 1 tsp. garlic powder optional



Instructions:

- Preheat the oven to 150 deg C
- Tear kale leaves torn into large pieces with hard stems removed
- Wash the kale thoroughly and dry completely, using a couple of paper towels
- In a food processor, blend together all the ingredients (except the kale) to create a thick sauce
- In a large bowl, cover the kale with the cashew mixture, massaging the sauce into the kale with your hands. Ensure each piece of kale is well coated
- Divide the kale between 2 or 3 baking trays (depending on their size) and spread out in an even layer - make sure they don't overlap to ensure crispiness
- Bake for 15 minutes, then remove from oven and toss the chips to ensure even baking. Put back in the oven for a further 5 - 10 minutes (or until they are crispy and lightly golden brown). Watch them carefully to ensure they don't burn
- Once cooled, eat straight away or store in an airtight container for 2 - 3 day

