



# FIX & FOGG

2023 RECIPE E-BOOK



# HEY THERE PB PAL!

Finally! An excuse to eat nut butter for breakfast, lunch, dinner and everything in between (we all know 3pm requires something nutty and covered in chocolate).

We've put together some of our favourite, go-to recipes, so that you can make the most of not only your toast, but everything else too.

Don't forget, we love to see photos of your creations - and hear any suggestions you have of your own. All levels of presentation are appreciated and admired. So slap on your apron (though you really don't need one), and remember, the chef always gets to lick the spoon.

Happy making,  
The team at Fix & Fogg



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# BREAKFAST





# PEANUT BUTTER GRANOLA

WORKS WELL WITH ANY  
F&F NUT BUTTER!

## INGREDIENTS

1/2 cup of F&F nut butter	1/4 cup sunflower seeds
1 tsp vanilla extract	1/4 cup pumpkin seeds
1/4 cup melted coconut oil	2 Tbsp chia seeds
2 cups whole rolled oats	1/2 cup coconut flakes
1/4 cup coconut sugar	10 dried dates, diced
1/2 cup roasted peanuts	

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## METHOD

1. Preheat oven to 180C (350F) and line a deep baking tray with baking paper.
2. In a small bowl, combine F&F nut butter, melted coconut oil and vanilla extract. Stir well.
3. In a large bowl, combine whole rolled oats, coconut sugar, roasted peanuts, sunflower seeds, pumpkin seeds and chia seeds. Stir well.
4. Add wet nut butter mixture to the dry oat mixture and stir until dry ingredients are evenly coated.
5. Spread granola mixture out evenly on lined baking tray.
6. Bake for 7 minutes. Remove from oven and add coconut flakes. Bake for a further 6 minutes, remove every 2 minutes and stir.
7. Remove, allow to cool for 10 minutes then stir through diced dates.

Serve with fresh fruit, yoghurt and milk. Store in an airtight jar or container.







# NUT BUTTER GREEN SMOOTHIE BOWL

PERFECT SUMMER BREAKFAST!  
WORKS WITH MOST F&F NUT BUTTER!

## INGREDIENTS

### BASE:

1 large frozen banana  
3/4 cup frozen mango  
1 handful of baby spinach  
1/4 cup coconut milk

### TOPPING:

1 Tbsp F&F Smooth  
peanut butter  
2 Tbsp coconut chips  
Fruit of your choice

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## METHOD

1. Add the banana, mango, spinach and coconut milk to a high speed blender and blend until smooth. Depending on your blender, you may want to add more or less coconut milk.
2. Pour into a bowl and top with fresh fruit, coconut chips and a big spoonful of Fix & Fogg Smooth Peanut Butter. Enjoy!

We love topping our green smoothie bowls with F&F Smooth peanut butter, but feel free to swap it out for your favourite of the F&F range!

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# PEANUT BUTTER BOYSENBERRY BIRCHER

PERFECT SUMMER BREAKFAST!  
WORKS WITH ANY F&F NUT BUTTER!

## INGREDIENTS

### APPLE BIRCHER:

1/2 cup rolled oats  
2/3 cup oat milk  
1/4 cup coconut yoghurt  
1 medium apple, peeled  
and grated  
1 Tbsp chia seeds  
1 Tbsp coconut thread  
1/4 tsp cinnamon

### TOPPINGS:

Coconut yoghurt  
1 Tbsp F&F Peanut  
Butter and Jelly  
1/2 sliced apple  
1/4 cup boysenberries  
Shredded coconut  
Maple syrup

## METHOD

1. Place all base ingredients in your Pottery for the Planet bowl and mix together until incorporated. Cover with the silicone lid and store in the fridge overnight.
2. When serving, either eat cold or place in the microwave for 1-2 minutes or until warmed through. Pour the apple bircher base into a serving bowl.
3. Add all toppings including the F&F Peanut Butter and Jelly or F&F peanut butter of choice. Drizzle maple syrup on top.
4. Enjoy! This is enough for 1 serving but can easily be doubled





# CHOC PB&J CHIA PUDDING

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## INGREDIENTS

### CHIA PUDDING BASE

1/2 cup chia seeds  
2 Tbsp F&F Peanut Butter  
and Jelly PB  
1 tsp vanilla extract  
1/4 cup maple syrup  
1 3/4 cup oat milk  
1 Tbsp cocoa powder

### TOPPING

Coconut yoghurt  
Raspberries  
Coconut

## METHOD

1. In a medium sized bowl mix together all base ingredients, folding until well combined.
2. Leave in the fridge overnight (or until absorbed) and top with coconut yoghurt, fresh raspberries and shredded coconut.

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# CHOCOLATE PROTEIN SMOOTHIE BOWL

MAKES 1 SMOOTHIE BOWL  
BEST ENJOYED STRAIGHT AWAY!

## INGREDIENTS

### BASE:

3 frozen bananas  
1/4 cup oats  
3 tbsp F&F Protein PB  
2 tbsp cacao powder  
1/2 cup oat milk  
1/2 tsp vanilla  
1/2 tsp cinnamon

Pinch of salt

### TOPPINGS:

Sliced banana  
Sliced strawberries  
Cacao nibs  
Granola

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## METHOD

1. Combine all of the smoothie bowl base ingredients in a blender and blend until completely smooth – the mixture should be thick and creamy. Add a touch more milk if needed to get it to blend completely smooth.
2. Transfer to two bowls and add all of your favourite toppings – we went for fresh banana slices, strawberries, cacao nibs and granola.
3. Serve immediately, and enjoy!







# CHOC BERRY EVERYTHING BAKED OATS

SERVES ONE  
QUICK AND EASY!

## INGREDIENTS

1/2 cup of rolled oats  
1 tsp baking powder  
1 tsp cinnamon  
1/2 banana  
1 tsp vanilla essence  
1/2 cup oat milk  
1 Tbsp maple syrup  
1 Tbsp F&F Choc Berry  
Everything Butter

### TOP WITH:

Coconut yoghurt  
1/2 banana  
Chocolate chips  
Chia seeds  
A big scoop of F&F Choc  
Berry Everything Butter!

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## METHOD

1. Add all ingredients into a blender and mix at a high speed until well combined.
2. Add in chocolate chips, mix together and pour into a microwave-proof dish.
3. Heat for 1 minute 40 and serve drizzled with coconut yoghurt, sliced banana, chocolate chips, chia seeds and F&F Choc Berry Everything Butter.





# DARK CHOCOLATE CHIA PUDDING

WORKS WITH ALMOST ANY F&F  
NUT BUTTER!

## INGREDIENTS

### BASE:

1 cup milk of choice  
1/4 cup chia seeds  
1 heaped tbsp raw  
cacao powder  
1 banana, mashed

### TOPPING:

1/4 cup granola  
Banana slices  
1 Tbsp freeze-dried  
raspberries  
1 Tbsp F&F Dark Chocolate PB

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## METHOD

1. Combine chia seeds, mashed banana and raw cacao powder with your choice of milk in a bowl and let soak overnight in the fridge.
2. When ready to serve, top with granola, banana slices, freeze-dried raspberries and a heaping spoonful of Dark Chocolate peanut butter.

You can top this chia pudding with almost any F&F nut butter. To get your morning mocha fix, try topping it with our Coffee and Maple peanut butter. Or keep it simple with a spoonful of our Smooth, Super Crunchy or Almond Butter.

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**FIX & FOGG**  
**GRANOLA**  
**BUTTER**  
OATS · CASHEW · COCONUT  
PEANUT · SUNFLOWER · CHIA

# OATY APPLE PIE SMOOTHIE

WORKS WELL WITH ANY F&F  
NUT BUTTER!

## INGREDIENTS

- 1/4 cup of F&F Granola Butter
- 1/4 cup oats
- 1 apple, diced
- 1 cup milk of choice (more or less depending on desired consistency!)
- 1 frozen banana
- 1 tsp cinnamon

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## METHOD

1. Add all ingredients into a blender or food processor and blend until smooth.
2. Pour into glasses and enjoy!

Now you can eat your granola and drink it too! Serves 1 large smoothie or 2 smaller ones.





FIX & FOGG  
ALMOND  
BUTTER  
CRUNCHY

# ALMOND BUTTER OVERNIGHT OATS

BREAKKIE MEAL PREP IN STYLE!

## INGREDIENTS

- |  |   |
|--|---|
| 1/3 cup quick oats                                       | 1 tsp cinnamon  |
| 1/2 cup milk of choice                                   | 1/2 cup fruit of choice,<br>we used blueberries and<br>raspberries. |
| 1 tbsp maple syrup or<br>honey                           | 1/4 cup yoghurt of<br>choice  |
| 1 Tbsp chia seeds  |   |
| 2 Tbsp F&F Almond Butter<br>(Or any of our nut butters!) |   |

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## METHOD

1. Combine the oats, milk, maple syrup (or honey), chia seeds, cinnamon and half of the nut butter (5 Tbsp) until everything is combined.
2. In a jar (or container, glass etc) put 1/3 of your oat mixture in first, followed by a layer of yoghurt, a drizzle of nut butter and a few berries.
3. Repeat the layering process until you have used all of the oat mixture.
4. Cover, leave in the fridge overnight and get ready for a delicious morning!
5. You can prep the oat mixture and keep covered in the fridge for up to 3 days. This recipe is for one large serving, you can double (or triple!) the recipe for your brekkie meal prep.



FOX & FOGG  
ALMOND BUTTER  
CASHEW AND MAPLE





# ALMOND BUTTER FRENCH TOAST

SERVES 2.  
BEST ENJOYED FRESH OUT OF THE PAN!

## INGREDIENTS

4 slices of bread	1 Tbsp maple syrup (Plus extra for topping)
2 eggs	Fresh strawberries and bananas (Or fruit of choice!) for topping
1/4 cup milk of choice	
1 tsp cinnamon	
1 Tbsp F&F Almond Butter with Cashew and Maple (Plus a extra for filling!)	

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## METHOD

1. In a medium mixing bowl, whisk together the eggs, milk, cinnamon, F&F Almond Butter with Cashew and Maple and maple syrup.
2. Heat a frying pan over medium heat and add butter or oil to coat the base of the pan.
3. Dip one slice of bread at a time into the egg mixture to coat both sides and place in pan.
4. Cook for 2–3 minutes on each side until golden brown. Repeat with the remaining slices of bread.
5. Once all slices are ready, spread a thick layer of almond butter onto two of the slices and sandwich them together with the other two slices.
6. Slice each sandwich diagonally and serve with extra maple syrup and toppings of choice!





FIX & FOGG  
ALMOND BUTTER  
CASHEW & MAPLE

# ALMOND BUTTER PANCAKES

MAKES 4-6 PANCAKES  
TOP WITH ALL YOUR FAVOURITE  
FRUIT AND SYRUPS!

## INGREDIENTS

### FOR THE PANCAKES:

1 ripe banana  
1 egg  
1/2 cup oats  
1/4 cup F&F Almond Butter  
with Cashew and Maple  
1/2 cup milk of choice  
1/2 tsp cinnamon

### FOR THE TOPPING:

2 tbsp F&F Almond  
Butter with Cashew  
and Maple  
2-3 tbsp milk of choice  
Fruit of choice

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## METHOD

1. In a blender, add ll of the pancake ingredients and blend until you have a nice, smooth batter.
2. Heat a large frying pan over medium heat and lightly grease with butter or oil.
3. For each pancake, place 1/4 cup of batter into the pan and cook for 2 minutes or until small bubbles form.
4. Flip and cook for another 1-2 minutes until cooked through.
5. To make the topping, combine almond butter with your milk of choice until you have a nice pouring consistency.
6. Stake 'em on up and drizzle your almond butter topping on top and whatever else your heart desires!





# CASHEW BUTTER CASHEW MILK

SUPER EASY PLANT-BASED  
MILK ALTERNATIVE!

## INGREDIENTS

2 Tbsp F&F Cashew Butter  
1 cup cold water

### OPTIONAL:

Maple syrup  
Vanilla  
Cinnamon

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## METHOD

1. In a blender, add water and Fix & Fogg Cashew Butter. Blend until well combined.
2. Add any additional sweeteners of choice. We like vanilla, maple syrup or cinnamon.

This is such an easy recipe to recreate and can be doubled or halved depending on how much cashew milk you would like. Store in the fridge for up to 3–5 days.





FIX & FOGG  
CASHEW  
BUTTER  
CREAMY

# CASHEW BLUEBERRY LEMON LOAF

FROZEN OR FRESH BERRIES WILL  
WORK PERFECTLY!  
MAKES ONE MEDIUM LOAF

## INGREDIENTS

1 1/2 cups flour	1 tsp pure vanilla extract
1 1/2 tsp baking powder	1 heaped cup of blueberries
1/2 tsp baking soda	Zest and juice of two large lemons
1/2 tsp salt	<b>GLAZE:</b>
1/2 cup F&F Cashew Butter	1 cup icing sugar
3/4 sugar	2 Tbsp lemon juice
1 cup coconut yoghurt	
1/4 cup oil	

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## METHOD

1. Preheat oven to 180C (350F) and line a loaf tin with baking paper
2. In a large mixing bowl, combine the F&F Cashew Butter, sugar, yoghurt, oil, lemon juice and zest and vanilla. Mix together until smooth.
3. Sift in the flour, baking powder, baking soda and salt. Gently fold until everything is combined.
4. Pour into the prepared loaf tin and sprinkle the blueberries over the batter. Push the blueberries in slightly and evenly.
5. Bake for 35-45 minutes until springy to touch and a skewer comes out clean.
6. For the glaze: Combine the lemon juice and icing sugar in a bowl. You might need to add extra juice or icing sugar to get your desired drizzling consistency!
7. Once the loaf is completely cool, turn out of the tin and drizzle with the glaze. Enjoy!







# COOKIE BUTTER WAFFLES

## INGREDIENTS

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33

1 1/2 cups soy milk  
2 tsp apple cider vinegar  
Juice of 1/2 lemon  
1 tsp vanilla essence  
2 cups flour  
1 tsp baking powder  
Pinch of salt  
1/4 cup F&F Cookie butter

Toppings  
Banana  
Raspberries

Cookie Butter Caramel  
1/2 cup F&F Cookie Butter  
1 tsp coconut oil

## METHOD

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1. In a small bowl mix together the soy milk, apple cider vinegar, lemon juice and vanilla essence and set aside for a few minutes to thicken into vegan 'buttermilk'.
2. In a large bowl, sift flour, baking powder and salt before slowly adding in the vegan buttermilk and F&F Cookie Butter. Mix together until just combined.
3. Scoop the batter into the pre-heated waffle iron, 1/2 a cup per waffle.
4. Serve with fresh banana, raspberries and drizzle on cookie butter caramel (melted F&F Cookie Butter and 1 tsp coconut oil!).





F

PUMPKIN PIE  
GRANOLA

# PUMPKIN PIE GRANOLA CLUSTERS



*The perfect seasonal breakfast.  
Serve with all of your fave granola  
toppings and a big dollop of F&F  
Pumpkin Pie Butter!*

## INGREDIENTS

### WET MIX

1/2 cup maple syrup  
1 cup F&F Pumpkin Pie Butter  
1 cup of melted coconut oil  
1 tsp vanilla essence

### DRY MIX

2 cups of rolled oats  
1/3 cup of pecans  
1/3 cup of cashews  
1/3 cup of dates  
1/3 cup of coconut

## METHOD

- ① Preheat the oven to 180 degrees fan-bake (360F).
- ② In a large mixing bowl, mix together wet ingredients until well combined.
- ③ Fold in rolled oats, chopped pecans and cashews, dates and shredded coconut. Press the mixture down evenly onto a baking paper lined tray and pop in the oven to bake.
- ④ Once crispy and golden, place on the bench to cool. Leave for a few hours to set, as this is what creates the crunchy granola chunks!
- ⑤ Serve with coconut yoghurt, banana and a big dollop of F&F Pumpkin Pie Butter.



# NUT BUTTER HOT CHOCOLATE

WORKS WELL WITH ANY  
CHOCOLATE F&F NUT BUTTER!

## INGREDIENTS

### HOT CHOCOLATE BASE:

4 Tbsp F&F Chocolate  
Nut Butter  
2 cups milk of choice

### FOR TOPPINGS:

Whipped cream  
Shaved chocolate  
Mini marshmallows

## METHOD

- ① In a saucepan, gently heat milk until hot. Be sure to whisk milk so it doesn't burn.
- ② Add Fix & Fogg chocolate nut butter to hot milk and whisk until melted through.
- ③ Pour hot chocolate into mugs and top with whipped cream, marshmallows and extra chocolate.

This recipe works perfectly with our Dark Chocolate peanut butter, Chocolate Hazelnut butter and Chocolate Almond butter for a delicious chocolately drink!



# SNACKS





# PB&J THUMBPRINT COOKIES

## INGREDIENTS

3/4 cup vegan butter, softened	1/2 tsp salt
1/2 cup sugar	1/2 cup F&F nut butter
2 Tbsp oat milk	1/2 cup jam (Or other filling)
1/2 tsp vanilla extract	
2 cups flour	

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## METHOD

1. Preheat oven to 180C (350F) and line a baking tray with baking paper.
2. In a large bowl, add butter and sugar and beat until creamed together. Add in milk and vanilla extract, mix until combined.
3. Add in flour and salt. Fold through until combined.
4. Scoop out the dough and roll into a tablespoon sized ball. Place on a baking tray and press slightly flat. Use your thumb or the back of a spoon to make an indent into the cookie. Repeat with remaining dough.
5. Bake the thumbprint cookies for 15-20 minutes or until very lightly golden brown. They'll stay quite light in colour. When fresh out of the oven, re-press the centre if needed.
6. Allow cookies to fully cool and then fill with jam and F&F nut butter of choice. We went for a mixture of PB&J, Dark Chocolate peanut butter and Almond Butter with Cashew and Maple.
7. Store in an airtight container for up to 5 days (if they last that long!).







# PEANUT BUTTER OAT COOKIES

WORKS WELL WITH ANY  
F&F NUT BUTTER!

## INGREDIENTS

2/3 cup of F&F nut butter	1/2 cup whole
3 Tbsp melted coconut oil	rolled oats
1 egg	1/2 tsp baking powder
2/3 cup coconut sugar	1/2 tsp baking soda
1 tsp vanilla extract	1/4 tsp sea salt
1/2 cup flour	Water, as needed

## METHOD

- ① Preheat oven to 180C (350F) and line a tray with baking paper.
- ② In a large mixing bowl, add F&F nut butter, melted coconut oil, coconut sugar, egg and vanilla extract. Mix until well combined.
- ③ To wet ingredients, add flour, whole rolled oats, baking powder and soda and salt. Mix until well combined, adding in water as needed.
- ④ Mix through 1/2 cup of any add ins, such as chocolate chunks, cacao nibs, dried fruit or raisins.
- ⑤ Roll mixture into balls, place on baking paper lined tray and using a fork, gently press the tops of each cookie.
- ⑥ Bake for 12 – 14 minutes until cookies are golden brown in colour.

Let cool and enjoy!



FIX & FUGG

PEANUT  
BUTTER

SUPER CRUNCHY



# NO BAKE NUT BUTTER BARS

WORKS WELL WITH ANY  
F&F NUT BUTTER!

## INGREDIENTS

### BASE:

3/4 cup peanuts

3/4 cup almonds

3/4 cup dates

1/2 tsp vanilla

1/4 tsp salt

### FILLING:

1 cup F&F nut

butter

1/3 cup freeze

dried raspberries

### TOPPING:

1 cup dark

chocolate

1 Tbsp coconut oil

1/4 cup freeze

dried raspberries

## METHOD

1. Line a 20cm x 20cm square tin with baking paper.
2. Place dates in a bowl and cover with boiling water. Soak for 10 minutes, then drain water.
3. In a food processor, add peanuts, almonds, dates, vanilla and salt and process until the mixture is well combined.
4. Transfer mixture to tin, press down firmly. Place in freezer for 1 hour.
5. Once set, remove from freezer and spread nut butter evenly across base. Sprinkle freeze dried raspberries across nut butter, place back in freezer for 30 mins.
6. In a small bowl melt together dark chocolate and coconut oil.
7. Remove tin from freezer and, working quickly, evenly drizzle chocolate topping across the nut butter and raspberry later. Place tin back in freezer until chocolate topping has set.
8. Remove tin from freezer, slice into 8 even pieces and enjoy!





CRISPY CRUNCHY  
**GRANOLA**

FIX & FOGG  
EVERYTHING BUTTER  
**KETO**

NO SUGAR  
NO SUGAR

NUTRITION  
DELICIOUS  
TEMPLE OF  
AMAZING  
GOODNESS

PLANT POWERED,  
EN-BAKED GOODNESS

NET 350g

FIX & FOGG  
EVERYTHING  
BUTTER  
HEMP ALMOND PEANUT  
PUMPKIN CHIA SESAME  
SUNFLOWER FLAXSEED

Granola in a white bowl

Granola bars on a wooden board with chocolate pieces

# EVERYTHING BUTTER KETO GRANOLA BARS

STORE IN THE FRIDGE OR IN AN AIRTIGHT  
CONTAINER FOR UP TO 5 DAYS.

## INGREDIENTS

2 cups Hubbards Fix & Fogg Everything Butter Keto Granola	1/4 cup Fix & Fogg Everything Butter
1/4 cup chia seeds	1/4 tsp salt
1/2 cup sugar free maple syrup or allulose syrup	1/2 cup sugar free chocolate chips
1 large egg	

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## METHOD

1. Preheat oven to 160C (320F) and line a square baking dish with baking paper.
2. In a large mixing bowl, mix together Hubbards Fix & Fogg Everything Butter Keto Granola, chia seeds, salt and chocolate chips and stir until combined.
3. Into the same bowl, add remaining ingredients and stir until everything is evenly coated.
4. Pour mixture into baking dish and flatten until even.
5. Place in the oven and cook for 18-20 minutes or until the edges turn golden brown.
6. Leave to cool and slice into granola bars. Enjoy!





**FIX & FOGG**  
**EVERYTHING**  
**BUTTER**  
HEAVY ALMOND PEANUT  
PUMPKIN CHIA SESAME  
SUNFLOWER FLAXSEED

# EVERYTHING BUTTER PESTO

WORKS WELL WITH ALMOND EVERYTHING BUTTER TOO!

## INGREDIENTS

2 cups packed basil leaves	1/2 cup grated parmesan
1 cup packed coriander leaves	2/3 cup F&F Everything Butter
1/3 cup extra virgin olive oil	Zest and juice of a lemon
1 clove garlic finely chopped	Big pinch of salt
1/2 tsp chilli flakes	

## METHOD

1. Place everything in a food processor (except for the parmesan and Everything Butter) and blitz until well combined.
2. Pour mixture into a bowl and stir through the parmesan and Everything Butter until well incorporated.
3. Taste (no double dipping!) and season with salt.
4. Top with extra virgin olive oil and chilli flakes.

Serve on toasted sourdough bread, stirred through your favourite pasta or mix through roast veges. If you don't have any basil or coriander on hand you can substitute these for spinach, rocket or any other leafy green!







# EVERYTHING CHOC ROUGHS

WORKS GREAT WITH ANY CRUNCHY  
F&F NUT BUTTER!

## INGREDIENTS

### FOR THE BISCUITS:

2 cups almond flour  
1/2 cup cocoa powder  
1/4 cup coconut oil  
2 tsp baking powder  
1/2 cup F&F Everything  
Butter

1/4 cup honey or  
maple syrup  
1 cup cornflakes

### FOR THE TOPPING:

100g Dark Chocolate  
Walnuts

## METHOD

1. Preheat oven to 180C (350F) and line a baking tray.
2. Combine all of the dry ingredients (except cornflakes) in a large mixing bowl.
3. In a separate bowl melt together the coconut oil, honey or maple syrup, and the F&F Everything Butter on a low temperature on the stove or in the microwave.
4. Add the wet ingredients to the dry and combine until a dough forms.
5. Stir through the cornflakes until they're evenly distributed.
6. Roll into balls (this batch will make around 12) and place on prepared baking sheet, then flatten slightly.
7. Baking for 10-12 minutes and leave to cool completely before topping with melted dark chocolate.

Pop a walnut on top and you're all done!





# OATY NUT GRANOLA BARS

STORE IN AN AIRTIGHT CONTAINER  
FOR UP TO 5 DAYS!

## INGREDIENTS

3/4 cup of F&F Oaty  
Nut Butter  
1/2 cup maple syrup  
2 eggs  
3 Tbsp rice bran or  
coconut oil

1 tsp vanilla extract  
3 cups whole oats  
1/2 tsp salt  
1/4 cup sunflower seeds  
1/4 cup pumpkin seeds  
1/2 cup chopped dates

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## METHOD

1. Preheat oven to 180C (350F) and line a baking tin (or similar) with baking paper. We used a 20cm x 20cm baking tin.
2. Combine the F&F Oaty Nut Butter, maple syrup, eggs, oil and vanilla and mix until combined.
3. Add in the rest of the ingredients and stir everything together until evenly mixed.
4. Pour the mixture into your prepared tin and then spread evenly to the edges.
5. Bake for 15–20 minutes until just starting to go golden brown.
6. Allow to cool and then slice into squares.

Store in an airtight container for up to 5 days.





# OATY NUT BLISS BALLS

STORE CHILLED IN THE FRIDGE FOR  
UP TO 1 WEEK!

## INGREDIENTS

1/2 cup F&F  
Oaty Nut Butter  
1/4 cup oats  
1/4 cup ground almonds  
2 Tbsp maple syrup  
Pinch of salt

Optional: Extra ground  
almonds for coating.

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## METHOD

1. Place all of the above ingredients in a large bowl or food processor and mix until well combined.
2. Using your hands, roll tablespoon amounts of the mixture into 10–12 snack size balls.  
Optional: Roll balls in ground almonds until nicely coated.

It's that easy! This recipe is super easily adaptable and can be made using a range of our different nut butters. Store in an airtight container in the fridge for up to 1 week and let the snacking begin!





**FIX & FOGG**  
**CHOC BERRY EVERYTHING**  
HEMP · ALMOND · PEANUT · PUMPKIN · CHIA · SESAME · SUNFLOWER · FLAXSEED

# CHOC BERRY STUFFED SCROGGIN COOKIES

MAKES 12 COOKIES  
WORKS WITH ANY F&F NUT BUTTER!

## INGREDIENTS

1 cup brown sugar	1 cup chopped nuts and fruit	1/4 cup milk of choice
1 and 3/4 cups all purpose flour	1/2 cup dark chocolate chips	1 cup of F&F Choc Berry Everything Butter
1/4 tsp baking powder	2 tsp vanilla extract	
1 tsp baking soda	1/2 cup butter	
Pinch of salt		

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## METHOD

1. Preheat your oven to 180C (350F) and line a baking sheet with baking paper.
2. On a separate plate lined with baking paper, spoon 12 teaspoon sized amounts of F&F Chocolate Berry Everything Butter evenly. Pop in the freezer to set.
3. In a large mixing bowl, cream together the butter and sugar until light and fluffy. Add in the vanilla and milk then mix.
4. Add in the flour, baking powder, baking soda and salt and mix until combined. Add in the nuts, fruit and chocolate and mix again.
5. Remove the F&F Chocolate Berry Everything Butter from the freezer. Scoop the cookie dough into balls, adding the Choc Berry Butter chunks into the centre, making sure it's covered by the cookie dough. Slightly flatten each ball.
6. Pop in the oven for 11–13 minutes. You'll know they're ready when the edges go slightly brown.
7. Let cool for 10 minutes and dive in! These will last 5 days in a sealed container.







**FIX & FOGG**  
**CHOC BERRY EVERYTHING**  
HEMP · ALMOND · PEANUT  
PUMPKIN · CHIA · SESAME  
SUNFLOWER · FLAXSEED

# CHOC BERRY EVERYTHING MUFFINS

MAKES 12-15

## INGREDIENTS

### WET

1 cup coconut yoghurt  
1/2 cup Choc Berry EB  
1/4 cup coconut oil  
(melted)  
1 tsp vanilla essence  
1/4 cup maple syrup

### DRY

1 1/2 cups flour  
2 Tbsp cocoa  
powder  
1 tsp baking soda  
1/2 tsp salt  
1/2 cup oat milk

### TOPPINGS

Frozen  
Raspberries  
Chocolate  
drizzle

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## METHOD

1. Preheat oven to 180C (350F) and grease a muffin tray with coconut oil.
2. In a large bowl, mix the wet ingredients including the F&F Chocolate Berry Everything Butter, together until well combined.
3. Sift in flour, cocoa powder, baking soda and a pinch of salt. Fold together, adding in oat milk.
4. Scoop into muffin tray 1 tbsp at a time. Top with frozen raspberries and place in the oven to bake for 15 minutes.
5. Once cooled, drizzle with melted dark chocolate and serve.
6. Pop in a sealed container for up to 5 days. We recommend extra choc for that perfect drizzzzzzle.





# COFFEE AND MAPLE PECAN PIE BARS

MAKES 12 BARS

## INGREDIENTS

Base:

- 1/2 cup F&F Coffee and Maple PB
- 3 Tbsp coconut oil
- 3 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups ground almonds
- 1/4 tsp salt

Topping:

- 1/4 cup F&F Coffee and Maple PB
- 1/2 cup coconut oil
- 1/4 maple syrup
- 1/4 cup coconut sugar
- 1 tsp vanilla
- 1/2 tsp salt
- 2 cups pecans, chopped

## METHOD

1. Preheat oven to 180C (350F) and line a square tin with baking paper.
2. Begin by making the base: Combine the F&F Coffee and Maple peanut butter, coconut oil, maple syrup and vanilla and mix until smooth.
3. Add the ground almonds and salt and mix until a dough forms. Press the dough into the prepared tin until you have a nice even layer to the edges.
4. Bake the base for 10–12 minutes or until just starting to brown. Remove from oven and leave to cool.
5. For the topping: Combine the F&F Coffee and Maple peanut butter, coconut oil, maple syrup, coconut sugar, vanilla and salt and stir until combined.
6. Stir through the pecans until evenly coated. Pour the topping mixture over the base and spread evenly to the edges.
7. Place back in the oven for a further 10 minutes until the top is just starting to bubble.
8. Cool completely at room temperature, then set in the fridge for a further 30 minutes.
9. Once completely cool and set, slice into bars and enjoy!





# COFFEE AND MAPLE BAKED DONUTS

MAKES 8 DONUTS  
WOULD WORK WELL WITH F&F  
ALMOND BUTTER TOO!

## INGREDIENTS

### WET:

2/3 cup oat milk  
1/3 cup sugar  
1 tsp vanilla essence  
2 Tbsp F&F Coffee and  
Maple Peanut Butter

### DRY:

1 cup flour  
1 tsp baking powder  
1 tsp baking soda

### TOPPING:

1/4 cup dark chocolate  
(melted)

## METHOD

1. Pre-heat oven to 180 degrees fan bake. Sift the dry ingredients in a large bowl.
2. Mix wet ingredients in a separate bowl, whisking to combine. Add to the dry ingredients and mix well, until no clumps of flour are left.
3. Pour into donut mould and bake for 15 minutes, then remove from the oven. Leave to cool for 10 minutes before removing from the molds.
4. For the topping, dip in melted chocolate and drizzle with coffee and maple peanut butter.





# CHOC CHIP PRETZEL COOKIES

MAKES 8-10 LARGE COOKIES  
WORKS WITH ANY F&F NUT BUTTER!

## INGREDIENTS

2/3 cup of any F&F  
nut butter  
1/4 cup oats  
1/4 cup flour  
1/2 cup brown sugar  
1/4 tsp salt

1/2 cup F&F  
Almond Butter  
1 tsp vanilla  
1 egg (or egg substitute)  
1/2 cup chocolate chips  
1/2 cup pretzels

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## METHOD

1. Preheat oven to 180C (350F) and line a baking tray with baking paper.
2. In a large mixing bowl combine the F&F Almond Butter, vanilla, egg and whisk until well combined.
3. Add the remaining ingredients (except for the chocolate chips and pretzels) and mix together until a dough forms.
4. Roughly break up the pretzels and add these to the dough along with the chocolate chips.
5. Stir together until everything is evenly combined.
6. Roll the dough into balls and place onto the prepared baking tray, squashing slightly.
7. Bake for 10–12 minutes until they are just starting to go golden brown around the edges.
8. Leave to cool and enjoy!







FIX & FOGG  
ALMOND BUTTER  
CRUNCHY

# SUNDRIED TOMATO ALMOND BUTTER PESTO DIP

WORKS WELL WITH F&F  
PEANUT BUTTER TOO!

## INGREDIENTS

1/2 cup almond butter	1 teaspoon smoked paprika
1 jar olive oil-packed sun-dried tomatoes, drained, some oil reserved	3 tablespoons oil from the tomatoes jar
Juice of 1-2 lemons	Generous pinch of salt
1 clove garlic	

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## METHOD

1. Place all of the ingredients into a food processor and blend until everything is combined, it's okay for it to be a little chunky!
2. Serve in a bowl topped with extra olive oil and dukkah, or store in an airtight container for up to four days.

This dip is sure to be a crowd pleaser for your next gathering!





**FIX & FOGG**  
**ALMOND BUTTER**  
CRUNCHY  
1.65

# ALMOND BUTTER BANANA BREAD

SLATHER YOUR FAVOURITE NUT BUTTER ON A SLICE OF THIS BANANA BREAD!

## INGREDIENTS

3 ripe bananas, mashed	1/2 cup F&F Almond Butter
1/3 cup melted butter	2 tsp cinnamon
1/3 cup maple syrup	Pinch of salt
1 tsp vanilla	1 cup flour
3 eggs	1/2 cup chocolate chips
1 tsp baking soda	
1 Tbsp apple cider vinegar	

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## METHOD

1. Preheat your oven to 180C (350F) and line a loaf tin with baking paper.  
(We used a 15cm x 24cm tin)
2. In a large bowl combine all ingredients except the flour and chocolate.
3. Sift the flour into a separate bowl and add your wet mix, stirring until just combined.
4. Lastly, stir through the chocolate chips and pour into your prepared baking tin.
5. Bake for 45–50 minutes until springy to the touch and knife/skewer comes out clean.
6. Leave to cool in the tin before turning out and slicing.

Enjoy your banana bread warm, served with plenty of your favourite F&F nut butter!





FIX & FOGG  
ALMOND  
BUTTER  
CRUNCHY  
F&F

# SPICED APPLE ALMOND MUFFINS

MAKES ~12 MUFFINS  
STORE IN AN AIRTIGHT CONTAINER

## INGREDIENTS

1/3 cup apple sauce	1 tsp baking soda
1/2 cup F&F Almond Butter	1 tsp baking powder
3 Tbsp coconut oil, melted	1 tsp cinnamon, ginger
1/4 cup maple syrup	1/2 tsp cardamom
1 egg	1-2 apples, cubed
1/4 cup milk of choice	<b>FOR THE GLAZE:</b>
1 tsp vanilla extract	2 Tbsp F&F Almond Butter
1 1/4 cup flour	2 Tbsp milk of choice
1/2 cup rolled oats	2 Tbsp maple syrup

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## METHOD

1. Preheat oven to 180C (350F) and line a muffin tray with muffin cases.
2. In a large mixing bowl combine the applesauce, F&F Almond Butter, melted coconut oil (or butter), maple syrup, egg, milk, vanilla and mix together until smooth.
3. Add in the flour, oats, baking powder, baking soda, salt and spices. Fold together gently until just combined.
4. Fill each muffin tin until 2/3 full and add a few cubes of apple into each muffin, pressing down lightly into the batter.
5. Bake for 20 - 25 minutes until springy to touch and a skewer/knife comes out clean.
6. Leave muffins to cool and begin making the glaze.
7. To make the glaze, combine all of the ingredients in small bowl until smooth. You may need to add an extra dash of milk to get the right drizzling consistency.
8. Once the muffins are cool, generously drizzle the glaze over the top.





# Almond **Everything**

## Savoury Muffin

### Ingredients

2 cups plain white flour	1/3 cup Almond Everything Butter
2 tsp baking powder	1/4 cup olive oil
1 tsp cumin	1 & 1/4 cup oat milk
1 tsp garlic powder	1/2 cup chopped spinach
1/3 cup nutritional yeast	Lemon juice
Chia egg (1 Tbsp chia seeds, 2 Tbsp water)	<i>Topping:</i>
1/2 cup shredded cheese	Pumpkin seeds

### Method

- ① Preheat the oven to 180 degrees fan bake. Sift together flour, baking powder, cumin and garlic powder in a large mixing bowl.
- ② Add in nutritional yeast and mix well. Prepare the chia egg (in a small bowl) and leave to combine.
- ③ Grate cheese into the bowl, folding together with olive oil, chia egg, Almond Everything Butter and oat milk.
- ④ Roughly chop your greens and sun-dried tomatoes, fold into the mix until just combined. Add in lemon juice and give it one final fold.
- ⑤ Scoop onto your lined/greased muffin tray and bake for 30 minutes!







FIX & FOGG  
ALMOND  
EVERYTHING  
CRUNCHY ALMOND BUTTER  
SUNFLOWER CHIA SESAME  
PUMPKIN HEMP FLAXSEED



# Almond Everything

## Dukkah Hummus

### Ingredients

2 cans chickpeas, drained and rinsed  
 1/3 cup tahini  
 2 cloves garlic, crushed  
 Juice of one lemon  
 1/2 tsp each of coriander, cumin, & chilli powder  
 ~1/2 cup water

1/2 cup F&F Almond Everything Butter  
 Salt & Pepper

*Garnish*  
 F&F Almond Everything Butter  
 Chopped almonds  
 A drizzle of olive oil

### Method

- ① Place the chickpeas, tahini, crushed garlic, lemon juice, coriander, cumin and chilli powder in a nutribullet, blender or food processor and blend until smooth.
- ② Scrape down the sides of the blender when needed. Add water 1 tbsp at a time until desired consistency is reached.
- ③ Remove hummus from the blender and place it into a mixing bowl.
- ④ Fold through 1/2 cup of F&F Almond Everything Butter until evenly distributed. Add salt and pepper to taste.
- ⑤ Spoon mixture into serving dish. Make a shallow well and dollop 1/4 cup F&F Almond Everything Butter in the centre. Garnish with almonds and a drizzle of olive oil and serve!





FIX & FOGG  
ALMOND BUTTER  
CASHEW & MAPLE

Two raspberry muffins on a white plate.

A bowl of fresh raspberries.

A muffin tray with several paper liners.

# ALMOND BUTTER MUFFINS

BERRY BERRY NICE!  
STORE IN AN AIRTIGHT CONTAINER  
FOR UP TO 4 DAYS!

## INGREDIENTS

1/2 cup F&F Almond Butter with Cashew and Maple	1/4 cup soft brown sugar or coconut sugar
1/4 cup coconut oil, melted	1/4 cup flour
1/3 cup maple syrup	1/2 tsp salt
1 Tbsp pure vanilla extract	1/2 tsp baking soda
1 cup almond flour	1/2 tsp ground cinnamon

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## METHOD

1. Preheat your oven to 180C (350F) and line a muffin tin with liners.
2. Place all of the ingredients except the flour in a large blender or food processor and blend until smooth.
3. Pour the batter into a bowl and gently fold through the flour until just combined.
4. Fill each muffin liner to approximately 2/3 of the way full. This should make 12–16 muffins.
5. Place 4–5 raspberries onto each muffin and press them in gently.
6. Bake the muffins for 18–20 minutes or until a skewer comes out clean.

You can use any berries you would like (fresh or frozen).





FIX & FOGG  
ALMOND BUTTER  
CASHEW AND MAPLE

# ALMOND BUTTER NICE CREAM

EASY SUMMER TREAT!  
EAT ME ON THE DAY.

## INGREDIENTS

3 frozen bananas  
1/4 cup milk of choice  
2 Tbsp F&F Almond Butter  
with Cashew and Maple (Or  
favourite F&F nut butter of  
choice!)

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## METHOD

1. Add all of the ingredients to a blender and blend until smooth (Start with 3 tbsp of milk and very gradually add extra if needed to help combine).
2. Serve immediately with an extra drizzle of nut butter and any other toppings of choice.
3. It's as easy as that! This recipe will serve two and is so deliciously creamy you might end up having both serves for yourself!

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TAG US IN YOUR CREATIONS! @FIXANDFOGG

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# NUT BUTTER MUG CAKE

WE RECOMMEND THIS RECIPE WITH OUR ALMOND BUTTERS, OR DARK CHOCOLATE PEANUT BUTTER!

## INGREDIENTS

### FOR THE MUG CAKE:

- 3 Tbsp F&F nut butter
- 2 Tbsp flour
- 2 Tbsp ground almonds
- 1 Tbsp maple syrup
- 3 Tbsp milk of choice
- 1/2 tsp baking powder

- Pinch of salt
- Dash of vanilla

### FOR THE TOPPING:

- Our Cashew Butter
- Caramel sauce
- Vanilla ice cream

## METHOD

1. Pop all of the ingredients into a large microwave safe mug and stir until combined. You want enough space left in the mug for the cake to rise.
2. Place in the microwave and heat for 90 seconds, checking every 20 seconds until the cake is cooked through (It'll be springy to the touch or a skewer will come out clean!).
3. Remove from microwave and top with a scoop of ice cream and a drizzle of our Cashew Butter caramel sauce (recipe on page 162).





# MAINS





# SUMMER ROLLS WITH PB SAUCE

ADD IN PROTEIN OF CHOICE!  
WILL LAST A DAY OR TWO IN THE FRIDGE

## INGREDIENTS

For the rice paper rolls:

1/4 of a red cabbage, sliced  
1/2 a cucumber, cut thin  
1 red capsicum, finely sliced  
1 carrot, finely sliced  
1 cup baby cos lettuce  
1/4 cup corianderleaves  
Sesame seeds

Dipping sauce:

1/4 cup F&F Smooth PB  
1 Tbsp sriracha  
1 Tbsp rice wine vinegar  
1 Tbsp soy sauce  
1 Tbsp maple or honey  
1 tsp sesame oil  
2-3 Tbsp water

## METHOD

1. First, prepare the dipping sauce. Add everything to a medium bowl and whisk until smooth. Add 2-3 Tablespoons of warm water until you reach desired consistency.
2. To make the rice paper rolls, pour warm water into a large shallow dish . Working with one at a time, dip the rice paper wrapper into the warm water for 10 seconds . You want the wrapper to be soft, yet still slightly firm and pliable. Immediately remove from the water and place flat onto a chopping board or work surface.
3. Place a few sticks of carrot, cucumber, red capsicum, baby cos leaves and a small handful of cabbage and coriander in the middle of the paper, leaving a good 3-4cm above and below.
4. Gently fold the bottom and top over towards the middle, then folder one side over to the middle and roll, using your hands to tuck the filling in as you go.
5. Cut in half, sprinkle with sesame seeds, and serve with the dipping sauce- yum!





# CARROT AND CAULIFLOWER SOUP

STORE FOR UP TO 3 DAYS OR FREEZE ME!  
WORKS GREAT WITH SMOKE AND FIRE PB TOO!

## INGREDIENTS

1 Tbsp extra virgin olive oil	2 cups vegetable stock
1 brown onion, diced	1/2 head of cauliflower
1 Tbsp fresh garlic, crushed	4 large carrots, chopped
1 tsp turmeric	1/4 F&F nut butter
1 tsp cumin	Salt and Pepper
1 tsp ground ginger	
1 tsp nutmeg	

## METHOD

1. In a large pot, saute onions in olive oil until translucent. Add garlic, turmeric, cumin, ginger and nutmeg. Cook until fragrant.
2. Add vegetable stock to pot and stir.
3. Add chopped cauliflower and carrots to pot. Add any extra water needed to make sure veges are covered. Cover with a lid and simmer over medium heat until vegetables are tender, approx 20 mins.
4. Remove the lid and allow to simmer until the liquid has reduced by a third. Remove from heat and add peanut butter to pot. Using a stick blender, blend until smooth.
5. Season with salt and pepper to taste. When serving, top with a swirl of coconut cream, fresh coriander, chilli flakes and black pepper.





# EVERYTHING STUFFED MUSHROOMS

## INGREDIENTS

Portobello or chestnut mushrooms	3 cloves of garlic, minced
1 cup cooked quinoa	Olive oil
3/4 cup celery, finely diced	2 shallots, diced
1/2 cup cranberries, diced	1 Tbsp nutritional yeast
1/2 cup pine nuts	Salt and pepper
1 cup panko breadcrumbs	1/2 cup F&F Everything Butter

## METHOD

1. Preheat oven to 180C (350F) and line a roasting tray with baking paper.
2. Prepare the mushrooms by removing the stem and placing in roasting tray. Drizzle some olive oil on both sides of the mushrooms and pop them in the oven face up and cook for 7 minutes, flip the mushrooms over and cook for another 7 minutes. Once mushrooms are finished baking, remove from the oven and set aside.
3. In a frying pan, add in the minced garlic, salt and pepper, nutritional yeast, shallots and celery. Fry off until shallots are translucent. Add cooked quinoa and cook for another few minutes.
4. Add 1/2 cup of F&F Everything Butter to the pan and stir until combined. Remove from heat, allow to cool slightly and add panko bread crumbs, pine nuts and cranberries. Stir until combined.
5. Begin stuffing the mushrooms with the stuffing mixture. Pop back into the oven for 15 minutes or until the tops are browned. Serve immediately.

If mushrooms aren't your thing, this stuffing would also taste amazing in stuffed capsicums or tomatoes. Alternatively, you could also pop the stuffing mixture into an ovenproof dish and cook to use as a side dish for a Sunday roast or Thanksgiving dinner.







# PEANUT BUTTER BUDDHA BOWLS

SERVES 2 GENEROUSLY  
WILL KEEP IN THE FRIDGE UP TO 2 DAYS!

## INGREDIENTS

### DRESSING

1/4 cup F&F PB of choice  
Juice of 1 lemon  
1 clove of garlic crushed  
1 tsp maple syrup  
1 Tbsp soy sauce  
2 Tbsp yoghurt

### BOWL

1 cup brown rice  
Vegetables of choice  
1 kumara, cut into cubes  
2 Tbsp olive oil  
1 can of chickpeas  
1 tsp smoked paprika  
1 tsp ground cumin

## METHOD

1. Preheat oven to 180C (350F) and line a baking tray with baking paper.
2. Toss the kumara and chickpeas in the oil, spices and a good pinch of salt and pepper.
3. Roast the chickpeas and kumara in the oven until golden brown and the kumara is cooked through, approximately 25–30 minutes.
4. Meanwhile, make the peanut butter dressing. In a bowl, combine the F&F peanut butter, lemon juice, garlic, soy sauce, maple syrup and yoghurt. Taste and adjust the seasoning if required.
5. Once the kumara and chickpeas are ready, you can start assembling the bowls. Place your preferred ingredients into a bowl and top with a generous dollop of the peanut butter dressing. We used brown rice, spinach, cabbage, and capsicum. Top with a sprinkling of sesame seeds and coriander.





# SUPER CRUNCHY PEANUT BUTTER CURRY

THIS RECIPE CAN BE MADE WITH F&F SUPER CRUNCHY, SMOOTH, PROTEIN OR SMOKE AND FIRE PEANUT BUTTER!

## INGREDIENTS

1 cup coconut milk	1 tsp ground turmeric
1 cup vegetable stock (hot)	1 tsp ground coriander
3 Tbsp F&F Super Crunchy	1/4-1/2 tsp ground chili
1 Tbsp soy sauce	1/2 tsp salt
2 Tbsp oil	1 kumara, chopped
1 onion diced	2 carrots, chopped
3 cloves garlic, minced	1 red capsicum, sliced
2 Tbsp of grated ginger	1 cup peas
1 Tbsp curry powder	Coriander
	Optional: tofu

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## METHOD

1. Heat a large frying pan and add your oil, followed by the onion.
2. Fry for 4–5 minutes until just golden brown then add the garlic and ginger and fry for another 1–2 minutes.
3. Add the spices and salt and stir to coat the onions, fry for another 1–2 minutes until aromatic.
4. Add the vegetables (except the peas) and stir everything together.
5. In a large jug or bowl whisk together the coconut milk, stock, Super Crunchy Peanut Butter and soy sauce.
6. Pour the mixture into the pan and mix everything together.
7. Simmer for 20–25 minutes or until the vegetables are cooked through.
8. Finally stir through the peas and remove from the heat.
9. Serve with rice and coriander and enjoy!





FIX & FOGG  
PEANUT BUTTER  
SMOKE AND FIRE

# SMOKE AND FIRE SATAY SAUCE

PREP AHEAD OF TIME FOR AN  
EVENING BBQ!

## INGREDIENTS

### FOR VEGE SKEWERS:

1 block of firm tofu  
Veges of choice  
Wooden skewers

### FOR SATAY SAUCE:

1/2 cup F&F Smoke and Fire PB  
1/4 cup soy sauce or tamari  
1/8 cup sesame oil  
1 minced garlic clove  
1 finely chopped shallot  
1/2 cup hot water

## METHOD

### FOR SATAY SAUCE:

1. In a bowl, add Smoke and Fire peanut butter, soy sauce or tamari, sesame oil, shallot and garlic.
2. Mix until well combined.
3. Slowly add hot water to the peanut butter mixture and stir well.

### FOR VEGETABLE SKEWERS:

4. Press liquid from tofu and cut into large cubes.
5. Place tofu in a bowl and cover with satay sauce. Let sit for at least 30 minutes to marinate.
6. Cut veges into large, even chunks. Place on skewers, alternating between different types of vegetables and marinated tofu.
7. Cook on BBQ or a hot pan until vegetables are soft and tofu is crispy. Add extra satay sauce as you are cooking.





# SMOKE AND FIRE CHEESE SCONES

BEST SERVED WARM OUT OF THE OVEN!  
TRY WITH OUR EVERYTHING BUTTER FOR A  
NUT AND SEED ADDITION!

## INGREDIENTS

2 cups self-raising flour, plus extra for dusting	1 cup milk, plus additional 1 Tbsp for glazing
Pinch of salt	
1/4 tsp of cayenne pepper	1/3 cup F&F Smoke and Fire peanut butter
1 tsp baking powder	
55g chilled butter, cubed	
1 cup cheese, grated	

## METHOD

1. Preheat oven to 180C (350F) and line a baking tray with baking paper.
2. In a large mixing bowl, sift together the flour, salt, cayenne pepper and baking powder.
3. Chop butter into cubes and add to the bowl along with the F&F Smoke and Fire peanut butter. Use fingers to combine the butter and peanut butter with the flour mixture until it resembles bread crumbs. Add 3/4 of the cheese and stir until combined.
4. Make a well in the centre of the mixture and gradually add milk until the dough is soft but firm and slightly tacky.
5. Lightly flour a surface and roll out the dough to approximately 2cm thick. Cut out scones to the desired shape. Glaze with more milk and sprinkle over remaining cheese.
6. Bake in the oven for 15-20 mins or until golden brown and cooked through.
7. Serve with butter and more F&F Smoke and Fire peanut butter for an additional kick.
8. Store in an airtight container for up to 5 days (If they last that long!).

This recipe can be made vegan friendly, by using dairy-free cheese and dairy-free butter. It works out just as tasty!







# SMOKE AND FIRE HUMMUS

STORE IN AN AIRTIGHT CONTAINER  
FOR UP TO 3 DAYS!

## INGREDIENTS

2 cloves fresh garlic,  
crushed

1/2 teaspoon salt

1/3 cup F&F Smoke  
and Fire PB

2 Tbsp olive oil

3 Tbsp lemon juice

1/2 tsp ground cumin

1 can chickpeas

1/3 cup cold water

### TOP WITH:

Olive oil

Paprika

Roasted chickpeas

## METHOD

1. In a food processor, combine olive oil, crushed garlic, F&F Smoke and Fire peanut butter, lemon juice, cumin and salt. Process until smooth, scraping down sides as necessary.
2. Rinse chickpeas well under cold water and add to food processor. Process until just combined, stopping to scrape down the sides occasionally. Slowly add cold water to mixture as food processor is running until hummus is smooth.
3. Taste and adjust with salt and lemon if needed.
4. Top with a drizzle of olive oil, a sprinkle of paprika and roasted chickpeas.

Serve with pita chips, carrot sticks and cucumber rounds. YUM! If spice isn't your thing, this recipe also works amazing with Everything Butter, Smooth or Super Crunchy PB!





FIX & FOGG  
PEANUT  
BUTTER  
SMOKE AND FIRE

# SMOKE AND FIRE SAVOURY CRUMB

SPRINKLE ON SALADS, ROAST VEGETABLES,  
PASTAS OR USE TO TOP SOUPS FOR AN  
EXTRA SPICY CRUNCH!

## INGREDIENTS

1/2 cup F&F Smoke and Fire peanut butter	1/2 cup cashews
1/4 cup olive oil	1/2 cup sunflower seeds
2 Tbsp soy sauce	1/2 cup pecans
1 Tbsp pure maple syrup or honey	1 tsp dried thyme
1 cup jumbo oats	1 tsp dried rosemary

## METHOD

1. In a bowl, combine the Smoke & Fire Peanut Butter, olive oil, soy sauce, maple syrup and stir until smooth.
2. Add in the remaining ingredients and stir together until everything is well coated.
3. Spread evenly onto a lined baking sheet. Bake at 170 degrees celsius for 10-15 minutes until golden and toasty.
4. Leave to cool and store in an airtight jar (even better a re-used F&F one) or any airtight container.





# SMOKE AND FIRE TACOS

BEST SERVED WARM BUT CAN ALSO BE REHEATED AND ASSEMBLED DAILY FOR THE MOST DELISH MEAL PREP!

## INGREDIENTS

### FOR THE 'MINCE':

2 cups cauliflower  
1/2 cup F&F Smoke and Fire peanut butter  
3-4 Tbsp olive oil  
1 1/2 tsp ground cumin  
1/2 tsp dried oregano  
1 Tbsp soy sauce

1 Tbsp maple syrup  
1/2 block of tofu, crumbled

### FOR THE TACOS:

1 punnet baby tomatoes  
10 small tortillas  
1 avocado, sliced  
1/2 cup pink pickled onions  
1/2 cup fresh coriander  
1/4 cup F&F Smoke and Fire peanut butter

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## METHOD

1. Preheat oven to 200 degrees celsius and line a baking tray with baking paper.
2. In a large bowl, mix together the F&F Smoke and Fire peanut butter, olive oil, cumin, oregano, soy sauce and maple syrup until smooth, adding extra oil if the mixture is too dry.
3. Chop cauliflower finely and add along with the tofu and toss together until well coated.
4. Spread onto lined baking sheet and bake for 30-35 minutes or until everything is golden brown and starting to get a bit crispy (you may want to give the mixture a stir half way through).
5. To prepare the tacos, lay out your tortillas and spread a teaspoon or so of F&F Smoke and Fire peanut butter along in the middle. Then place a generous handful of the cauliflower and tofu 'mince' on top, followed by a few cherry tomatoes, slices of avocado, pickled onions and fresh coriander. Repeat with each tortilla and serve with extra wedges of lime if desired.





FIX & FOGG  
ALMOND BUTTER  
CRUNCHY

# ALMOND BUTTER TURMERIC DRESSING

KEEPS FOR UP TO 2 WEEKS!  
WORKS WITH F&F PEANUT BUTTER TOO!

## INGREDIENTS

1/2 cup F&F Almond Butter	1/2 tsp salt
Juice of one lemon	1/2 tsp chilli flakes (optional)
2 Tbsp hot water	
1/2 clove garlic, crushed	
1 tsp maple syrup or honey	
1 tsp turmeric	

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## METHOD

1. Place all ingredients into a food processor and blend until smooth, adding more hot water if the consistency is too thick.
2. We served our almond butter turmeric dressing on roast cauliflower with fresh coriander leaves. Keep refrigerated for 1–2 weeks.







# ALMOND BUTTER SOBA NOODLES

SERVES 3-4 PEOPLE  
TOP WITH FRESH CORIANDER, LIME AND CHILLI

## INGREDIENTS

### FOR THE BOWL:

- 1 cup beans or sugar snap peas, trimmed
- 1 cup mung bean sprouts
- 1 red capsicum, sliced
- 2 spring onions, chopped
- 1 packet udon noodles

### FOR THE SAUCE:

- 2 Tbsp soy sauce
- 1/4 cup F&F Almond Butter
- 1 clove garlic, crushed
- 1/4 cup coconut milk
- 1 Tbsp sriracha
- Juice of 1 lime

## METHOD

1. Prepare the noodles as per package instructions and set aside.
2. In a small bowl, mix together all of the sauce ingredients and set aside.
3. Heat a large frying pan over medium heat and add a tablespoon of oil. Fry the spring onions until golden brown and then add the remaining vegetables and fry until just cooked through.
4. Lower the heat and add in the noodles and sauce.
5. Stir everything together in the pan and cook until the noodles are heated through.
6. Garnish with coriander leaves, chilli and lime wedges then serve!





FIX & FOGG  
CASHIEW  
BUTTER  
CREAMY

# CREAMY CASHEW MUSHROOM PASTA

FOR A SPICIER KICK, ADD CHILLI FLAKES AND CHILLI POWDER TO PAN WHEN FRYING GARLIC

## INGREDIENTS

2 cups cashew milk	1 cup peas
- 4 Tbsp F&F Cashew Butter	4 stalks green curly kale, de-stemmed and chopped
- 2 cups cold water	2 cups pasta
1 Tbsp olive oil	Salt & pepper
2 cloves garlic, crushed	Lemon juice
8 button mushrooms, sliced	

## METHOD

1. In a blender, prepare cashew milk by blending F&F Cashew Butter and water. Set aside.
2. Cook pasta according to instructions until al dente. Drain, set aside.
3. In a large pan, cook garlic in olive oil until fragrant.
4. Add mushrooms to pan and cook until browned. Add peas and kale to pan and pour over cashew milk. Stir well and add cooked pasta.
5. Mix to ensure all ingredients are well coated in cashew sauce. Cook for 5 minutes until sauce has thickened.
6. Season to taste with salt and pepper. Squeeze fresh lemon juice over pasta before serving.





MA  
**FIX & FOGG**  
**CASHEW**  
**BUTTER**  
CREAMY

# CASHEW BUTTER QUESO

STORE ME IN THE FRIDGE FOR  
2-3 DAYS

## INGREDIENTS

1/2 cup F&F Cashew Butter	1/2 tsp turmeric powder
1/4 cup nutritional yeast	1/2 tsp salt
2 Tbsp apple cider vinegar	
3 Tbsp hot water	Optional toppings:
1 tsp dijon mustard	Olive oil, paprika, flakey salt and sliced chilli
1 tsp maple syrup	

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## METHOD

1. In a bowl (or blender) combine all of the ingredients (except toppings) and mix or blend until smooth.
2. Add additional hot water to reach your desired consistency. Taste and adjust seasoning if necessary.
3. Spoon into a serving bowl and top with a drizzle of olive oil, a sprinkling of paprika and sea salt and fresh chilli if you're feeling spicy!
4. We served our delicious cheesy cashew butter queso dip with fresh cucumber, carrots, cherry tomatoes, pretzels and veges chips but this would also be AMAZING stirred through pasta for an easy dinner. Store in a sealed container (or reused F&F jar!) in the fridge for 2-3 days.





FIX & FOGG  
CASHEW  
BUTTER  
CREAMY

# CASHEW BUTTER MUSHROOMS

TRY STIRRED THROUGH PASTA FOR A QUICK AND EASY DINNER!

## INGREDIENTS

2 cups mushrooms, sliced	1/4 cup F&F Cashew Butter
2 cups baby spinach	1 tsp Worcester sauce
1 onion, sliced	1 tsp soy sauce
1 tsp olive oil	Cracked black pepper
1 clove garlic, crushed	Crumbled feta and parsley to serve.
1 tsp chopped thyme	
1 tsp chopped rosemary	
1/2 - 3/4 cup vegetable stock	

## METHOD

1. Preheat a large frying pan on high heat and add the olive oil followed by the onions.
2. Fry for 3–4 minutes until the onions are starting to brown, then add the garlic and herbs and cook for a further minute or 2.
3. Add the mushrooms and fry until they begin to brown.
4. Add the F&F Cashew Butter and stir to coat everything, then, very slowly, gradually pour in the stock and continue to mix as you go, you may need to add extra hot water to get the right consistency.
5. Add the Worcester sauce, soy sauce and a good crack of black pepper.
6. Give a final mix through and turn the heat down to low. Then add the spinach and coat it in the sauce. As soon as it starts to wilt take the pan off the heat and keep stirring until everything is evenly mixed in.
7. Serve with sourdough, fresh parsley and feta for a delicious brekkie.







# CASHEW SATAY NOURISH BOWL

ADD ALL YOUR FAVOURITE  
VEGES TO THIS NOURISH BOWL!

## INGREDIENTS

Red cabbage  
Edamame  
Avocado  
Quinoa  
Pumpkin seeds  
Carrots  
Coriander  
Cucumber

### **SAUCE:**

4 Tbsp F&F Cashew  
Butter  
1 Tbsp sesame oil  
1 tsp chilli flakes  
2 Tbsp tamari (or soy  
sauce)  
1 tsp minced garlic

## METHOD

1. Prepare and chop up all vegetables. We used red cabbage, carrot, avocado, cucumber and edamame but you can use whatever you have in the fridge!
2. Cook quinoa and set aside.
3. In a small bowl, mix the F&F Cashew Butter, sesame oil, tamari (or soy sauce), minced garlic and chilli flakes together. Pop in the microwave for 15 seconds to help combine if needed. Pop aside.
4. Assemble the bowl with quinoa and veges. Either drizzle the cashew satay sauce all over the bowl or pop in a side dish.
5. Store in a sealed container in the fridge for up to 3 days. Enjoy!



# **SWEET TREATS**





# PEANUT BUTTER TRUFFLES

WORKS WELL WITH ANY  
F&F NUT BUTTER!

## INGREDIENTS

1/2 cup your favourite F&F  
nut butter  
1 Tbsp maple syrup or  
honey  
1/4 tsp vanilla  
1–2 Tbsp coconut flour

### TOPPING:

1/2 cup dark chocolate,  
melted  
Freeze-dried raspberries  
Chopped nuts of choice  
Sea salt

## METHOD

1. In a medium size bowl, mix together nut butter, maple syrup or honey and vanilla in a bowl until combined.
2. Add the coconut flour and mix again. Place the bowl in the freezer for 15–30 mins.
3. Melt your chocolate in either a double boiler or a microwave. If using a microwave, heat in 30–40 second intervals and stir the choc inbetween to avoid burning.
4. While chocolate is melting, remove mixture from freezer and roll into balls. Place the balls back in the freezer for a further few minutes.
5. Drop the balls into the choc and coat well. Remove and place on greaseproof paper, sprinkle immediately with topping of your choice! We used chopped nuts and freeze-dried raspberries.
6. Place in the fridge to set and enjoy!





# BROOKIES WITH PB DRIZZLE

MAKES 14-16 COOKIES  
STORE FOR UP TO 4 DAYS!

## INGREDIENTS

3/4 cup flour  
1/4 cup cocoa powder  
1 tsp baking powder  
1/4 tsp salt  
225g dark chocolate  
1/4 cup butter  
2 eggs

1/2 cup caster sugar  
1/2 cup brown sugar  
1 tsp vanilla extract

### **FOR THE DRIZZLE:**

1/4 cup F&F Smooth PB  
1 Tbsp coconut oil  
1 Tbsp maple syrup

## METHOD

1. Preheat oven to 180C (350F) and line two baking trays with baking paper.
2. In a bowl combine the flour, cocoa powder, baking powder and salt.
3. Place the chocolate and butter in a double boiler or in a heat-proof bowl over a saucepan of gently simmering water. Slowly melt together, stirring occasionally until smooth. Remove from the heat and set aside to cool slightly.
4. In a large bowl, beat together the eggs, both sugars and vanilla for 3-5 minutes.
5. Reduce speed and slowly pour in the chocolate mixture, mixing till combined.
6. Add in the flour mixture and mix until just combined.
7. Using a cookie scoop (or alternatively a 1/4 cup measure) dollop cookies onto prepared trays, leaving a good 3-4cm between each cookie. If your mixture is too runny, leave it to cool for 10 minutes or so and then scoop out the cookies.
8. Bake for 12-14 minutes until tops are shiny and crackly.
9. Meanwhile, make the peanut butter drizzle. Combine the F&F Smooth peanut butter, melted coconut oil and maple and mix until smooth.
10. Once the cookies are cool drizzle over the peanut butter mixture and set in the fridge for 10-20 minutes (or eat as is....!)





**FIX & FOGG**  
**PEANUT BUTTER**  
SMOOTH  
F&F

# PEANUT BUTTER AND JELLY CUPS

MAKES 8-10 CUPS  
WORKS WITH ANY F&F NUT BUTTER!

## INGREDIENTS

250g Dark Chocolate  
1/2 cup of F&F nut butter  
2 Tbsp maple syrup or honey  
1 cup raspberries  
(fresh or frozen and thawed)  
1 Tbsp chia seeds

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## METHOD

1. First, make the chia jam by blending the raspberries, maple syrup, and chia seeds in a blender until well combined and there are no whole raspberries left.
2. Leave the raspberry mixtures to set for 10–15 minutes in the fridge.
3. Melt the chocolate in the microwave in 30-second increments, stirring each time. Once the chocolate is melted, pour into your moulds to cover the bottom of each with about half a cm of chocolate – we recommend a silicone muffin tray for easy removal!
4. Set in fridge for 10 minutes.
5. Once the chocolate is set solid, dollop a teaspoon of peanut butter on top of each base, followed by a teaspoon of raspberry chia jam. Try to keep them in the centre of each base.
6. Pour the remaining melted chocolate over the top of each base to just cover the fillings
7. Set in the fridge until solid (30–40 mins) and enjoy!







FIX & FOGG  
PEANUT  
BUTTER  
SMOOTH

# CHOC PB DIPPED STRAWBERRIES

TRY ME WITH ALMOND BUTTER  
WITH CASHEW AND MAPLE!

## INGREDIENTS

- 1 tub fresh strawberries
- 1/2 cup F&F Smooth Peanut Butter
- 1 Tbsp coconut oil
- 1/2 cup dark chocolate chips

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## METHOD

1. Wash strawberries and dry with a clean paper towel. Heat a small saucepan on low, slowly melting the chocolate chips (Alternatively you can use a microwave. Simply melt the chocolate in 30-second increments, stirring each time). Dip the strawberries into the melted chocolate one at a time and place on a rack to cool in the fridge.
2. Once the chocolate has hardened, scoop the F&F Smooth peanut butter into a small pot and heat on low (Or in a microwave for 30 seconds). Add in the coconut oil and mix well.
3. Drizzle the peanut butter on top of the cooled strawberries (Or dip them straight in!) and leave them in the fridge to set.
4. These delish strawberries are the perfect sweet treat and are best served right away. You can easily mix up the nut butter used to drizzle too, our Almond Butter with Cashew and Maple would make these an 11/10 experience!





FIX & FOGG  
PEANUT  
BUTTER  
DARK CHOCOLATE

# DARK CHOC PB S'MORES COOKIES

MAKES 12 COOKIES  
STORE IN AN AIRTIGHT CONTAINER

## INGREDIENTS

1/4 cup vegan butter	1 tsp cinnamon
3/4 cup brown sugar	1/4 cup F&F Dark Chocolate Peanut Butter
1/4 cup oat milk	3/4 cup Dark Chocolate
2 tsp vanilla essence	3/4 cup vegan marshmallows (We always use Dandies)
1 1/2 cup flour	1/2 cup crushed biscuits
1 tsp baking soda	
1 tsp salt	

124

## METHOD

1. Preheat the oven to 180C (350F) fan bake and line a tray with baking paper.
2. In a large bowl, cream the butter and sugar together. Add in oat milk and vanilla essence. Whisk together until well combined.
3. Sift in the flour, baking soda, salt, and cinnamon. Mix the dry ingredients into the wet ingredients until just combined. Fold in the chocolate, marshmallows and crushed biscuits.
4. Roll the cookie dough into balls and place on a baking tray, pop in the fridge for 15 minutes. Add a small dollop of dark chocolate peanut butter into the centre of each ball, before re-rolling and popping in the oven to bake for 14 minutes.
5. Remove from the oven and add additional toppings before leaving to cool for 10 minutes.
6. You can make this delish vegan-friendly recipe with a whole range of nut butter flavours. We suggest trying with our Oaty Nut Butter or Choc Berry Everything Butter!

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# DARK CHOCOLATE PEANUT BISCOTTI

CUSTOMIZE WITH YOUR FAVOURITE  
TOPPINGS!

## INGREDIENTS

### DRY:

1 cup flour  
1/4 cup sugar  
1/2 tsp baking powder  
Pinch of salt  
1 tsp cinnamon

### WET:

2 Tbsp melted coconut oil  
3 Tbsp oat milk  
1 tsp vanilla essence  
1/4 cup F&F Super Crunchy PB

### TOPPINGS:

1/2 cup F&F Dark Chocolate PB  
1/3 cup of shredded coconut

126

## METHOD

1. Preheat the oven to 180C (350F). Sift together the dry ingredients in a large mixing bowl. In a separate bowl, whisk the wet ingredients until well combined.
2. Fold the wet ingredients into the dry until a dough is formed. Knead the dough for 1-2 minutes and shape it into a rectangular flat log (See image for shape). Place onto a baking paper-lined tray and bake for 30 minutes until it starts to turn golden.
3. Take out of the oven for ~25 minutes to set, leaving the oven on.
4. Once 25 minutes have passed, slice with a bread knife into 1cm thick slices. Place back onto the baking tray and bake for a further 25 minutes.
5. Cool for 30 minutes before dipping in F&F Dark Chocolate peanut butter and sprinkling with shredded coconut.





# DARK CHOCOLATE ROCKY ROAD

CUSTOMIZE WITH YOUR FAVOURITE  
FRUIT, NUTS AND SEEDS!

## INGREDIENTS

250g Dark Chocolate  
150g F&F Dark  
Chocolate PB  
1/2 cup goji berries  
1/2 cup coconut chips  
1/2 cup pistachios  
1/2 cup puffed rice (We used  
chocolate puffed rice)

128

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## METHOD

1. Line a 20cm x 20cm (or similar) baking tin or dish with baking paper.
2. Melt your chocolate in either a double boiler or the microwave. If using a microwave, heat in 30–40 second intervals and stir the choc in between to avoid burning.
3. Mix in the F&F Dark Chocolate peanut butter, then add all of the remaining ingredients until everything is well coated and combined.
4. Pour into prepared baking tin and spread out to desired thickness.
5. Set in the fridge for at least an hour, then slice and enjoy!

You can be super creative with what fruit and nuts you add to your rocky road!







# CHOC NUT BUTTER BROWNIES

SERVE WITH RASPBERRIES AND CREAM  
TO TAKE YOUR BROWNIE EXPERIENCE TO THE  
NEXT LEVEL!

## INGREDIENTS

For the brownie base: 2 eggs (Or flax/chia eggs)  
1 cup F&F Peanut Butter (Use Super Crunchy or Dark Chocolate PB!)  
1/2 cup pure maple syrup

1/2 cup cacao powder  
1/2 tsp baking soda  
1/4 tsp salt

For the swirl:  
An additional 1/2 cup of F&F Peanut Butter

130

## METHOD

1. Preheat oven to 180c (350F) and line a baking tin with baking paper. We used a 20cm x 20cm tin.
2. Combine all the ingredients (except the additional 1/2 cup of peanut butter for the swirl) in a large bowl and mix until combined.
3. Pour the mixture into the prepared baking tin.
4. In a separate bowl, place the remaining 1/2 cup of peanut butter and pop in the microwave for 30 seconds or until the butter is a semi runny consistency.
5. Dollop the melted chocolate nut butter throughout the batter and use a spoon to swirl it through (Just a little swirl action, you don't want to mix it in completely).
6. Bake for 15-20 mins depending on your preferred level of gooeyness. Leave to cool and slice into squares.

Store in an airtight container for up to a week.





# CHOC BERRY EVERYTHING BARK

STORE ME IN THE FRIDGE!  
QUICK AND EASY!

## INGREDIENTS

1/2 block of dark chocolate  
3 Tbsp F&F Choc Berry  
Everything Butter  
2-3 Tbsp coconut oil

**TOPPINGS:**  
Frozen raspberries  
Sliced almonds  
Hemp seeds

132

## METHOD

1. Melt the chocolate in a pot at low heat. Add in F&F Chocolate Berry Everything Butter and coconut oil, stirring until combined.
2. Pour onto a baking paper-lined tray (that will fit in the freezer) and sprinkle with freeze-dried berries, almonds, and hemp seeds.
3. Place in the freezer to cool for at least one hour before cracking into smaller pieces.





FIX & FOGG  
PEANUT BUTTER  
COFFEE AND MAPLE  
TOGETHER WITH COFFEE POWDER

# COFFEE AND MAPLE CRUMBLE CAKE

SERVES 8-10

WORKS GREAT WITH ALMOND BUTTER TOO!

134

## INGREDIENTS

### CAKE

- 1/2 cup Coffee and Maple PB
- 1/2 cup butter
- 1 cup brown sugar
- 1 tsp vanilla extract
- 1/2 cup sour cream or yoghurt
- 3 eggs
- 1 1/2 cups flour
- 1/2 cup ground almonds
- 2 tsp baking powder

### FILLING

- 1/4 cup brown sugar
- 1 tsp cinnamon

### CRUMBLE

- 1/4 cup Coffee and Maple PB
- 1/4 cup butter, melted
- 1/4 cup brown sugar
- 1/4 cup oats
- 1/4 cup flour

## METHOD

1. Preheat oven to 180C (350F) and line a 24cm cake tin with baking paper.
2. Using an electric mixer, cream the F&F Coffee and Maple peanut butter, butter, sugar and vanilla until pale, light and fluffy.
3. Add the eggs to the mixture one at a time, mixing well until fully combined.
4. Fold through the sour cream or yoghurt, add the dry ingredients and fold until just combined - be careful not to over mix! Pop the cake mixture aside.
5. In a small bowl prepare the filling by mixing together the brown sugar and cinnamon. Pop the filling aside.
6. In a medium bowl, mix together all of the crumble ingredients until well combined.
7. Pour half of the cake mixture into the prepared baking tin and spread to the edges.
8. Sprinkle the cinnamon sugar evenly across the top of the cake mixture.
9. Top with the remaining cake batter and carefully spread to the edges of the cake tin.
10. Top evenly with the crumble topping, using your hands to make nice clusters.
11. Bake the cake for 30-40 minutes or until the cake is springy to touch and a skewer inserted comes out clean. Leave to cool, slice and enjoy!

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# COFFEE AND MAPLE BLONDIES

THE PERFECT GOOEY BLONDIE  
WORKS GREAT WITH ALMOND BUTTER TOO!

## INGREDIENTS

3/4 cup F&F Coffee and  
Maple peanut butter  
3/4 cup coconut sugar  
3/4 cup milk of choice  
1 tsp vanilla  
3/4 cup flour  
1/4 tsp salt  
1 tsp baking soda

### GLAZE:

1/4 cup F&F Coffee and  
Maple peanut butter  
2 Tbsp maple syrup  
1–2 Tbsp milk of choice  
2 Tbsp Melted white  
chocolate to drizzle

## METHOD

1. Pre heat oven to 180C (350F) and line a 20cm x 20cm (or similar) baking tray.
2. In a large mixing bowl combine the Coffee and Maple peanut butter, coconut sugar, milk and vanilla. Mix until combined.
3. Add remaining ingredients and fold mixture until just combined.
4. Pour the batter into the prepared baking tin and spread out evenly.
5. Bake for 15–20 mins or until springy to touch and a knife comes out just clean. You want them to be a bit gooey.
6. Leave to cool in tin and prepare the glaze.
7. make the glaze, mix the Coffee and Maple peanut butter, maple syrup and milk together until a good drizzling consistency.
8. Once cool, drizzle the glaze all over the blondies. Add a drizzle of white chocolate over the top for that nice contrast!







FIX & FOGG  
GRANOLA  
BUTTER

DATE: CARAMEL - COCONUT  
PUMPKIN - CANTALOUPE - LIME

# OATY NUT BUTTER ANZAC COOKIES

MAKES 18-20 COOKIES  
WILL LAST IN THE FRIDGE FOR 5 DAYS

## INGREDIENTS

1 cup oats	1/4 cup melted butter or coconut oil
1 cup flour	
1 cup desiccated coconut	1/2 cup F&F Oaty Nut Butter
1/2 tsp salt	2 Tbsp boiling water
1/2 cup brown sugar	1/2 tsp baking soda
1/4 cup golden syrup	

138

## METHOD

1. Preheat oven to 180C (375F) and line two baking trays with baking paper.
2. In a large bowl, combine the oats, flour, coconut, salt and sugar.
3. In a separate bowl, mix together the golden syrup, butter (or coconut oil) and F&F Oaty Nut Butter.
4. Combine the boiling water with the baking soda in a small bowl and mix together—it should fizz up at this stage.
5. Add the baking soda mix to the F&F Oaty Nut Butter mixture and stir until well combined.
6. Finally, pour the wet mixture into the dry ingredients and mix until everything comes together to form a sticky dough.
7. Roll into balls (roughly a tablespoon) and flatten slightly onto the tray with your hands, leaving a couple of cm on either side of each cookie.
8. Bake for 15–20 minutes or until golden brown around the edges.





**FIX & FOGG**

**GRANOLA  
BUTTER**

OATS · CASHEW · COCONUT  
PEANUT · SUNFLOWER · CHIA

# RAW OATY NUT BUTTER SLICE

MAKES 18-20 COOKIES  
WILL LAST IN THE FRIDGE FOR 5 DAYS

## INGREDIENTS

### BASE

1/2 cup dates  
1/2 cup oat flour  
1/2 cup ground almonds  
1/4 cup Oaty Nut Butter  
3 Tbsp maple syrup  
3 Tbsp coconut oil

### FILLING

3/4 cup Oaty  
Nut Butter  
3 Tbsp melted  
coconut oil  
1 cup dates

### TOPPING

150g dark  
chocolate,  
melted  
1 Tbsp maple  
syrup

140

## METHOD

1. Line a square or rectangular tin (approx 8" x 8") with baking paper. Soak dates in a bowl of hot water.
2. Place all of the base ingredients into a food processor and blend until everything is combined and comes together to a dough consistency.
3. Press the base into the tin evenly and put into the fridge to set.
4. Meanwhile, make the filling. Drain the dates and add into your food processor with the other ingredients. Blend until smooth.
5. Spread the filling over the base evenly.
6. Mix together the melted chocolate and maple syrup and pour over the filling.
7. Move the tin around to spread the chocolate and give it a few taps on the bench to level out the chocolate layer.
8. Leave to set in the fridge for at least 2 hours before slicing and serving (we recommend using a hot sharp metal knife).





# OATY NUT BUTTER APPLE CRUMBLE

WILL LAST IN THE FRIDGE  
UP TO 3 DAYS!

142

## INGREDIENTS

### FOR THE CRUMBLE

2 cups rolled oats  
1/2 cup flaxseeds  
1/2 cup pumpkin seeds  
1/2 cup F&F Oaty  
Nut Butter  
1/2 cup maple syrup  
1/2 tsp salt

### FOR THE FILLING

3/4 cup maple syrup  
1/2 cup F&F Cashew Butter  
1/4 tsp salt  
3 cups apples, peeled and  
chopped into cubes  
1 tsp vanilla extract  
1 tsp cinnamon

## METHOD

1. Preheat oven to 180C (350F) and prepare an ovenproof dish with baking paper.
2. In a microwave safe bowl, add the F&F Cashew Butter, maple syrup, sea salt, cinnamon and nutmeg. Pop in the microwave for 15 seconds and stir until combined.
3. Add the diced apple pieces to the cashew butter mixture and coat evenly. Pour apple mixture into the prepared baking dish.
4. Add all crumble ingredients into a separate bowl and stir until well combined and everything is coated.
5. Cover the apple mixture with the crumble mixture until evenly coated.
6. Pop in the oven and cook for 30–35 minutes or until beginning to brown on top.

We served our apple crumble with coconut yoghurt but any ice cream would work perfectly!





# PB&J PEANUT BUTTER CUPS

## INGREDIENTS

250g Dark chocolate of choice

250g White chocolate of choice

1/2 cup F&F Peanut Butter and Jelly

1/2 cup Raspberry jam

## METHOD

1. Melt the white chocolate in the microwave in 30-second increments, stirring each time. Once the white chocolate is melted, pour into your moulds to cover the bottom of each with about half a cm of chocolate – we recommend a silicone muffin tray for easy removal! Set in the freezer for 10 minutes.
2. Once the chocolate is set, dollop a teaspoon of F&F PB&J peanut butter and 1/2 a tsp of raspberry jam on top of each base in the centre. Try not to let the filling touch the sides.
3. Melt the dark chocolate using the same method as before, pour on top to cover the base and the peanut butter. Set in the freezer until solid.

Makes 10–12 cups depending on size. Any F&F nut butter will work in these delish nut butter cups too!

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# PB&J OATY CRUMBLE BARS

146

## INGREDIENTS

1/2 cup F&F Super Crunchy peanut butter

1/4 cup F&F Peanut Butter and Jelly

1 Tbsp vanilla

1/3 brown sugar

1 cup all purpose flour

1 cup oats

1/4 tsp salt

1 tsp baking powder

1/2–1 cup oat milk

3/4 cup raspberry jam

## METHOD

1. Preheat oven to 180C (350F) and line a baking dish with baking paper (We used a 20cm x 20cm glass baking dish).
2. In a medium mixing bowl, pop in 1/2 a cup of F&F Super Crunchy peanut butter, vanilla and sugar and mix until well combined.
3. Add in the flour, oats, salt and baking powder and mix together. Slowly add the milk until a dough starts to form.
4. Take 2/3 of the dough and press into the bottom of the baking dish (This should be around 1–2cm). Poke holes throughout the base with a fork. Pop into the oven and bake for 8–10 minutes then remove and let cool.
5. Spread a layer of raspberry jam over the base then dollop spoonfuls of F&F PB&J peanut butter over the jam. Then take the leftover dough and crumble evenly over the top.
6. Bake for 12–15 minutes or until the crumble starts to turn golden brown. Remove from the oven, let cool completely and then chop up into 8 pieces. Enjoy!

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FIX & FOGG  
ALMOND  
BUTTER  
CRUNCHY

# ALMOND BUTTER GINGERBREAD TRUFFLES

THE PERFECT HOLIDAY TREAT!

## INGREDIENTS

1 cup of oats	1 Tbsp molasses
1 tsp salt	2 tsp water
2 tsp cinnamon	1 tsp vanilla essence
2 tsp ginger	<b>COATING:</b>
1 cup Fix & Fogg Almond butter	1/2 cup dark chocolate
1/2 cup of dates	1 Tbsp coconut oil
	2 Tbsp coconut sugar

148

## METHOD

1. Soak dates in boiling water for 5 minutes.
2. Combine oats, salt, cinnamon, ginger and Almond butter in a high-powered blender. Pulse until well combined.
3. Drain the dates and add into the blender alongside molasses, water, and vanilla essence. Blend until well combined. The mixture will be sticky enough to pinch together with your hands. Roll the dough into small balls and refrigerate for 30 minutes.
4. Once cooled, roll in melted chocolate and set in the fridge for an hour (or overnight).
5. Sprinkle coconut sugar on top and enjoy!

Recipe by Tess, for more vegan foodie inspo you can checkout her page @eden.vegan

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Almond **Everything****Choc Chip Blondies**

## Ingredients

2 cups almond flour  
 1/4 cup sugar  
 2 tbsp maple syrup  
 2 tbsp coconut oil,  
 melted  
 1/4 cup oat milk  
 2 tsp vanilla

1 tsp baking powder  
 1/2 tsp baking soda  
 1/2 tsp sea salt  
 250g dark chocolate,  
 chopped  
 3/4 cup F&F Almond  
 Everything Butter

## Method

- ① Preheat oven to 180C (350F) and line a square baking pan with baking paper.
- ② In a large mixing bowl, mix together almond flour, sugar, maple syrup, coconut oil, oat milk, vanilla, baking powder, baking soda and salt. Mix until combined.
- ③ Stir through 1/2 cup of F&F Almond Everything Butter and the chocolate chips, leaving a few to scatter on top.
- ④ Press the dough into the baking pan. Dollop 1/4 cup F&F Almond Everything Butter evenly onto dough and swirl through. Sprinkle remaining chocolate chips on top.
- ⑤ Pop in the oven and bake for 20–25 minutes or until golden around the edges. Serve with ice cream, fresh fruit or anything you fancy, YUM!





FIX & FOGG  
ALMOND BUTTER  
CASHEW AND MAPLE

# ALMOND BUTTER ROCKY ROAD

BLONDIE INSPIRED  
ROCKY ROAD!

## INGREDIENTS

250g white chocolate  
100g F&F Almond butter  
with Cashew and Maple  
1/2 cup freeze-dried  
strawberries or  
raspberries  
1/2 cup pistachios

1/4 cup desiccated  
coconut  
1 cup mini marshmallows  
1/2 cup crushed  
gingernuts (or any  
cookies)

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## METHOD

1. Line a baking tin or dish with baking paper (we used a 20 x 20cm tin).
2. Melt your white chocolate either in a double boiler or a microwave (if using a microwave, make sure to do it in 30–40 second increments and stir in between to avoid burning).
3. Mix in the F&F Almond butter followed by the remaining ingredients until everything is well coated and combined.
4. Pour into prepared baking tin and spread out to your desired thickness.
5. Set in the fridge for at least an hour, then slice and enjoy!







FIX & FOGG

ALMOND BUTTER

CREAM AND MAPLE

# ALMOND BUTTER SNICKERDOODLES

MAKES ~12 COOKIES  
STORE IN AN AIRTIGHT CONTAINER  
FOR UP TO A WEEK!

## INGREDIENTS

1/2 cup F&F Almond Butter with Cashew and Maple	1/4 cup soft brown sugar or coconut sugar
1/4 cup coconut oil, melted	1/4 cup flour
1/3 cup maple syrup	1/2 tsp salt
1 Tbsp pure vanilla extract	1/2 tsp baking soda
1 cup almond flour	1/2 tsp ground cinnamon

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## METHOD

1. Preheat your oven to 180C (350F) and line a baking sheet with baking paper.
2. In a large mixing bowl, combine the F&F Almond Butter with Cashew and Maple, coconut oil, maple syrup and pure vanilla extract.
3. In a separate bowl, mix together the cinnamon and sugar.
4. Roll the dough into equal size balls and roll in the cinnamon
5. sugar mixture.
6. Place ball onto prepared baking sheet leaving a few inches between each ball.
7. Bake for 12–15 minutes or until golden brown and crackly on top!





# NUT BUTTER FUDGE

WORKS WITH ANY F&F NUT BUTTER!

## INGREDIENTS

3/4 cup of F&F nut butter,  
we used Almond Butter  
with Cashew and Maple  
3/4 cup coconut oil  
1/3 maple syrup  
Pinch of Salt

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## METHOD

1. Line a 20cm x 20cm square baking dish or tin with baking paper.
2. Place coconut oil in a microwave safe bowl and microwave until melted.
3. Add in the rest of the ingredients to the coconut oil and stir until well combined. You may need to pop it back in the microwave if the coconut oil starts to solidify.
4. Pour the mixture into your prepared baking dish or tin and leave to set in the fridge for 1–2 hours, before fully set sprinkle a little more sea salt on top for some extra pizzaz.

Make sure to store this fudge in the fridge until ready to eat. We also suggest using a hot nice to cut the fudge so you get perfect squares.

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FIX & FOGG  
CASHEW  
BUTTER  
CREAMY

F&F

# STRAWBERRY CASHEW BLONDIES

MAKES ~12 BLONDIE SLICES  
QUICK AND EASY!

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## INGREDIENTS

### FOR THE BASE:

3/4 cup sugar  
3/4 cup F&F Cashew Butter  
1 cup oat milk  
1 teaspoon vanilla extract  
1 cup flour  
1/2 cup ground almonds  
1/2 tsp baking powder

1/2 tsp salt  
Strawberries

### FOR THE GLAZE:

2 Tbsp F&F Cashew butter  
1 Tbsp maple syrup  
1 Tbsp oat milk  
Freeze-dried strawberries  
to decorate (optional)

## METHOD

1. Preheat oven to 180C (350F) and line a baking tin with baking paper (A 20cm x 20cm tin or similar!)
2. In a large mixing bowl, combine the F&F Cashew Butter, sugar, milk and vanilla. Mix until well combined.
3. Add the remaining ingredients and fold until just combine, try not to over mix!
4. Pour the batter into the prepared tin and spread out evenly. Dot in the strawberries pressing them down slightly.
5. Bake for 20–30 minute or until springy to touch and a knife comes out clean.
6. To prepare the glaze, mix the F&F Cashew Butter, maple syrup and milk together. You want it to be a nice drizzling consistency so add more milk as required.
7. Once the blondies are cooled, drizzle the glaze over top and sprinkle with toppings of choice.





# CASHEW BUTTER COOKIE DOUGH

LEVEL UP YOUR COOKIE DOUGH WITH  
OUR CREAMY CASHEW BUTTER!

## INGREDIENTS

- 1/2 cup F&F Cashew Butter
- 2-3 tsp maple syrup
- 2 Tbsp coconut flour
- 2 tsp vanilla
- 3-4 Tbsp milk of choice
- 1/4 cup chocolate chips

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## METHOD

1. Combine cashew butter, maple syrup and vanilla in a small saucepan. heat over low, stirring frequently until fully mixed.
2. Remove from heat and stir in coconut flour. Gradually add milk until desired consistency is reached.
3. Cover and chill dough for 15-30 mins, then fold in chocolate chips. Serve and enjoy!







# CASHEW BUTTER CARAMEL

THE PERFECT DESSERT TOPPING!  
KEEPS FOR 1-2 WEEKS IN THE FRIDGE

## INGREDIENTS

1/2 cup F&F Cashew Butter  
1/2 cup maple syrup  
2-3 tbsp milk of choice  
1 tsp vanilla  
Pinch of salt

## METHOD

1. Place F&F Cashew Butter, maple syrup, vanilla and salt in a medium sized bowl and mix until well combined.
2. Start by adding 2 Tbsp of oat milk and combine. Continue to add oat milk until a thick runny consistency is achieved, keeping in mind this will loosen when warmed.
3. Heat in microwave for 30 seconds or until warm and a good pouring consistency for that perfect drizzzzzzle.
4. Serve straight away or store in a jar or airtight container in the fridge for up to 5 days.





FIX & FOGG  
COOKIE BUTTER  
SPECULOOS  
NET WT 2.5 OZ (70g)  
100% PURE COOKIE BUTTER

CHOCOLATE SHAVINGS  
WALNUTS

# COOKIE BUTTER BANOFFEE PIE TARTS

## INGREDIENTS

### Base

1 cup walnuts  
1 1/3 cup oats  
1 cup dates  
1 Tbsp maple syrup  
1 tsp vanilla essence

### Filling

1 cup dates  
(soaked in boiling  
water for 5 minutes)  
1 cup coconut  
cream (refrigerated  
overnight)  
1/2 cup F&F Cookie  
Butter

### Toppings

Coconut yoghurt  
1 Banana  
Chocolate  
shavings  
Cinnamon sprinkle

## METHOD

- ① Blend together soaked dates, walnuts and oats in a high powered blender until a dough like texture is achieved. Add in maple syrup and vanilla extract.
- ② Place the mixture, one tbsp at a time into mini tart dishes, pressing down firmly with the back of a wet spoon (this is the easiest way to work with the sticky consistency!). Place into the freezer while preparing the filling.
- ③ For the filling, blend the dates together before slowly adding the coconut cream and F&F Cookie Butter. Thinly slice banana and place ontop of each base before scooping 2 tbsp of the Cookie Butter filling onto each pie.
- ④ Place back into the freezer for 15 minutes, before topping with coconut yoghurt, banana, chocolate shavings with a sprinkle of cinnamon.



PUMPKIN PIE  
PUMPKIN PIES



# PUMPKIN PIE PUMPKIN PIES



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*The cutest pumpkin pies  
you ever did see!  
Makes 8 mini pies.*

## INGREDIENTS

### FOR THE CRUST

3 cups wholemeal flour  
1/2 cup F&F Pumpkin Pie butter  
1/2 cup coconut oil  
1/3 cup maple syrup  
1/3 cup warm water

### FOR THE FILLING

2 cups pumpkin puree  
1/4 cup F&F Pumpkin Pie butter  
1/3 cup maple syrup  
3/4 cup oat milk  
3 Tbsp cornflour  
1 tsp cinnamon  
1 tsp nutmeg  
1 tsp vanilla extract

## METHOD

- ① Preheat the oven to 150C (300F) and prepare your tart tins by greasing them or lining with baking paper.
- ② For the crust, add the wholemeal flour, F&F Pumpkin Pie Butter, coconut oil and maple syrup to a bowl and mix. Slowly add the warm water until a dough forms.
- ③ Begin pressing the dough into the tart tins until the bottom and sides are 5mm thick. Use a fork to poke a few holes into the base of the crust and set aside.
- ④ For the filling, add pumpkin puree, F&F Pumpkin Pie Butter, maple syrup, oat milk, cornflour, cinnamon, nutmeg and vanilla extract to a blender and blend until smooth and creamy.
- ⑤ Pour filling into tarts until just below the top of the crust. Place on an oven proof tray and put in the oven. Cook for 20–25 minutes or until the crust is starting to get golden brown. Remove and let cool.
- ⑥ Chill in the fridge overnight and serve cold with some cream or coconut yoghurt. Store in fridge until ready to serve.

PUMPKIN  
SPICED DONUTS



# PUMPKIN PIE SPICED DONUTS



*These no-knead pumpkin pie spiced donuts are sure to be a crowd pleaser. Recipe makes approx. 8 donuts.*

## INGREDIENTS

## METHOD

### FOR THE DONUTS

1 cup flour  
1 1/2 tsp baking soda  
1/2 cup sugar  
2/3 cup soy milk  
2 tbsp F&F Pumpkin Pie Butter

### FOR THE ICING

1 cup of icing sugar  
2 tbsp boiling water  
Mix until desired consistency is achieved.

- ① Heat the oven to 190 degrees fan-bake (375F). Take a large mixing bowl, and sift in the flour and baking soda. Add sugar and mix until combined.
- ② Add soy milk and F&F Pumpkin Pie Butter to the mix, mixing until combined.
- ③ Pour into your silicone donut mould and pop in the oven to bake for 15 minutes.
- ④ Remove from the oven and leave to sit in the mould until cool. When the donuts are cool enough to handle, dip into the icing and leave to set before enjoying! We topped ours with chopped pecans and cinnamon sugar.



# THAT'S ALL FOR NOW!

THANKS FOR MAKING THE MOST OF YOUR TOAST, OATS, COOKIES OR STIR FRY WITH US.  
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LATEST AND GREATEST RECIPES!

