



9ROUND[®]

KICKBOXING FITNESS

CHARLIE Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

6	Green Onion Egg Wrap	GF	Gluten Free
8	Blueberry Avocado Protein Smoothie	DF	Dairy Free
10	Loaded Breakfast Sweet Potato	LC	Low Carb (20g- serve)
12	Cucumber Bites with Smoked Salmon	MP	Meal Prep/Freezer Friendly
14	Zucchini Pizza Bites	HP	High Protein (20g+ per serve)
16	Satay Peanut Sauce	V	Vegetarian
18	Gado-Gado	Q	Quick (under 30 mins)
20	Chicken Satay	N	Contains Nuts
22	Fish Filets with Mushroom Sauce		
24	Air Fryer Chicken Katsu		
26	Shirazi Salad		
28	Crispy Lamb Ramen Noodles		
30	Peach Blueberry Muffins		
32	Crepes with Lemon & Sugar		
34	Oatmeal Banana Bread		

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> 3 bananas 3 lemons 3 limes 3 peaches 10.5 oz. (300g) blueberries <p>Vegetables</p> <ul style="list-style-type: none"> 8 shallots 2 bulbs garlic ginger bunch green onions 1 red onion 2 onions 4 cucumbers 2 sweet potatoes 12 baby potatoes 5 tomatoes small napa cabbage pack mushrooms 2 stalks lemongrass 10 oz. (285g) green beans bean sprouts 2 zucchinis 1 avocado <p>Fresh Herbs</p> <ul style="list-style-type: none"> cilantro (coriander) parsley basil <p>Frozen Foods</p> <ul style="list-style-type: none"> blueberries 	<p>Meats</p> <ul style="list-style-type: none"> 1.5 lbs. (680g) ground lamb 1 lb. (450g) chicken breasts 2 lbs. (900g) boneless and skinless chicken thighs <p>Fish & Seafood</p> <ul style="list-style-type: none"> 1 ½ lbs. (680g) white fish filets 4 oz. (120g) smoked salmon <p>Cold</p> <ul style="list-style-type: none"> 25 eggs carton egg whites Greek yogurt milk, of choice almond milk butter sour cream 14 oz. (400g) firm tofu mozzarella cheese parmesan cheese cream cheese 	<p>Grains</p> <ul style="list-style-type: none"> all-purpose flour rolled oats white rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> pecans slivered almonds (flaked) roasted peanuts, unsalted chia seeds <p>Baking</p> <ul style="list-style-type: none"> baking soda vanilla extract <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper white pepper cayenne pepper chili powder dried chilies ground cinnamon ground coriander ground turmeric garlic powder ground ginger dried mint dried thyme dried oregano dried dill 	<p>Oils</p> <ul style="list-style-type: none"> olive oil coconut oil vegetable oil sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> honey coconut sugar maple syrup <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> Worcestershire sauce fish sauce oyster sauce sambal oelek (or similar chili paste) hoisin sauce tamari sauce chili paste salsa tomato ketchup tomato sauce (tomato passata) chicken broth (stock) 14 oz. (400g) can coconut milk, light 7 oz. (200g) can coconut milk, full fat 12 oz. (340g) instant ramen noodles panko breadcrumbs fried shallots <p>Misc/Other</p> <ul style="list-style-type: none"> salt pack tortillas vanilla whey protein powder bamboo skewers

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Blueberry Avocado Protein Smoothie	Zucchini Pizza Bites	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Air Fryer Chicken Katsu
Tue	Green Onion Egg Wraps	Zucchini Pizza Bites	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Air Fryer Chicken Katsu
Wed	Green Onion Egg Wraps	Gado-Gado	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Shirazi Salad
Thu	Blueberry Avocado Protein Smoothie	Gado-Gado	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Fish Filets with Mushroom Sauce
Fri	Loaded Breakfast Sweet Potato	Leftover Fish Filets with Mushroom Sauce	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Crispy Lamb Ramen Noodles
Sat	Loaded Breakfast Sweet Potato	Chicken Satay	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Meal Out - Enjoy!
Sun	Peach Blueberry Muffins	Chicken Satay	E.g. Blueberry Avocado Protein Smoothie, Peach Blueberry Muffins, Crepes with Lemon & Sugar, Oatmeal Banana Bread	Crispy Lamb Ramen Noodles



Green Onion Egg Wrap

Serves 2

4 eggs
salt & pepper, to taste
2 tortillas
1 tbsp. olive oil
2 green onions, thinly sliced
3 tbsp. cilantro
1 tbsp. hoisin sauce
1 tsp. chili paste

What you need to do

In a bowl, beat the eggs together with salt and pepper.

Heat a small non-stick skillet over a medium heat and place the tortilla in it. Heat for about 1-2 minutes then flip over and heat for a further 1 minute. Transfer to a plate and repeat with the second tortilla.

Turn the heat up to medium-high. Add half the olive oil to the skillet, along with half the green onions and a pinch of salt. Cook and stir until tender, around 30 seconds. Add half of the eggs and vigorously stir to scramble slightly, then spread in an even layer across the base of the skillet. Scatter half the cilantro on top and then immediately press one of the warmed tortillas onto the eggs. Leave to cook until the eggs set, about 1 minute. Flip onto a plate and repeat the process with the remaining ingredients.

Drizzle the hoisin sauce and chili paste over the eggs, fold the tortilla into quarters and serve immediately, or wrap in foil to eat on the go.

DF	MP	V	Q
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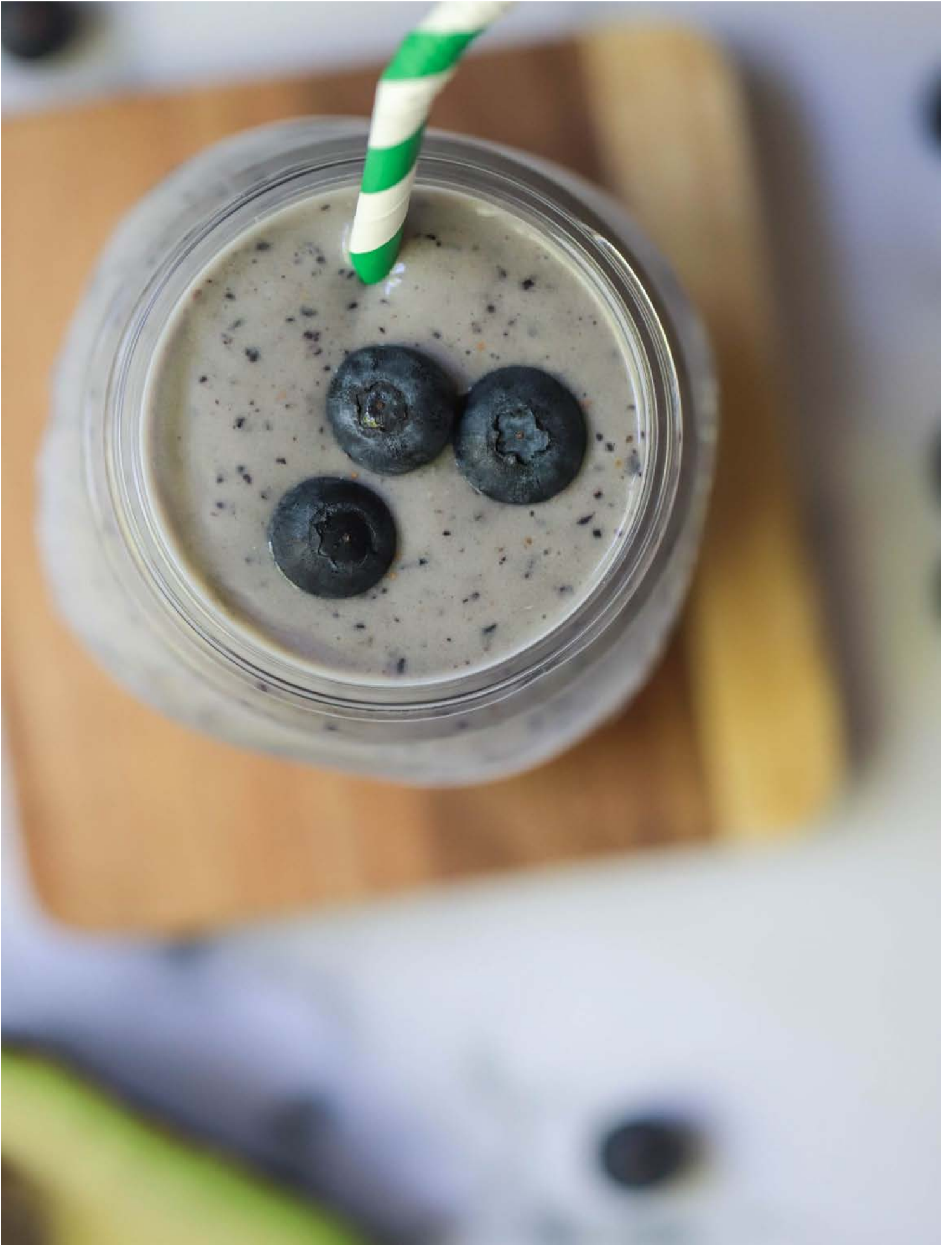
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	351	21	24	17	4

*Nutrition per serve

myfitnesspal



02873830



Blueberry Avocado Protein Smoothie

Serves 1

What you need to do

½ avocado
1 cup (150g) blueberries,
frozen
1 cup (240ml) almond milk,
unsweetened
⅓ cup (80ml) egg whites
1 scoop (25g) vanilla whey
protein powder
1 tbsp. honey
1 tsp. chia seeds

Place all ingredients into a blender and blitz until smooth. Pour into a glass and serve immediately.

GF	HP	V	Q	N
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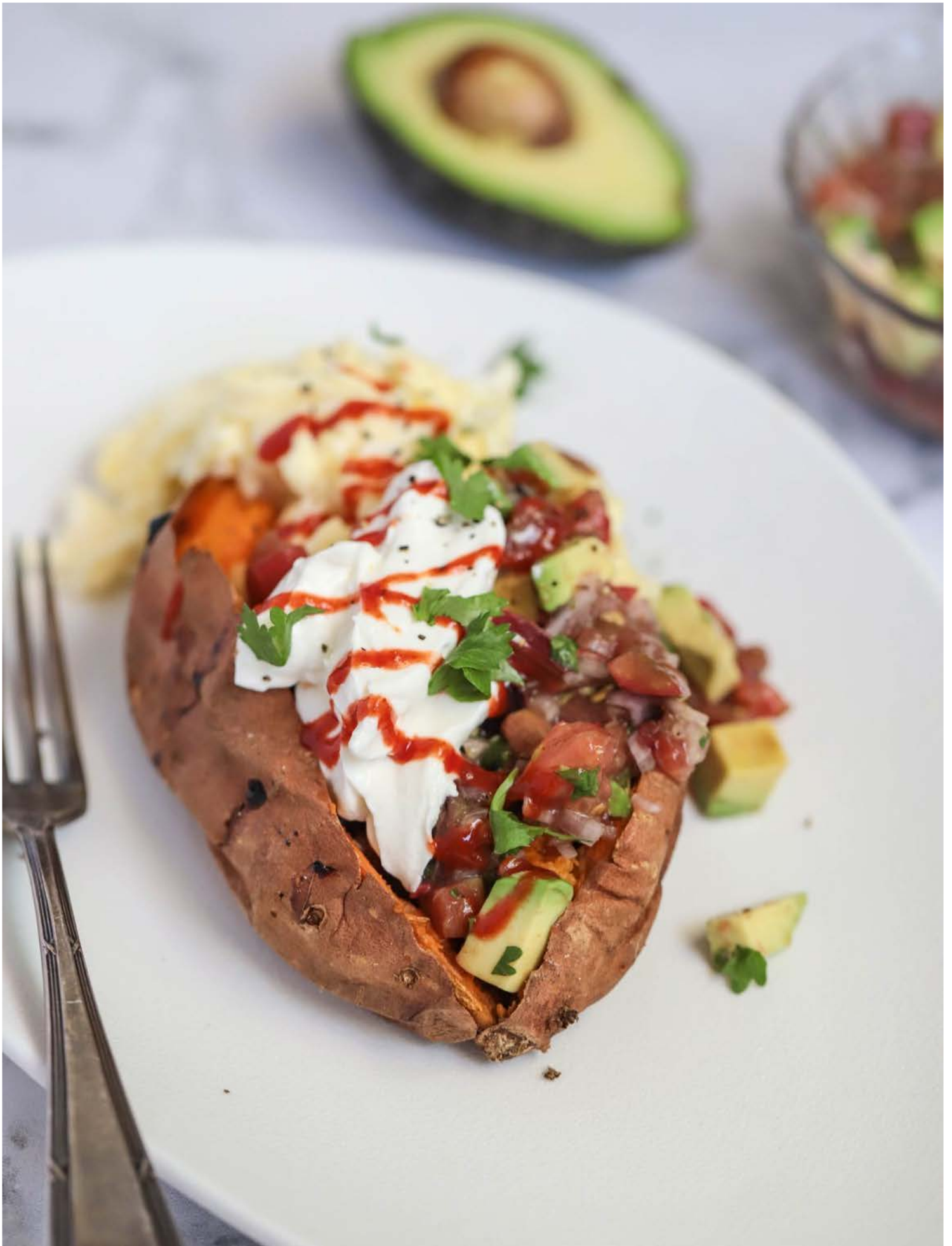
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	491	19	51	36	12

*Nutrition per serve

myfitnesspal



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Loaded Breakfast Sweet Potato

Serves 2

2 medium sweet potatoes
4 eggs
2 tbsp. milk
salt & pepper
1 tbsp. butter
4 tbsp. salsa, for serving
½ avocado, sliced, for serving
2 tbsp. Greek yogurt, for serving
1 tbsp. cilantro, chopped

What you need to do

Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.

Wash and dry the sweet potatoes, then prick them all over with a fork. Place the potatoes onto the prepared baking sheet and bake in the oven until tender, roughly 40-50 minutes.

In the meantime, crack the eggs into a bowl and add the milk, season with salt and pepper, and whisk until smooth.

Once the sweet potatoes have cooked, remove from the oven and allow to cool slightly. Cut a slit down the center of the sweet potato about ⅔ of the way down. Using a fork, slightly mash the inside of the sweet potato and season with salt and pepper.

Heat the butter in a non-stick skillet over a medium heat, then pour the whisked eggs into the pan. Scramble the eggs until cooked to your liking.

Divide the scrambled eggs between the two sweet potatoes. Top with salsa, avocado, Greek yogurt and cilantro. Serve immediately.

GF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	45 mins	408	23	34	18	8

*Nutrition per serve

myfitnesspal



05198447



Cucumber Bites with Smoked Salmon

Serves 2

4 tbsp. Greek yogurt
4 tbsp. cream cheese, room temperature
1 tsp. dried dill
salt & pepper to taste
1 large cucumber
4 oz. (115g) smoked salmon

What you need to do

Place the Greek yogurt, cream cheese, dried dill, salt and pepper into a small bowl and mix until well combined.

Cut the cucumber into slices. Cut the salmon into small pieces.

Divide the cream cheese mixture equally onto each slice of cucumber and top with a piece of smoked salmon. Serve immediately.

GF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	204	12	8	17	1

*Nutrition per serve

myfitnesspal



02510750



Zucchini Pizza Bites

Serves 6

2 large zucchinis
½ cup (120ml) tomato sauce
1 tsp. dried oregano
1 cup (225g) mozzarella
cheese, shredded
4 tbsp. parmesan cheese,
grated

What you need to do

Preheat the oven to 430°F (220°C). Line a baking sheet with baking paper.

Cut the zucchini into ¼ inch thick slices and arrange on the baking sheet. Top the zucchini slices with the tomato sauce, oregano, and cheese.

Place the baking sheet into the oven and bake for 5-7 minutes or until the zucchini is tender. Then broil (grill) the zucchini for 5 minutes, or until the cheese has melted.

GF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	247	15	9	18	3

*Nutrition per serve

myfitnesspal



08034106



Satay Peanut Sauce

Serves 4

1 cup (125g) roasted peanuts, unsalted
2 cloves garlic, chopped
1 tsp. tamari
2 tsp. sesame oil
2 tbsp. coconut sugar
2 tbsp. fish sauce
2 tbsp. lime juice
1/8 tsp. cayenne pepper
1/2 cup (120ml) coconut milk, canned

What you need to do

Place the peanuts into a food processor and pulse until finely ground. Add the remaining ingredients, and process until well combined.

Transfer to a bowl, then taste and adjust the seasoning by adding more fish sauce, lime juice and cayenne pepper. If necessary, thin the sauce with a little water to reach the desired consistency.

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	150	13	6	5	2

*Nutrition per serve

myfitnesspal



04286967



Gado-Gado

Serves 6

2 tbsp. vegetable oil
14 oz. (400g) firm tofu, drained
& sliced
salt & pepper
10 oz. (285g) green beans,
trimmed
½ small napa cabbage, finely
sliced
6 oz. (170g) bean sprouts
12 baby potatoes, halved
1 cucumber, peeled and sliced
2 tomatoes, cut into wedges
6 eggs, boiled
3 tbsp. fried shallots
satay peanut sauce (see recipe
in this pack)

What you need to do

Heat the vegetable oil in a large non-stick skillet and place over a medium-high. Add the tofu slices, season with salt and pepper and fry for 2-3 minutes on each side until golden brown. Remove the tofu from the skillet and set aside.

Bring a pot of salted water to a boil and cook the beans for 4 minutes or until tender. Just before the beans are ready, add the cabbage and bean sprouts to the pot and cook for a further 1 minute. Transfer the vegetables to a colander, rinse with cold water and drain well.

In the same pot of salted water, cook the potatoes until tender, about 10 minutes.

In the meantime, make the satay sauce from the recipe card in this pack.

To serve, arrange the blanched vegetables, potatoes, tofu, cucumber, tomatoes and eggs on a large serving platter, top with fried shallots and serve with the satay sauce.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	551	33	46	18	11

*Nutrition per serve

myfitnesspal



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Chicken Satay

Serves 6

For the marinade:

3 tbsp. vegetable oil
2 stalks lemongrass, white parts only
2 cloves garlic
6 small shallots, peeled
2 tsp. ground turmeric
1 tsp. ground coriander
1 tsp. chili powder
½ tbsp. salt
2 tbsp. honey

For the chicken & salad:

2 lbs. (900g) boneless and skinless chicken thighs, diced
bamboo skewers, soaked in cold water
1 cucumber, sliced
1 small onion, sliced
satay peanut sauce (see recipe in this pack)

What you need to do

Blend all the marinade ingredients together in a food processor, add some water to loosen if required. Place the chicken and marinade into a bowl and stir to coat. Cover the bowl and set the chicken aside to marinate in the refrigerator for 2-3 hours, or ideally overnight.

When ready to cook, preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Thread 3-4 pieces of the chicken meat onto the soaked bamboo skewers. Place the chicken skewers onto the baking sheet, place the sheet in the hot oven and cook the chicken skewers for 12-15 minutes until the meat is cooked through and lightly browned.

In the meantime, make the satay peanut sauce from the recipe in this pack.

Serve the chicken skewers with the peanut sauce, sliced cucumber and onion.

TIP: Soak the bamboo skewers in cold water for an hour before cooking, this will stop the skewers from burning in the hot oven.

GF	DF	LC	MP	HP	V	N
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Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	2-3 hrs (or overnight)	477	30	17	29	3

*Nutrition per serve

myfitnesspal



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Fish Filets with Mushroom Sauce

Serves 4

1 tsp. olive oil
2 tbsp. butter
1 ½ cups (150g) mushrooms, sliced
1 medium onion, finely chopped
3 cloves garlic, minced
2 tbsp. flour
1 tsp. dried thyme
½ tsp. salt
⅛ tsp. white pepper
1 cup (240ml) milk
½ cup (120g) sour cream
2 tbsp. lemon juice
1 tsp. lemon zest, grated
1 ½ lbs. (680g) white fish filets

What you need to do

Preheat the oven to 350°F (180°C). Grease a large baking dish with 1 teaspoon of olive oil.

Heat the butter in a medium sized pot over a medium heat. Add the mushrooms, onion and garlic and cook for 10 minutes until the vegetables are tender. Add in the flour, thyme, salt, and pepper and continue to cook for a further 2 minutes.

Next add the milk and sour cream and cook until the sauce has thickened. Remove the pot from the heat and stir through the lemon juice and zest.

Place the fish filets in the prepared baking dish and cover with the sauce. Place the dish into the hot oven and bake for 15-20 minutes, or until the fish is cooked through and flakes easily. Serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	256	8	9	23	2

*Nutrition per serve

myfitnesspal



03482551



Air Fryer Chicken Katsu

Serves 4

For the chicken:

2 tbsp. olive oil
1 cup (120g) panko
breadcrumbs
1 lb. (450g) chicken breasts,
cut into filets
salt & pepper
4 tbsp. all-purpose flour
2 eggs
1 tbsp. water
2 cups (360g) white rice,
cooked
½ small napa cabbage, finely
sliced

For the sauce:

1 tbsp. tomato ketchup
2 ½ tsp. Worcestershire sauce
1 ½ tsp. oyster sauce
1 ⅛ tsp. coconut sugar

What you need to do

Pour the olive oil into a non-stick skillet and place over a medium heat. Add the panko breadcrumbs and toast until golden brown, roughly 5 minutes, then set aside.

Season the chicken with salt and pepper.

Place the flour into a shallow dish. In a second shallow dish, combine the eggs with the water and whisk to combine. In a third dish, add the toasted panko bread crumbs.

To crumb the chicken, take a chicken piece and coat it first in the flour, then dip it into the egg mixture, and finally dip it into the toasted panko, coating the chicken evenly in the crumb. Repeat this process with the remaining pieces of chicken until they all are coated.

Preheat the Air Fryer to 375°F (190°C). Place the chicken in the Air Fryer basket and fry for 10 minutes, flip the chicken over and fry for a further 5 minutes.

In the meantime, make the sauce by combining all the sauce ingredients together in a small bowl.

When the chicken has cooked, transfer to a cutting board and slice. Serve the chicken with the cooked rice, katsu sauce and cabbage.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	558	14	69	38	6

*Nutrition per serve

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Shirazi Salad

Serves 4

1 cucumber, peeled, diced
½ red onion, diced
3 tomatoes, diced
2 tbsp. parsley, chopped
2 tbsp. cilantro, chopped
2 tbsp. basil, chopped
1 tsp. dried mint
4 tbsp. lime juice
3 tbsp. olive oil
salt & pepper

What you need to do

Place the diced vegetables into a large bowl and mix with the herbs. Drizzle over the lime juice and olive oil and season to taste with salt and pepper. Mix well and adjust the seasoning if required. Serve immediately.

GF	DF	LC	MP	V	Q						
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)					
10 mins	0 min	119	11	7	2	1					

*Nutrition per serve

myfitnesspal



04739555



Crispy Lamb Ramen Noodles

Serves 8

3 tbsp. olive oil, divided
 2 shallots, halved
 4 cloves garlic
 1 inch piece ginger, peeled & sliced
 4 tbsp. cilantro, chopped
 1 tbsp. ground coriander
 1 tbsp. ground turmeric
 4 tbsp. sambal oelek, divided
 1 tbsp. fish sauce
 1 tbsp. maple syrup
 2 dried chillies
 3 cups (720ml) chicken broth
 14 oz. (400ml) can light coconut milk
 1.5 lbs. (680g) ground lamb
 ½ tsp. garlic powder
 ¼ tsp. ground ginger
 ½ oz. (340g) instant ramen noodles
 1 lime, sliced into wedges
 2 eggs, soft-boiled
 4 green onions, sliced
 cilantro, for garnish

What you need to do

Heat 1 tablespoon of olive oil in a large skillet over a medium-high heat. Add the shallots, garlic and ginger. Cook for 3-4 minutes until fragrant.

Place the cooked shallots, garlic and ginger into a food processor. Add the cilantro, ground coriander, turmeric, 2 tablespoons of sambal oelek, fish sauce, maple syrup, chillies and 1 cup of chicken broth. Blitz until smooth. Transfer the mixture into a medium sized pot and add the remaining broth and coconut milk. Bring to a low simmer.

In the same skillet, heat the remaining 2 tablespoons of olive oil over a medium heat and cook the lamb for 3-4 minutes until cooked through and browned.

Add the remaining 2 tablespoons of sambal oelek, garlic powder and ginger, and cook for an additional 2-3 minutes.

Cook the ramen noodles according to instructions on packaging.

To serve, divide the noodles between 8 bowls and cover with the broth. Top with the crispy lamb, a squeeze of lime juice, soft boiled eggs, green onions and garnish with cilantro.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	575	37	39	21	2

*Nutrition per serve

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Peach Blueberry Muffins

Makes 6

1 tsp. coconut oil
3 peaches, diced
2 cups (300g) fresh blueberries
1 cup (85g) slivered almonds
2 cups (480ml) almond milk
1 cup (80g) rolled oats
½ cup (170g) honey
4 tbsp. coconut sugar
½ cup (110g) egg whites
2 eggs
1 tsp. vanilla extract

What you need to do

Preheat the oven to 350°F (180°C). Lightly grease a muffin tin (one that makes 6 large muffins) with coconut oil.

Place the diced peaches into a large mixing bowl, along with all the remaining ingredients and stir until well combined.

Divide the batter equally between the muffin cups and place the tray into the hot oven. Bake the muffins for 35-40 minutes, or until the top of the muffins are lightly browned and a toothpick inserted into the center of the muffin comes out clean.

Set the muffins onto a wire rack and allow to cool completely before serving.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	351	12	56	11	6

*Nutrition per serve

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02910185



Crepes with Lemon & Sugar

Serves 4

3 large eggs
¾ cup (180ml) milk
½ cup (60g) all-purpose flour
1 tbsp. coconut sugar
¼ tsp. salt
2 tbsp. butter, unsalted, melted
+ 1 extra tablespoon for
cooking
4 tbsp. lemon juice, for serving
4 tbsp. coconut sugar, for
serving

What you need to do

In a large bowl, whisk the eggs with the milk. Add the flour, coconut sugar and salt, and whisk to form a smooth batter. Mix in the melted butter.

Heat a large non-stick skillet over a medium-low heat. Grease the pan with a little of the extra butter and distribute evenly throughout the skillet.

Pour ¼ cup of batter into the center of the skillet and swirl the skillet, tilting it to distribute the batter evenly across the base of the skillet.

Cook for 60-90 seconds until lightly browned, then gently flip the crepe over with a spatula. Cook for a further 45-60 seconds until the crepe is cooked through and browned. Repeat this process with the remaining batter.

To serve, drizzle the crepes with lemon juice and top with sugar.

MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	235	13	26	6	2

*Nutrition per serve

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Oatmeal Banana Bread

Serves 12

2 eggs
½ cup (170g) honey
½ cup (140g) Greek yogurt
3 ripe bananas, mashed
1 ½ cups (180g) all-purpose flour
2 cups (160g) rolled oats
1 tsp. baking soda
½ tsp. salt
1 tsp. ground cinnamon
1 cup (125g) pecans, chopped

What you need to do

Preheat the oven to 350°F (180°C). Line a 9x5 inch loaf tin with baking paper.

In a large bowl, beat the eggs and honey together until frothy, then whisk in the yogurt and mashed banana.

In another bowl, combine the flour, rolled oats, baking soda, salt, and ground cinnamon. Fold the dry ingredients into the wet ingredients and mix until incorporated. Add in the pecans, gently stir through the cake batter and pour into the loaf tin.

Place the tin into the hot oven and bake for 50-60 minutes, or until golden brown and a toothpick inserted into the center of the banana bread comes out clean.

Remove the tin from the oven, set onto a wire rack and allow to cool completely before slicing.

MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	256	9	42	6	5

*Nutrition per serve

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