

SERVES 2  
TIME: 5 MINS  
MACROS P/S:  
9P 37C 7F  
247 CAL

# CACAO ENERGY SHAKE

## 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.

SERVES 20  
TIME: 5 MINS +  
1 HOUR FRIDGE  
MACROS P/S:  
3P 8C 1F  
53 CAL

# COOKIE DOUGH PROTEIN BALLS

## 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.



SERVES 6  
TIME: 20 MINS  
MACROS P/S:  
2P 25C 10F  
198 CAL



# CACAO PUFFS

## 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.

SERVES 20  
TIME: 5 MINS +  
1 HOUR FREEZING  
MACROS P/S:  
3P 8C 1F  
53 CAL

## 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.
2. Blend almond milk and banana together, then pour over other ingredients and stir through.
3. Store in fridge overnight to set.

# CHOC BANANA OVERNIGHT OATS



SERVES 4  
TIME: 20 MINS +  
1 HOUR FREEZING  
MACROS P/S:  
16P 32C 5F  
237 CAL

# CHOCOLATE BERRY PIKELETS

## 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, halved

## 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.