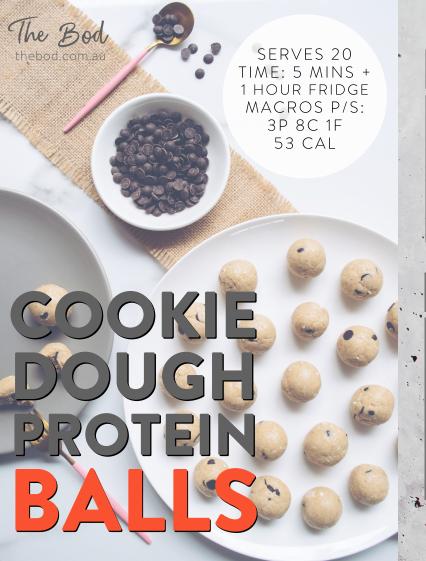


Method

Blend 1 chopped frozen small ripe banana (130g), 2 tablespoons cacao powder, 1 tablespoon protein powder 3 teaspoons honey, 150g fresh or frozen strawberries, 1 teaspoon ground cinnamon, 1 teaspoon maca powder and 2 cups almond milk in a high-powered blender until smooth. Divide between glasses; dust with a pinch of extra cacao or cinnamon.





Ingredients *

- · 120g oat flour
- · 60g protein powder
- •1 tsp coconut oil
- · 3/4 tsp vanilla extract
- · 80ml rice malt syrup
- 1 tbs water
- · 35g dark chocolate chips

Method

- 1. Prepare a plate or tray with baking paper.
- 2. Combine all the ingredients excluding the chocolate chips in a large bowl, folding until the ingredients are stirred through.
- 3. Stir in the chocolate chips. Roll the mixture into evenly sized balls and place on the prepared tray before cooling in the fridge for at least an hour.
- 4. Transfer the balls to an airtight container. Store the balls in the fridge or freezer.

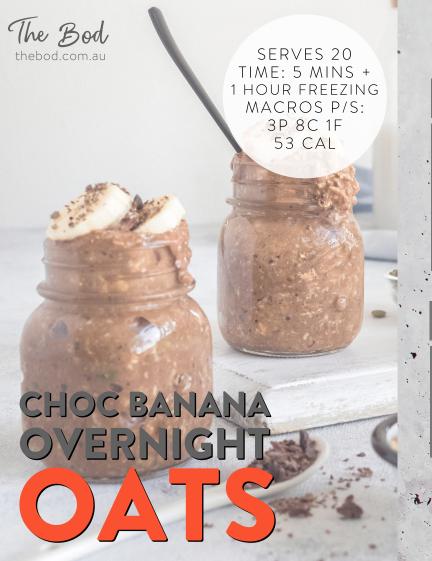




Method

Preheat oven to 160°C fan-forced. Heat 1/4 cup coconut oil and 1/4 cup rice malt syrup on the stove until warm. Remove from heat and stir in 2 tablespoons of cacao powder until smooth. Pour mixture into a bowl with 3 cups of plain puffed rice and stir until all the puffed rice are coated. Spread the mixture onto a lined baking tray and bake for 4-6 minutes (make sure they don't burn). Let them cool, crumble them apart and store in an airtight container. Serve with yoghurt or milk.





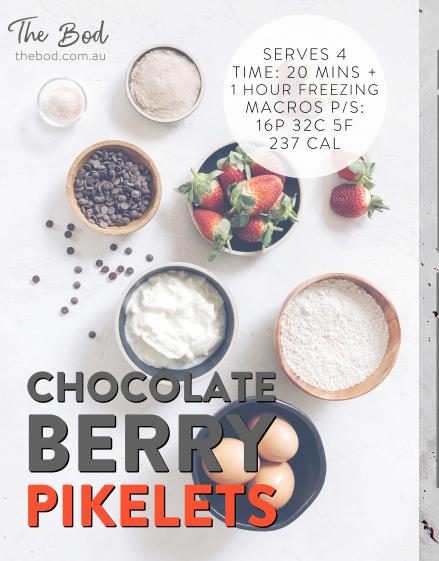
Ingredients

- 50g rolled oats
- 1/2 cup almond milk
- ·1 tsp cacao powder
- · 15g chocolate protein powder
- 60g banana
- · 10g pumpkin seeds
- 1 tsp cacao nibs

Method

- 1. Place all dry ingredients into a container and mix together.
- Blend almond milk and banana together, then pour over other ingredients and stir through.
- 3. Store in fridge overnight to set.





Ingredients

- 1 pinch Himalayan salt
- · 3 eggs
- · 125g wholemeal flour
- · 200g low-fat yoghurt
- 50g water
- · 1 scoop chocolate protein powder
- · 35g dark chocolate chips
- 250g strawberries, halvec

Method

- 1. Blitz all the ingredients (excluding the chocolate chips and berries) in a Thermomix or food processor for 30 seconds.
- 2. Leave the mixture to stand for 10-15 minutes.
- 3. Cook pikelets a few at a time in a nonstick pan at medium heat, sprinkling some chocolate chips on each as they cook. Allow pikelets to cool.
- 4. Roll each pikelet with strawberries.

