

PROTEIN BALLS AND VEGGIE MUFFINS

Whether you're looking for nutrient-packed snacks or brekkie bites to grab'n'go, *The Healthy Chef Teresa Cutter* shares some delicious inspiration.

Collagen protein balls

These scrumptious balls are filled with antioxidant superfoods such as turmeric and pure collagen protein to help you glow from the inside out. Zesty and bite-sized, they're the perfect snack to take when you're on the go.

Makes 10

Ingredients

155g (1½ cups) almond meal
100g (1 cup) desiccated coconut + extra for rolling
1 tablespoon Healthy Chef Marine Collagen
½ teaspoon ground turmeric

1 orange, zest and juice
155g dried apricot
1 tablespoon extra virgin avocado or olive oil
1 tablespoon pure maple syrup or a little stevia to sweeten

Method

1. Combine almond meal, desiccated coconut, collagen, turmeric, zest from 1 orange and the dried apricot into a food processor.
2. Process until combined. The mix should be moist, golden and crumbly.
3. Spoon the mix into a mixing bowl, then add the avocado oil, maple syrup and the juice from one orange.
4. Squish together with your hands until you have a soft delicious ball, adding more orange juice or water if required for mixing.
5. Roll into balls, and then roll in desiccated coconut.
6. Refrigerate for 1 hour before serving and enjoy.

Notes and inspiration: Add a spoonful of protein powder in place of marine collagen.



Savoury vegetable muffins

High in protein and packed with fibre and antioxidant-rich veggies, this delicious savoury muffin makes the perfect portable breakfast or lunch.

Makes 12

Ingredients

1 leek, washed and sliced
2 tablespoons extra virgin olive oil
1 bunch Tuscan kale (cavolo nero), washed, trimmed and sliced
220g baby spinach
300g ricotta cheese (firm deli-style) or firm organic tofu, grated
4 organic eggs
1 bunch parsley, chopped
1 lemon
sea salt and white pepper to taste
125g spelt flour or rice flour

Method

1. Preheat oven to 160°C fan-forced.

2. Sauté leek and Tuscan kale with the olive oil over a low to medium heat in a large pot until softened.
3. Add spinach and cook for a few minutes until the spinach has wilted then remove from the heat and cool. Drain off any excess liquid.
4. Combine ricotta and eggs into a separate bowl, then add the parsley and lemon zest followed by the vegetables, and fold through gently.
5. Season with salt and pepper, then add the flour and mix through until just combined.
6. Spoon into muffin tins and bake for 35 minutes or until cooked through, or alternatively spoon into a larger spring-form baking tin and bake for 45 to 50 minutes.
7. Remove from the oven and cool.

Notes and inspiration: Top with ricotta and micro herbs or add a little grated pecorino over the top before serving. If preferred, you can use this recipe to make 1 large tart for slicing rather than individual muffins.

These recipes are from Teresa Cutter's new plant-based cookbook *Earth To Table* (\$49.95).



Teresa Cutter

Founder of *The Healthy Chef*, Teresa is an author, nutritionist and classically trained chef. You can find more tips and recipes on her website, *Healthy Recipes App*, eBooks, Facebook and Instagram.

