



FREE  
**PROTEIN**  
RECIPE

*e-book*



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# CINNAMON CHAI CASHEW MILK

## WHAT'S GREAT ABOUT IT

This delicious dairy-free milk is packed full of protein and satisfies that craving for something a little sweet mid-afternoon. I love mine served warm during winter and poured over hot porridge in the mornings.

## INGREDIENTS

*Makes 3 cups*

1/2 cup raw cashew nuts

3 cups water

1 tablespoon *Healthy Chef Protein* (Natural or Vanilla or Chocolate)

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon vanilla bean paste or ground vanilla powder

3 fresh pitted dates

## METHOD

SOAK cashew nuts in water for 3 hours, then drain and rinse.

ADD cashew nuts to a blender and add the 3 cups of water, protein, cinnamon, ginger, vanilla and fresh pitted dates.

BLEND on high speed for about 1 minute or until creamy.

POUR into a glass jar, cover and refrigerate until icy cold.

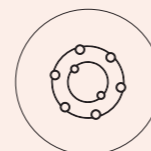
ENJOY when you feel like a creamy, protein rich, dairy free treat.



WELLBEING



HIGH PROTEIN



ANTIOXIDANTS



# THE ULTIMATE CHOCOLATE SMOOTHIE

## WHAT'S GREAT ABOUT IT

If you feel like a little chocolate therapy, then you need to make my ultimate chocolate smoothie, that's loaded with super food goodness and it tastes purely delicious. Made from Naked Chocolat, almond milk, Healthy Chef Protein, banana, avocado and a little honey. A pure indulgent chocolatey treat!

## INGREDIENTS

Serves 1

1/2 cup raw cashew nuts  
1 banana, frozen and chopped  
1/2 avocado  
2 tablespoons almond, cashew butter or coconut butter  
1 cup coconut water  
pinch sea salt  
1 tablespoon *Healthy Chef Protein*  
1 tablespoon *Healthy Chef Naked Chocolat* or cacao  
Handful ice

## METHOD

COMBINE frozen banana, avocado, nut butter, coconut water, *Healthy Chef Protein*, *Naked Chocolat* and ice into a good high-speed blender.

BLEND all the ingredients until creamy and smooth.

SWEETEN only if needed with a little honey.

ADD more coconut water if necessary for consistency.

## NOTES AND INSPIRATION

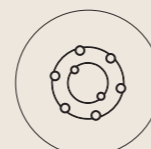
The addition of *Native Whey Protein* can assist with weight loss to help regulate the appetite.



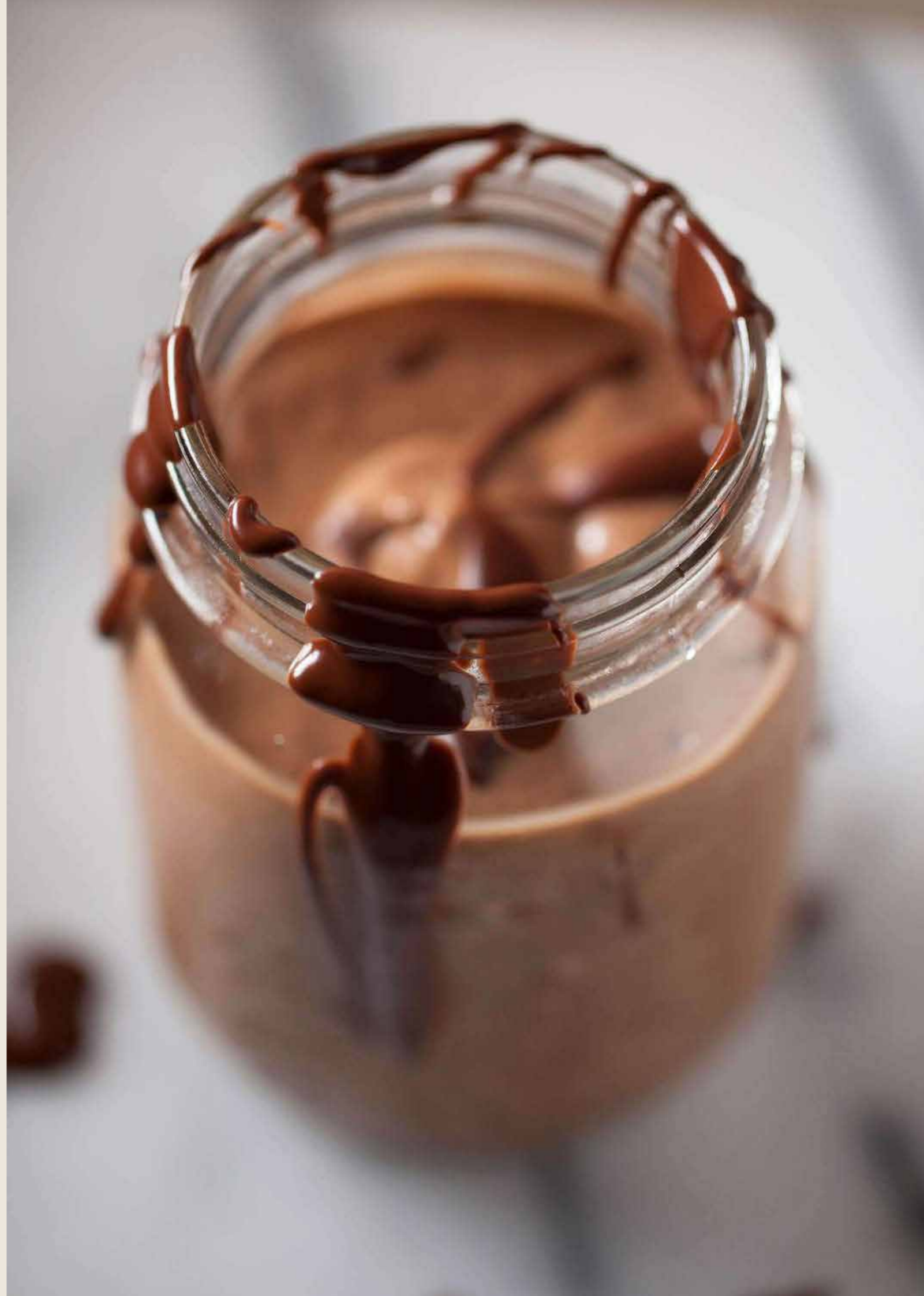
LOW CARB



HIGH PROTEIN



ANTIOXIDANTS



# GLUTEN FREE PALEO PORRIDGE W/APPLE + CINNAMON

## WHAT'S GREAT ABOUT IT

When the weather gets a little colder outside, I love porridge for breakfast.... it's warm, nourishing and satisfying. This porridge is featured in my cookbook *Purely Delicious*, as well as my *Healthy Recipe App*. This apple and cinnamon scented porridge tastes just like apple strudel and is filled with the goodness of seasonal apples, protein-rich almonds and omega-3 rich golden flaxseed.

## INGREDIENTS

Serves 2

- 1 cup almond milk
- 1 red apple grated (see notes on other fruits)
- 2 tablespoons LSA
- Pinch ground cinnamon
- 1/2 teaspoon vanilla
- 1 tablespoon *Healthy Chef Protein* (Natural or Vanilla)
- 1/2 cup water

## METHOD

COMBINE the almond milk, LSA and apple into a small pot.

ADD vanilla and cinnamon.

COOK porridge over a low heat for a few minutes until heated through and thickened.

ALLOW porridge to cool slightly whilst you mix protein with 1/2 cup water.

FOLD protein mix through porridge.

SERVE in a large bowl and top with extra steaming hot milk, roasted almonds and a little cinnamon. You can also drizzle in a little raw honey or maple if you wish.

## NOTES AND INSPIRATION

Use 2 fresh smashed bananas in place of the apple.

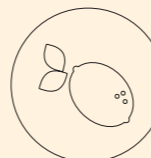
Organic rolled oats can be used in place of LSA and rice or coconut milk can be used for a nut free alternative.



WELLBEING



HIGH PROTEIN



WHOLEFOOD



# RAW MAUI COOKIES

## WHAT'S GREAT ABOUT IT

These delicious, raw cookies are loaded with the protein, fibre and minerals that your body craves and thrives on. These cookies only take a couple of minutes to make and can be enjoyed as a quick healthy on the go meal or snack at any time of day. For a nut-free cookie, just substitute the nut butter for roasted sunflower seed butter or tahini - perfect for school lunchboxes.

## INGREDIENTS

Makes 16 cookies

200 g (7 oz) roasted peanut butter, almond butter, sunflower seed butter or tahini

150 g (5 oz) fresh dates, pitted

250 g (8 oz / 2 1/2 cups) organic rolled oats

50 g (1 3/4 oz / 1/2 cup) organic desiccated coconut

1-2 tablespoons *Healthy Chef Protein* (Natural)

Pinch of sea salt

Pinch of cinnamon

1 teaspoon vanilla bean paste

1-2 tablespoons of water to mix if needed

35 g (1 oz / 1/4 cup) pumpkin seeds to garnish

## METHOD

COMBINE nut butter, dates, oats, coconut, protein, sea salt, cinnamon, and vanilla into a food processor.

MIX until combined and until your mixture resembles breadcrumbs.

ADD a few tablespoons of water and mix again so that the cookies combine and stick together when pressed.

FORM into cookies using a small ice-cream scoop or spoon.

GARNISH pumpkin seeds over the top.

SET in the fridge for at least 1 hour before eating.

STORE in the fridge for up to 2 weeks.

## NOTES AND INSPIRATION

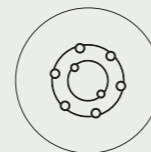
Replace the nut butter with roasted sunflower seed butter or tahini to make it nut free. Top your Raw Cookies with Goji berries, Chia seeds or Coconut flakes.



WELLBEING



HIGH PROTEIN



ANTIOXIDANTS



# SUGAR-FREE KETO BLISS BALLS

## WHAT'S GREAT ABOUT IT

These delicious balls contain organic, raw and natural ingredients to help keep you healthy + energised. I've designed them especially for the readers who have requested a version of protein balls for the kids to take to school or for those with nut allergies.

## INGREDIENTS

*Makes 3 cups*

1 cup desiccated coconut

1/2 cup *Healthy Naked Chocolat* Mylk or cacao

1/4 cup *Healthy Chef Protein* (Chocolate)

1/3 generous cup tahini

1/4 cup water (plus extra to achieve soft consistency)

## METHOD

COMBINE the coconut, *Healthy Naked Chocolat*, *Healthy Chef Protein* and tahini into a food processor or high-speed blender.

PROCESS until well combined.

ADD the water and mix again to form a soft dough.

ROLL into bite size balls then roll in coconut.

STORE in the fridge to set.

## NOTES AND INSPIRATION

Both *Healthy Chef Pure Native WPI* and *Healthy Chef Organic Pea Protein* can be used in this recipe.



LOW CARB



HIGH PROTEIN



WELLBEING



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