



**Winter Warmers
to be your personal best**

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KEY



Meal prep/ freezer friendly



Under 30 minutes



Plant based



A little bit about Multisport Nutrition

Hi, I'm Christie Robson. I'm an Accredited Sports Dietitian, age-group Australian representative triathlete (silver in 2019 standard duathlon), and Accredited triathlon coach. I've been swim-bike-running for over a decade, and as cliché as it sounds, I honestly believe nutrition is the key to optimal performance - for sports performance, for mental performance, and for performance in life.

I've been lucky enough to work with some incredible people in this world. From weekend warriors, age-group athletes, junior athletes with dreams of becoming Olympians, English Channel swimmers, and Kona qualifiers.

Multisport Nutrition is about helping athletes be their personal best. In sport, and life. The three rings in the logo represent my philosophy in supporting an athlete:

- Health-training-nutrition
- Athlete-Dietitian-Coach & Support Team relationship
- Swim-bike-running

The best time to focus on nutrition and fuelling for sport is when you're young; and the second best time is now. Regardless of age, I'm passionate about supporting athletes not only to fuel well for their sport, but to fuel well for life - whether that be growth or healthy ageing. This is more than just food. It's about building a healthy relationship with food, the knowledge to know what's best for you, the skills to adapt in different situations, the confidence in yourself, and to be involved in sport for life.

I hope you enjoy these foods and recipes. My goal is for you to find inspiration; adapt to make your own styles; and most importantly, **ENJOY** delicious foods, for life and sport!



MEDICAL DISCLAIMER

This recipe book has been developed for general guidance and use. This should not be used as individual medical support or advice. You should always consult your doctor, health professional or dietitian before starting a new way of eating, taking supplements, medications, or undertaking new exercise. This information was last updated November 2022. © 2022. C.ROBSON. MULTISPORT NUTRITION

BREAKFAST INSPO





Apple Cinnamon Porridge

Serves 1 | Time: 10 minutes

Ingredients:

- ½ cup rolled oats
- ½ cup milk of your choice
- 1 cup water
- 1 tsp chia seeds
- Pinch of salt
- 15-20g protein powder (unflavoured or vanilla)
- ½ medium apple (green or red)
- Sprinkle of ground cinnamon
- 1 tsp brown sugar or maple syrup / honey
- Handful of walnuts and optional coconut

Method:

1. In a small saucepan, mix oats, milk, water, chia, and salt. Stir well and bring to the boil.
2. Grate apple and add to the pot along with the cinnamon. Stir well.
3. Gently simmer for 5 to 8 minutes, stirring regularly, until thickened to desired consistency (it shouldn't look too watery and a little gluggy).
4. Prior to serving, mix through protein powder.
5. Serve with sugar/syrup, walnuts and optional extra cinnamon and yoghurt.





Golden Banana Porridge

Serves 1 | Time: 10 minutes

Ingredients:

- ½ cup rolled oats
- ½ cup milk of your choice
- 1 cup water
- 1 tsp chia seeds
- Pinch of salt
- ½ medium banana
- Sprinkle of ground cinnamon (optional)
- 1-2 tsp brown sugar to serve
- Optional toppings: 1 tablespoon peanut butter, handful of nuts, frozen berries, 10-15g protein powder

Method:

1. In a small saucepan, mix oats, milk, water, chia, and salt. Stir well and bring to the boil.
2. Add chopped banana and cinnamon. Stir well.
3. Gently simmer for 5 to 8 minutes, stirring regularly, until thickened to desired consistency (it shouldn't look too watery and a little gluggy).
4. Serve with optional toppings.

TIP: Add protein powder, nuts, or yoghurt to boost the protein of this meal





Baked Bean Mini Frittatas

Makes 12 | Time: 20 minutes

Ingredients:

- 220g tin baked beans (or you could use medium potato, diced and steamed)
- 12 tortilla boats (or you can use 6 wraps and place into muffin tins)
- 12 large eggs
- Cheese to top
- Salt and pepper to season

Method:

1. Preheat oven to 180C.
2. Line a baking tray with baking paper and place boats on the tray. Or, alternatively, cut medium wraps in half, grease muffin tin holes, and fit wraps into holes.
3. Divide baked beans / cooked potato among boats evenly - to just cover the bottom.
4. Crack an egg into each boat carefully. Be mindful not to let them spill over. So if you have wobbly boats, try to place them between boats to hold them stable.
5. Crack salt and pepper and sprinkle cheese on top.
6. Cook for 10-15 minutes until the egg is cooked to your liking.
7. Store in the fridge for 5 days or freeze.

Watch
Recipe





MULTISPORT
NUTRITION

Simple Scrambled Eggs

Serves 1 | Time: 5 minutes

Ingredients:

- 2-4 large eggs
- Dash of milk
- Pinch of salt and pepper
- Pinch of mixed herbs or 1-2 tsp fresh parsley
- To serve: toast, veggies, avocado, baked beans, wrap

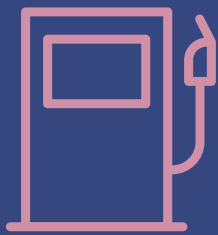
Method:

1. Heat a small frying pan or skillet (ideally a 14-18cm pan) over medium - high heat.
2. Meanwhile, in a small bowl, mix eggs, milk, seasonings, and any other additions you'd like (such as cheese, cream, cooked bacon, mushrooms etc).
3. When the pan is hot, add a teaspoon of butter, herbed butter or extra virgin olive oil.
4. Pour in egg mix. Let it stand for 10 seconds. Gently fold eggs using a spatula, scraping the bottom of the pan gently so it doesn't stick.
5. Continue this for 1-2 minutes until the egg mixture is yellow and fluffy.
6. Remove from heat and serve with your choice of additions.

Watch
Recipe



Fuelling around training for performance AND health



BEFORE

Fuel Up



DURING

Top Up



AFTER

Refuel + Recover +
Repair + Rehydrate

GOAL CARBOHYDRATE FOODS

WHEN
30 minutes to
2 hours before

WHAT
Fruits
Bread/Toast
Cereal
Yoghurt
Muesli bar
Energy Bar
Milk based drink
Fruit Juice
A Meal with
pasta/rice/potato

GOAL HYDRATION + CARBOHYDRATE FOODS

WHEN
Every 45-60 minutes
Sip often & small

WHAT
Fruit
Sandwiches
Sports drink
Electrolyte Drink
Cordial
Gels
Chews
Bars
Dried fruit
Lollies
Marshmallows

GOAL PROTEIN + CARBOHYDRATE FOODS + FLUIDS

WHEN
Within 45-60 minutes
Then every 2-4 hours

WHAT
Eggs on toast
Sandwich with
tuna/chicken/tofu + salad
Smoothie with milk &
fruit
Yoghurt with muesli
and/or fruit and nuts
Cereal with milk/yoghurt
Cheese & Crackers
Dinner/Lunch meal
Protein shake + fruit



SOUPS



MULTISPORT
NUTRITION

Spinach & Ricotta Agnolotti Soup

Serves 4 | Time: 20-30 minutes

Ingredients:

- 1 leek, finely sliced
- Optional brown onion, diced
- Optional garlic clove or use garlic infused oil
- 1-2 bunches broccolini or broccoli / asparagus
- 5 cups water (1.25L)
- 2 cubes or 2 tsp reduced salt vegetable stock (or 1 non salt-reduced)
- 200g (~1 ½ cup) shredded roast chicken
- 375g Spinach and Ricotta ready to boil Agnolotti
- ½ cup flat leaf parsley
- ¼ cup (60ml) extra virgin olive oil + 2 tablespoons extra
- 1 lemon, zested and juiced
- 30g (¼ cup) walnuts
- Salt and pepper to taste

Method:

1. In a medium pot (~4-5L) over medium-high heat, add 2 tablespoons of extra virgin olive oil or garlic oil. Add leek, broccolini/asparagus, optional onion and garlic. Sauté for 1 minute, stirring occasionally. Then cook for 5 minutes with the lid on.
2. When vegetables are softened, add water, stock, and bring to the boil. Turn down to simmer. If you'd like the flavour to enhance, simmer gently for 10 to 15 minutes longer.
3. Add chicken and agnolotti and cook for about 5 minutes until pasta is al dente.
4. Meanwhile, in a blender/ food processor, blitz parsley, nuts, oil, lemon zest, lemon juice, and salt and pepper to taste. Set aside.
5. When soup is ready, serve in bowls with a few teaspoons of salsa verde on top.





MULTISPORT
NUTRITION

Udon Noodle Soup

Serves 4-5 | Time: 20-30 minutes

Ingredients:

- 1 tablespoon extra virgin olive oil (or garlic oil)
- 1 tablespoon of minced ginger (or 1 x 5cm piece, grated)
- Sprinkle of chilli flakes, or 1 fresh chilli
- 1 x brown onion or half a leek (optional)
- Optional garlic clove
- 1.5L hot water
- 1 x 40g Chicken Noodle Salt Reduced Soup Mix (or a veg soup mix)
- 400-500g udon noodles
- 300-350g bagged slaw mix (or coleslaw mix would also work)
- 1 cup corn kernels (fresh or frozen)
- 1 x BBQ roasted chicken, whole, shredded (or 450-600g firm tofu)
- Sliced sourdough bread to serve

Method:

1. Heat a large pot over medium heat. Add the oil, chilli, ginger and optional onion and garlic. Sautee for 2-3 minutes, stirring occasionally so it doesn't stick and burn.
2. Pour in hot water and soup mix. Stir well.
3. Bring to the boil. Meanwhile, rinse noodles under cold water.
4. Place noodles in the pot and stir. Cook for 3 to 5 minutes.
5. Shred chicken if you haven't already and place in the pot (or slice tofu into cubes and place in), along with slaw mix and corn.
6. Gently simmer for 3 minutes with the lid on. Then remove from heat until ready to serve.
7. Serve with sourdough bread or bread rolls (optional).





Pumpkin Soup

Serves 4 | Time: 30 minutes

Ingredients:

- 1kg Jap Pumpkin
- 250-300g sweet potato, peeled
- Approx. 200g potato, peeled (such brushed or washed potatoes)
- 1 leek or brown onion, thinly sliced or diced
- 1 litre of water
- 1 teaspoon of vegetable stock (or use 1L of pre-made stock and don't add water above)
- Pepper to taste
- Optional garlic or use garlic infused extra virgin olive oil
- Serve with: cheesy herb sourdough or eat with eggs/ grilled protein on the side or have a protein drink after if this is a main meal

Method:

1. Chop pumpkin into 2.5cm cubes and cut the skin off. Place into a large pot on the stove.
2. Peel the potatoes and dice into slightly smaller cubes. Transfer to the pot.
3. Slice leek/onion and optional garlic and add to the pot.
4. Heat the pot over medium high heat and add the stock and water.
5. Place lid on the pot and bring to the boil. Once boiling, remove lid and simmer for 10-15 minutes until vegetables are soft (insert a sharp knife or skewer to test).
6. Once cooked, it's time to puree:
 - a. If using a hand mixer, remove pot from stove and gently puree soup until smooth and creamy.
 - b. If using a blender or Thermomix: ideally use a 2L or larger jug and carefully transfer the soup mix to the blender using a ladle. You may need to work in batches. Gently blend on low speed until combined. Transfer either back to the pot or a separate pot if working in batches. Repeat if needed.
7. Serve with pepper and optional sour cream, yoghurt or nutritional yeast; and bread/toast on the side.





Mexican Seasoned Soup

Serves 5 | Time: 15 minutes

Ingredients:

- 300g shredded roast chicken
OR tofu / 400g black beans
- ½ cup (200g) corn kernels,
frozen/ tinned/fresh
- Optional garlic and onion
- 400g tin kidney beans
- 400g tin diced tomatoes
- 1L salt-reduced vegetable
stock
- 1 x Mexican seasoning
packet (such as Burrito
seasoning)
- 100g Angel hair pasta (or GF
version or vermicelli
noodles)
- 1 lime, juiced
- 1 x jalapeno pepper, sliced
- 80-100g feta, crumbled
- Fresh coriander
- Optional sourdough bread
to serve

Method:

1. In a large blender, blend stock (or plain tap water and add stock powder to pot later) and diced tomatoes; plus optional garlic and onion. Set aside.
2. In a large pot, add 2 tablespoons of extra virgin olive oil or garlic infused oil. Over medium heat, break the dry pasta into 3-5 cm lengths and add to the pot. Stir continuously for a few minutes until golden.
3. Add tomato stock mix and stir well. Add Mexican seasoning, ½ lime juiced, and bring to a simmer.
4. Once simmering, add corn, kidney beans and shredded chicken (or tofu/ black beans).
5. Cook for 5 minutes until the chicken is hot.
6. Serve with optional coriander, jalapenos, feta, additional lime juice and bread.





PLANT-BASED



MULTISPORT
NUTRITION

Spicy Bean Enchiladas

Serves 4-5 | Time: 15 minutes + 15-20 minutes cooking time | Vegan options

Ingredients:

- 400g refried beans
- 400g tinned black beans, rinsed and drained
- 400g tinned kidney beans, rinsed and drained
- Optional onion and garlic
- 375g Enchilada cooking sauce
- 1 small red capsicum, diced
- Spices or Burrito Spice mix: 2 tsp sweet paprika, Pinch cayenne pepper, 2 tsp ground cumin, 1 tsp ground oregano
- Salt and pepper to taste
- 10 medium wraps
- 1 cup Cheese, shredded/ grated for topping or nutritional yeast sprinkled on top
- Salad to serve
- Avocado, sour cream, fresh coriander to serve (optional)

Method:

1. Preheat the oven to 180°C.
2. Heat a large frying pan over medium-high heat. Add 1-2 tablespoons of extra virgin olive oil.
3. Add capsicum and sauté for 3 minutes. Add optional onion and garlic.
4. Add refried beans. Use a mixing spoon to break up and spread. Add black and kidney beans and stir well.
5. Add ½ cup enchilada sauce (125ml) and spices / spice mix to the bean mix and stir well. Gently simmer for 5 minutes... you might want to add a little water to prevent sticking (about ¼ cup).
6. While beans cook, heat up wraps according to instructions and grate cheese if needed.
7. Grease a large baking dish with oil and then spread ¼ cup of enchilada sauce on the bottom.
8. To wrap enchiladas, place ⅓ - ½ cup bean mix on one side of the wrap. Pull end of the wrap over and roll to fold up. Leave the ends open. Place in the baking dish. Repeat for remaining wraps.
9. Pour remaining sauce over the top of all the enchiladas. Sprinkle cheese on top.
10. Bake for 15-20 minutes until the cheese is golden and wraps are starting to crisp.





Burrito Bowl

Serves 5 | Time: 20-30 minutes depending on rice | Vegan options | Gluten Free

Ingredients:

- 400g tinned black beans, drained and rinsed
- 400g tinned kidney beans, drained and rinsed
- 1 small red capsicum, diced
- ~1 cup corn kernels (frozen, fresh or tinned)
- Burrito spice mix x 40g (or use a combination of: 2 tsp paprika, 2 tsp ground cumin, 1 tsp ground coriander, 1-2 tsp dried oregano, salt and pepper)
- 1 ½ - 2 cups uncooked brown or rice (or 4-5 microwavable cups/pouches)
- 2 roma or gourmet tomatoes, diced
- 4 handfuls (~100g) lettuce, spinach or rocket
- 1 cup grated cheese
- Optional corn chips x 50g
- To serve: sour cream, avocado, fresh coriander and lime juice

Method:

1. If boiling rice, cook according to packet instructions. If using microwavable or leftover rice, heat just before serving.
2. Heat a large frying pan over medium-high heat. When hot, add tablespoon of extra virgin olive oil and add in capsicum and corn.
3. Sautee for 3 to 5 minutes until softened.
4. Add beans and mix well. Add seasoning/spices and ¼ cup water. Mix to coat well.
5. Simmer for 5 to 10 minutes. If the mix starts to thicken and stick to the pan, add a little more water. Then remove from heat.
6. Meanwhile, prepare salad vegetables, guacamole and other optional toppings.
7. Serve with rice, salad, beans, toppings, plus additional corn chips or tortilla chips on the side.





Vegan Risotto

Serves 5-6 | Time: 75-90 minutes

Ingredients:

- 1 x medium red capsicum/ bell pepper
- 150 button / flat mushrooms
- 150g frozen green peas
- 150-200g frozen green beans
- 200-250g sweet potato, peeled and diced into 1.5-2 cm cubes
- 2 tsp sweet paprika
- ½ tsp cayenne pepper
- 1 tsp ground coriander
- 1 lemon, juiced
- 1 clove of garlic or use garlic infused oil (optional)
- 125g cherry tomatoes
- 250g brown rice
- 270ml tinned coconut milk or cream
- 400g tinned chickpeas, rinsed and drained
- 350ml tap water

Method:

1. Slice capsicum, mushrooms and dice sweet potato.
2. Heat 1-2 tablespoons extra virgin olive oil in a large pot. Place garlic, capsicum, mushrooms and potato in. Stir well.
3. Add the other spices and lemon juice: paprika, cayenne pepper, coriander. Stir well to coat.
4. Cook for 3 to 5 minutes. Then add brown rice, coconut milk, and water. Stir well and bring to the boil.
5. Then turn down to low heat and place lid on pot. Gently simmer for 30 minutes, stirring occasionally (every 10-15 minutes).
6. Meanwhile, slice tomatoes in half, measure out the beans and peas, and rinse and drain the chickpeas.
7. After 30 minutes, add beans, peas and chickpeas in. stir well and place the lid back on the pot.
8. Gently simmer for another 30 minutes; stirring occasionally, every 15 minutes or so.
9. After 1 hour all up, check the rice is cooked, but has some bite. It should taste soft but a little firm and cooked.
10. Serve as a meal or serve as a side with tofu, chicken, fish.





Lentil Ragu

Serves 6 | Time: 60 minutes | Inspired from Ottolenghi's FLAVOUR

Ingredients:

- 2 medium carrots (about 200g), unpeeled and washed
- Optional onion and garlic clove/s
- 200g flat mushrooms or button mushrooms
- 20g dried porcini mushroom (or shiitake mushrooms), diced
- 400g canned diced tomatoes
- 60ml / ¼ cup extra virgin olive oil (or garlic infused olive oil)
- 40g miso paste
- 2 tablespoons sriracha sauce
- 2 tablespoons tomato paste
- 2 tablespoons soy sauce (reduced salt)
- 1 tsp ground cumin
- 200g dried green lentils (approx. 1 cup)
- ⅓ cup coconut milk
- 50ml (about ¼ cup) red wine, optional or 50ml vegetable stock
- Salt and pepper to taste
- 400g dried spaghetti
- Parmesan cheese or nutritional yeast to serve

Method:

1. Preheat oven to 190°C fan-forced.
2. In a food processor or blender (which you might need to do in batches), blitz: carrots, flat mushrooms, diced tomatoes and optional garlic and onion. Set aside.
3. In a large baking dish, pour in oil and spread evenly. Add the processed ingredients and add diced porcini mushrooms.
4. Add the miso paste, sriracha, tomato paste, soy sauce, and cumin. Mix well to combine. Add a sprinkle of salt and pepper.
5. Bake for 30 minutes. Stir every 10-15 minutes.
6. Meanwhile, in a medium pot, add lentils and water according to packet instructions. Bring to the boil.
7. When lentils are cooked, rinse and drain. Set aside. This should coincide with the veggies being cooked for 30 minutes.
8. When veggies have cooked for 30 minutes, remove from oven and turn down to 180°C. Add to the dish: coconut milk, optional wine, 125ml (½ cup) water and lentils. Stir well.
9. Bake for another 5-10 minutes.
10. Meanwhile, cook spaghetti according to packet.
11. When ready, serve ragu with pasta and cheese/ nutritional yeast.





MULTISPORT
NUTRITION

Spinach & Ricotta Lasagna

Serves 4 | Time: 20-30 minutes

Ingredients:

- 500g frozen spinach
- 1 large zucchini, washed and skin left on
- 750g smooth ricotta cheese, light
- 1 tsp mixed herbs or oregano or fresh parsley/basil (~1 tablespoon)
- Pepper to taste
- 1 lemon, juiced
- 600 - 700ml tomato passata
- Chilli flakes to taste
- 7-8 large instant lasagna sheets (about 2 - 2 ½ sheets per layer, for 3 layers)
- ¼ to ½ (2 to 4 fl oz) grated cheese or Parmesan cheese to top
- Mixed salad or steamed vegetables to serve (such as broccoli, carrot, beans, etc)

Method:

1. Preheat oven to 200°C (fan-forced).
2. Grate zucchini and defrost spinach according to instructions.
3. Add zucchini, spinach, ricotta, herbs and juice from lemon to a large mixing bowl.
4. Mix well. Add pepper to taste and stir through.
5. Grease a large ceramic baking dish with extra virgin olive oil.
6. Pour in a portion (¼ cup) of the passata to cover the bottom. Sprinkle chilli flakes.
7. Place 2 and a bit sheets of lasagna over the sauce to cover the dish.
8. Scoop one third of the ricotta mix over lasagna.
9. Pour approx. ½ a cup of passata or to your liking over the cheese mix.
10. Repeat steps 7 to 9 two more times.
11. Serve with extra chilli and cheese. Cover with foil and bake for 40 minutes, or until pasta is al dente. You can check with inserting a skewer to the lasagna.
12. Serve with mixed salad or steamed veggies.





Fuelling around training for performance AND health



FUEL WITH CARBOHYDRATES

- Maintain energy for muscles and brain
- Support growth & development
- Help recovery & reduce injury risk
- Fast thinking & alertness
- Eat regularly throughout the day



FUEL WITH CARBOHYDRATES

- Bread
- Rolled oats
- Pasta and noodles
- Rice
- Potato, sweet potato, pumpkin
- Legumes
- Wraps
- Rice paper rolls



BUILD WITH PROTEIN

- Build muscle and strength
- Recover & repair from sport
- Helps manage energy levels and appetite
- Eat regularly throughout the day



BUILD WITH PROTEIN

- Eggs
- Nuts, nut butters, seeds
- Tofu, tempeh, edamame beans
- Legumes
- Chicken, pork, beef, turkey, etc
- Fish
- Milk, yoghurt, cheese



COLOUR FRUITS & VEGETABLES

- Supports your immunity & reduces illness
- Full of vitamins, minerals & antioxidants
- Helps recover faster & train harder
- Helps a happy gut



COLOUR FRUITS & VEGETABLES

- Banana, apples, oranges, berries, grapes, kiwi fruits, stone fruits
- Broccoli, zucchini, green beans, spinach, cabbage, lettuce, rocket
- Carrot, squash, tomatoes, capsicum, cucumber, mushrooms, bok choy, eggplant, beetroot
- Go for fresh, frozen or tinned



PROTECT WITH HEALTHY FATS

- Supports recovery & repair
- Keeps you fuller
- Anti-inflammatory properties
- Helps absorb key nutrients
- Improves brain function & focus



PROTECT WITH HEALTHY FATS

- Avocado
- Nuts, nut butter, seeds
- Extra virgin olive oil
- Macadamia oil
- Oily fish (salmon and mackerel)
- Olives



Green Lentil Dhal

Serves 4-5 | Time: 30-35 minutes

Ingredients:

- 300g dried green lentils
- 1 knob of ginger, grated (1 heaped tablespoon minced ginger)
- 1-1.5 Tbs curry powder
- 2 tsp ground coriander
- 2 tsp garam masala
- 2 tsp ground cumin
- Optional diced garlic and onion (or use infused garlic oil)
- 2 ½ cups tap water
- 1 tsp veggie stock
- 400ml (14 fl oz) tinned coconut milk
- ¼ cup tomato paste
- 1 fresh chilli or sprinkle of chilli flakes
- 2-3 big handfuls fresh spinach
- 1-1.5 cups frozen peas
- Optional 3 tablespoons yoghurt + ¼-½ lemon (or more) to serve; naan bread or roti wraps

Method:

1. Bring a large cooking pot/ saucepan to medium heat and drizzle some oil.
2. Grate ginger and place into the pot. Add all spices, chilli and optional garlic and onion. Stir well to coat around the pan.
3. After 1 minute and when fragrant, pour in water and stir. Then add coconut milk, stock and tomato paste. Mix well.
4. Rinse lentils and add to the pot. Bring to the boil and simmer gently (stirring occasionally) for 20 minutes or until lentils are just soft and cooked. This could take up to 30 minutes as well.
5. Meanwhile, mix yoghurt and lemon together in a small bowl. Stir in spinach and peas. Cook for 5 more minutes and then serve.
6. Serve with optional toasted naan bread/ roti wraps and optional yoghurt





MULTISPORT
NUTRITION

Purple Power Salad

Serves 4 sides | Time: 60 minutes (including roasting)

Ingredients:

- ½ a small purple cabbage (~350-400g), shredded / chopped thinly
- 3 beetroots, peeled (or 400g tin baby beets)
- 1 eggplant or aubergine (~250g)
- 300g sweet potato, diced
- 1 medium red capsicum (bell pepper), thinly sliced
- 1-2 spring onion shallots, finely sliced
- Optional clove of garlic
- Extra virgin olive oil or your choice of oil (about 3 tablespoons)
- 3 tablespoons white vinegar
- Salt
- ½ tsp ground cumin
- ½ - 1 tsp dried thyme
- Optional lemon or lime
- 5 dessert spoons or heaped tablespoons of Greek style Yoghurt or coconut yoghurt

Method:

1. Preheat the oven to 200°C. Slice eggplant lengthwise into thin strips. Place onto a baking tray. Repeat for capsicum.
2. If using fresh beetroots, dice them into small chunks about 2cm x 2cm (or half an inch). Place onto tray. Repeat for sweet potato. You may need to spread over two baking trays.
3. Pour oil over veggies and toss to coat. Crack some salt over eggplant and sweet potato.
4. Bake for about 30-40 minutes. You will most likely have to remove eggplant and capsicum after 30 minutes, and leave beetroot and potato in.
5. Meanwhile, slice cabbage and rinse. Place into a large serving bowl and pour vinegar over. Using hands, massage in. Set aside to soften.
6. Prepare yoghurt dressing by mixing yoghurt, thyme and cumin in a small bowl. Set aside.
7. Slice spring onions and set aside for garnishing.
8. Once veggies are all roasted, place eggplant around the dish. Top with sweet potato, capsicum and beetroot. Garnish with spring onions and yoghurt.
9. Serve with your choice of grilled meat, seafood, tofu or bean mix.





MULTISPORT
NUTRITION

Speedy Pesto Pasta

Serves 4 | Time: 20-30 minutes | Vegan Options

Ingredients:

- 350g uncooked pasta (penne or spaghetti)
- 3-4 Tbs store-bought pesto paste (tomato or basil)
- ½ punnet cherry tomatoes (~125g)
- 360g tinned tuna (I like using zesty vinaigrette, lemon and cracked pepper, chilli or springwater) OR 400g tinned lentils, rinsed and drained
- ½-1 small capsicum
- 1 ½ - 2 cups spinach / rocket / cabbage
- ½ cup grated cheese

Method:

1. Bring a medium pot to the boil. Cook pasta according to instructions.
2. Meanwhile, slice tomatoes and capsicum.
3. Once the pasta is cooked, drain and rinse.
4. Set aside.
5. Place the saucepan back over a low heat. Add tomatoes, greens and capsicum to sauté for a few minutes until they are softened (you may need to add a dash of oil).
6. Return pasta to the saucepan and add the pesto. Stir to mix well.
7. Add in tuna or lentils and mix well.
8. Stir through cheese and serve.

Watch
Recipe





Sushi Bowl

Serves 4 | Time: 20 minutes | Cooking for two? Halve the recipe

Ingredients:

- 2 cups uncooked white basmati rice
- 1 small Lebanese cucumber, sliced
- 2 medium carrots, grated
- 125g cherry tomatoes
- 100g Spinach, roughly chopped
- ½ cup frozen edamame beans, deshelled
- 1-2 x 90g tins of tuna per person or 150g firm tofu per person (plain or marinated)
- 4-6 Nori sheets
- Sesame seeds to serve
- Kewpie mayo to serve

Method:

1. Cook rice according to absorption instructions.
2. Meanwhile, prepare salad vegetables. Slice cucumber, grate carrot, slice tomatoes in half or quarters, roughly chop spinach, and steam or microwave edamame beans. Toss altogether in a large bowl.
3. Cook tofu or drain tuna if using.
4. When rice is ready, portion into the corner of bowls. Spread salad out and add your protein. Drizzle with kewpie and sesame seeds.
5. Tear up nori sheets and serve.





Mushroom & Leek Risotto

Serves 4-5 | Time: 30-35 minutes

Ingredients:

- 300g mushrooms
- 1 leek (~100-150g), sliced
- 350g-400g chicken breast, diced (optional)
- 40-50g grated parmesan cheese
- 1 cup corn kernels (fresh, frozen or tinned - I usually use frozen)
- 400g Arborio rice
- 1L vegetable stock (4 cups)
- 2-3 tsp dried rosemary or oregano

Method:

1. In a large deep fry pan or saucepan, add 1-2 tablespoons extra virgin olive oil and leek. Fry until fragrant and softened.
2. Add mushrooms and cook for approximately 5 minutes until softened.
3. Meanwhile, boil kettle and add vegetable stock to 1L boiled water (about 1-2 cubes or teaspoons). Set aside.
4. Pour rice into pan and stir for 1-2 minutes until the rice looks glassy/pearly.
5. Add $\frac{1}{2}$ cup stock to the pan and stir rice well to absorb. Continue repeating this a few more times, waiting each time for the liquid to be absorbed. Then you can start adding up to $\frac{3}{4}$ - 1 cup at a time. The key is to keep stirring (almost constantly!) so it doesn't stick.
6. Repeat this until rice is al dente. This should take around 25-30 minutes and use up most of the stock. If you need more, add more plain water.
7. When rice is almost cooked or done, cook chicken in a fry pan with pepper and 2-3 tsp dried rosemary. Cook for 6-10 minutes, until cooked.
8. Add to risotto and stir through corn kernels and parmesan.
9. Serve with optional fresh basil.





MEAT-BASED
WITH PLANT-BASED OPTIONS



MULTISPORT
NUTRITION

Baked Salmon & Veg

Serves 2 | Time: 20 minutes + extra time for roasting potatoes

Ingredients:

- 2 x small fillets of fresh salmon (or frozen fillets defrosted), approx 270-300g
- 1 tsp dried thyme leaves
- Lemon, to juice
- 400g sweet potato or potato, skin on and scrubbed
- 1 bunch of broccolini or broccoli or green beans or asparagus
- Optional slaw salad or pasta salad
- 2 tablespoons extra virgin olive oil
- Salt and pepper

Method:

1. Preheat the oven to 200°C.
2. If you're cooking potatoes in the oven, allow 45 minutes. Leave skin on and scrub well to clean. Dry off with a paper towel.
3. Dice potatoes into inch by inch (2.5cm) cubes. Place on a lined baking tray. Drizzle extra virgin olive oil over, and season with herbs (such as thyme, rosemary or oregano), plus salt. Bake for about 40 to 45 minutes until soft and crispy/ golden. Or alternatively cook in an airfryer to save time.
4. When potatoes have 15 minutes left. Place salmon on another baking tray and drizzle half to 1 tablespoon oil over each fillet on both sides.. Add salt and pepper to both sides too. Then leave skin side down and sprinkle thyme leaves over the top of the fish. Bake for about 10 minutes, until cooked to your liking. Less for tender, or more for well cooked.
5. Remove from the oven and serve with vegetables, salad, potatoes and squeeze lemon juice over the fish.

Bake
Salmon





MULTISPORT
NUTRITION

Beef & Lentil Lasagna

Serves 4-5 | Time: 1:15 hour + 40 mins cooking

Ingredients:

- Instant Lasagna sheets x 200g (about 7-8 standard sheets)
- Cheese to top
- Salad or veggies to serve

Meat sauce:

- 500g beef mince (if you can, grass fed) or turkey mince
- 400g tinned lentils, rinsed and drained
- 1 large carrot or 2 medium, blitzed/grated
- Optional onion and garlic, diced
- 1 celery stick diced or 2 shallots, sliced
- 400g tinned diced tomatoes
- 1 tsp vegetable stock/ ½ cube
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 Tbs tomato paste
- 1 tsp Worcestershire sauce
- ¼ cup (60ml) red wine (or can add ¼ cup of water with extra ½ tsp of stock)
- Salt and pepper to taste

White sauce:

- 30g butter
- ¼ cup flour (white, whole wheat, GF)
- 500ml milk (cow's milk/lactose free or soy)

Method:

1. In a large fry pan/ pot, add 2 Tbs extra virgin olive oil or garlic infused oil.
2. Add carrot and onions/shallots/celery. Stir and cook for 3 minutes.
3. Add mince and break apart. Mix and cook until brown.
4. Turn down heat and add remaining meat sauce ingredients, except for the lentils.
5. Simmer covered for 40 minutes, stirring occasionally. Remove the lid and cook for another 15-20 minutes until thickened.
6. Stir through lentils and remove from heat.
7. Meanwhile, preheat the oven 200°C and make white sauce: in a small saucepan over medium heat, melt butter. Remove from heat and gradually add the flour, stirring vigorously so it doesn't clump.
8. Place back on low heat and add ¼ cup milk. Stir well to make a smooth paste. Add another ¼ cup milk. Stir well. Once there are no clumps, pour in the rest of the milk and continue stirring well. Turn to medium high heat and continue stirring for 5 minutes until thickened and no clumps. Use a wooden or stainless steel spoon, or a whisk.
9. When ready, grease your lasagna tray and place a ladle of meat sauce on the bottom. Spread out loosely. To layer the lasagna, place:
 - a. Lasagna sheets
 - b. ⅓ of the meat sauce to cover over the lasagna
 - c. ⅓ of the white sauce to cover the meat
 - d. Lasagna sheets
 - e. ⅓ of the meat sauce to cover over the lasagna
 - f. ⅓ of the white sauce to cover the meat
 - g. Lasagna sheets
 - h. ⅓ of the meat sauce to cover over the lasagna
 - i. ⅓ of the white sauce to cover the meat
 - j. Top with grate cheese or parmesan cheese
10. Cover with foil and bake for 30 minutes. Remove foil and bake for another 10-15 minutes until crispy and inserted skewer feels like pasta is al dente (cooked but some bite).
11. Serve with salad or veggies. I like a rocket and feta salad with cherry tomatoes, cucumber, capsicum and balsamic vinegar.





Curried Mince and Mushroom Pie

Serves 4-5 | Time: 30 minutes prep + 40 minutes cooking | Vegan options

Ingredients:

- 500g lean beef mince or grass fed beef mince (or can swap for chicken mince or vegan option such as textured vegetable protein or plant based mince)
- 400g tinned lentils, rinsed and drained
- 200g button or flat mushrooms, sliced
- 2 tsp curry powder (more or less according to preference)
- Optional ½ cup gravy
- Salt and pepper to taste
- 1 cup frozen peas
- 2 x sheets frozen light puff pastry (25cm x 25cm) or vegan / GF pastry
- 1 x medium Broccoli head, cut into florets
- 2 carrots, skin on scrubbed, and sliced into rounds
- Sweet potato or potatoes x 1kg, scrubbed, skin on, diced into 2.5cm / inch cubes and roasted or made to mash potato

Method:

1. Heat a large frying pan over medium-high heat. When hot, add 1 tablespoon extra virgin olive oil and mince.
2. Gently break up and cook until browning.
3. Add mushrooms and curry powder. Stir to mix well.
4. Add ½ cup gravy mix to the mince, along with lentils and peas. Simmer for 20 to 30 minutes. If you don't have time, that's ok, you can simmer for 10 minutes.
5. Meanwhile, preheat the oven to 200°C and defrost pastry sheets.
6. If roasting potatoes, wash and dice potatoes. Add to a lined baking tray. Drizzle 1 - 2 tablespoons of extra virgin olive oil over potatoes, with a pinch of salt and optional dried herbs such as rosemary, thyme or oregano.
7. Bake for 45 to 50 minutes.
8. Grease a round pie dish and place 1 sheet of pastry on the bottom, spreading up the sides. Gently massage out to cover the whole space.
9. Add in mince mix and place a second sheet of pastry over the top, gently pressing into the sides to connect with base pastry.
10. Brush with milk or beaten egg. Bake for 40 minutes or until golden on top.
11. Serve with potatoes, broccoli and carrot (or other preferred veg).





7-Ingredient Pasta Bake

Serves 5 | Prep time: 25 minutes + Cooking time: 30 minutes

Ingredients:

- 500g lean beef mince / grass fed beef (or 800g tin Brown Lentils + 400g tin Cannellini Beans, rinsed and drained)
- 1 large carrot, grated
- 1 large zucchini, grated
- 350-375g uncooked penne pasta
- 400g can condensed tomato soup (normal or salt-reduced)
- 400mL cow's milk or soy milk
- 90g grated cheese (or add nutritional yeast)
- Optional: ¼ - ½ tsp chilli flakes
- Salad to serve: rocket leaves, cherry tomatoes, lebanese cucumber, capsicum, fetta, balsamic vinegar/ glaze

Method:

1. Preheat the oven to 200°C (fan forced).
2. Cook pasta according to packet instructions. (Tip: Cook for 1-2 minutes less, as it will cook more in the oven).
3. In a large frypan, add a drizzle of extra-virgin olive oil and brown mince. Add optional ½ tsp /cube veggie stock powder if desired.
4. Add grated veggies and simmer for 5 minutes and then put the lid on. Cook for about 10-20 minutes, or until pasta is cooked.
5. Meanwhile, in a large greased baking dish, pour in soup, milk, cheese and optional chilli flakes. Stir to mix well.
6. Once mince and pasta are cooked, add mince to sauce and stir well. Add pasta and fold through well.
7. Cover with foil and bake for 30 minutes.
8. Remove from the oven and stand for a few minutes.
9. Serve with salad.

Watch
Recipe



TIPS FOR GETTING MORE OUT OF YOUR DAY



Things to try

- Start the day with a good hit of quality protein... with carbohydrates.
Such as:
 - Eggs on toast
 - Yoghurt, muesli, nuts and milk
 - Protein powder in a fruit and milk smoothie
- Fuel around your training: have some protein and carbohydrate food before; and after.
 - Try a banana with nut butter
 - A few spoonfuls of Greek yoghurt
 - 1-2 slices of toast or rice thins with peanut butter

Tips

- Pre-boil eggs at the beginning of the week to save time
- Make a frittata or English Muffins with Egg and Cheese; so you can freeze them and pull out when you need
- Keep nuts, nut bars or muesli bars in your car
- Sip on water regularly
- Don't skip meals
- Eat every 3 to 4 hours (for most athletes)
- Eat more around the times you're active, less when you're not active





Pulled Pork Bowl

Serves 4-5 | Time: 30 minutes (or longer if make pulled pork)

Ingredients:

- 500g slow cooked pulled pork - either 30 minute pre-made box from Supermarket or [make my recipe](#)
- 1 ½ - 2 cups uncooked basmati rice (or 4-5 microwavable cups/pouches)
- 2 roma or gourmet tomatoes, diced
- 4 handfuls (~100g) lettuce, spinach or rocket
- 1 cup grated cheese
- Optional mexican beans (leftovers, or can make my bean nachos mix)
- To serve: sour cream, avocado, fresh coriander and lime juice

Method:

1. Cook pork according to package instructions or my Pulled Pork recipe.
2. While 30-minute pork is cooking, or when your own pulled pork is nearly ready, cook rice according to package or heat your microwavable sachets. Set aside.
3. Dice tomatoes and roughly chop leafy greens. Either place on a serving plate with grated cheese or divide among bowls.
4. When rice and meat is ready, portion into bowls.
5. Top with cheese, additional extras, and serve!



Homemade Pulled Pork

Serves 6-8 | Time: 15 minutes prep + 4 hours cooking

Ingredients:

- 1-1.2kg boneless pork shoulder
- 400g tinned black beans, rinsed and drained
- 1-2 cloves of garlic or use garlic infused extra virgin olive oil
- Optional onion, diced
- 800g tinned diced tomatoes
- 3 tsp ground cumin
- 1 tablespoon sweet paprika
- 2 tsp ground coriander
- 1 tsp ground cinnamon
- 3 tsp dried oregano
- ¼ cup BBQ sauce
- 1 cup vegetable stock
- Suggested to serve with:
 - Taco shells/ wraps + salad + cheese + avocado
 - Bread rolls and slaw mix
 - Nachos
 - Toasties - good for the leftover mix
 - Salad, avocado, sour cream, cheese

Method:

1. Place pork in a hot frypan. Cook on each side for a few minutes each, to seal. Roughly 5-10 minutes depending on the size. If it's wrapped in string, leave this on for now.
2. Whilst pork is browning, place in a large saucepan: 2 tablespoons extra virgin olive oil, garlic and onion if using, cumin, paprika, coriander, cinnamon, oregano. Sautee for a few minutes until fragrant.
3. Add diced tomatoes, BBQ sauce and stock. Stir well.
4. Transfer pork to a large saucepan. Spoon some of the tomato sauce over the pork.
5. Turn down to the lowest heat and cover with a lid.
6. Simmer for 4 hours. Rotate the pork every 45-60 minutes if you can.
7. After 2 hours, you can remove the string from the pork.
8. After 3.5 hours, start to pull the pork apart. Let it naturally fall away as much as possible. Stir well to mix into the juices. Add the black beans and cook for 30 minutes.
9. After 4 hours, you should be able to pull apart all the pork. Taste test it. If you'd like it tender, continue cooking; otherwise, it's ready to serve!





Slow-cooked Shredded Beef

Serves 5-6 | Time: 3.5 hours cooking + prep

Ingredients:

- 800g-1kg tender blade roast (beef)
- Good season of salt and pepper
- 1 tablespoon butter

Method:

1. Preheat oven to 200°C fan-forced.
2. Place roast in a medium casserole dish and season well with salt and pepper.
3. Rub 1 tablespoon of butter over the beef.
4. Place fat side up and put lid on.
5. Bake for 3 hours.
6. After 1 hour, turn oven down to 180°C fan-forced.
7. After 2 hours, add 2-3 tablespoons BBQ and ¼ cup water. You may be able to start pulling the beef apart. Do this gently with 2 forks, and don't force it. Mix through the sauce. Continue cooking.
8. After 3 hours, pull more of the beef to leave it shredded in chunks, add extra water if it's drying out. Cook for another 30 minutes.
9. Meanwhile, get ready to serve with either roast potatoes and greens, burgers and slaw, or as tacos.





One Pot Chicken & Rice

Serves 4-5 | Prep time: 15 mins | Cook time: 45-50 minutes | GF, DF, Wheat Free

Ingredients:

- 500g chicken breast (or sub for tofu, 800g beans or lentils)
- 230g brown rice (uncooked)
- 1 medium capsicum / bell pepper (red or green)
- 2 medium carrots, skin on, scrubbed and sliced
- Optional garlic (1-2 cloves) and onion (1 small) OR use garlic infused olive oil
- 400g tinned diced tomatoes
- 375ml water
- 2 tsp ground cumin
- 2 tsp ground paprika
- 1 large orange, zested and juiced.
- Salt and pepper to taste
- 1 ½ cups frozen peas or green beans

Method:

1. Slice capsicum and heat a large saucepan / stove pot on medium heat. Drizzle in oil and add capsicum. Cook to soften. Add garlic and onion too if using.
2. Meanwhile, slice carrots. Add to pot and stir.
3. Cook for 3 minutes to soften.
4. Add paprika, cumin and orange zest. Cook for one minute until fragrant.
5. Pour in water, diced tomatoes and orange juice. Stir and simmer for 5 minutes.
6. While simmering, dice chicken into 2 cm cubes or about 1 inch. Transfer to pot.
7. Pour in brown rice and stir to mix well. Turn down to a low heat. Season with salt and pepper.
8. Cook on very low heat for approx. 40 minutes.
9. After 40 minutes, add peas/beans and cook for 5 minutes. Serve immediately or you can let it sit for 10 to 20 minutes to thicken so the rice absorbs more sauce.





Tandoori Chicken Rice & Salad

Serves 4 | Time: 20 minutes (+ optional marinating time) | Vegan opt = tofu

Ingredients:

- 500g chicken breast, sliced
OR shredded roast chicken already cooked (or tofu)
- 2-3 Tbs Tandoori paste
- 150-200g Greek yoghurt
- 2 cups uncooked basmati
- 60-100g leafy greens: lettuce, rocket or spinach
- 125g cherry tomatoes or 2 gourmet tomatoes, diced
- ½ Lebanese cucumber, sliced
- 1 small red capsicum, diced
- 50-100g Australian Feta, crumbled
- 1 Tbs dried or fresh mint leaves
- ½ large lemon, juiced

Method:

1. In a medium bowl, place diced chicken, tandoori paste and optional 2 Tbs of Greek yoghurt. Mix well together to coat. Set aside for 5 to 30 minutes, depending how much time you have.
2. Cook rice according to instructions.
3. While rice is boiling, heat a medium frying pan over medium-high heat. Add 1-2 Tbs extra virgin olive oil and when hot, add chicken. Cook for 5 to 6 minutes until golden and turn chicken. Cook for another 4 to 6 minutes until the chicken is starting to firm when touched and white inside. Set aside.
4. While chicken is cooking, prepare salad veg and place into a salad bowl. Top with feta.
5. Mix remaining yoghurt, mint and lemon juice in a small bowl.
6. When chicken and rice is cooked, you're ready to serve!





SNACKS





Cranberry Coconut Muesli

Makes 3 cups worth | Time: 5 minutes

Ingredients:

- 2 cups plain or caramelised buckinis (or Rolled Oats)
- 1 cup coconut chips or $\frac{3}{4}$ cup shredded coconut
- 1 cup raw almonds or pecans or walnuts
- $\frac{1}{3}$ cup dried cranberries (or you can pick figs or sultanas)
- 2 heaped tablespoons chia seeds
- Optional cinnamon or mixed spice for flavour

Method:

1. Place all ingredients into a large mixing bowl. Toss to mix well.
2. Place into an airtight glass container or jar.
3. Add to your yoghurt or cereal.



Pumpkin Spice Loaf

Serves 12 | Time: 1 hour and 15 minutes

Ingredients:

- ~500-600g pumpkin (~350g once skin removed and diced) = ~ 1 ½ cups mashed
- 2 cups wholemeal self-raising flour (or GF self raising flour + 2 tsp chia seeds)
- 2 tsp mixed spice (or cinnamon)
- 90g butter or dairy free alternative
- ¼ cup peanut butter (or other nut butter or tahini paste)
- ¼ cup maple syrup
- ¼ cup raw sugar
- 1 tsp vanilla essence
- 2 extra large eggs (or 2 x chia/flax seed eggs)
- 2 Tbs pepitas and/or sunflower seeds

Method:

1. Preheat the oven to 180°C (fan-forced).
2. Dice pumpkin into 2cm x 2cm cubes. Trim skin off.
3. Transfer to a large microwavable bowl and cover with water. Cover with a lid and cook for 5 minutes on HIGH. Remove and use a sharp knife to check softness. If not tender yet, cook for another 1-2 minutes.
4. Meanwhile, place butter, peanut butter, maple syrup, sugar and vanilla essence in a small saucepan. Stir until butter is melted and sugar is dissolved. Then bring to a simmer and simmer gently for 2 minutes. Stir occasionally. Remove from heat.
5. When the pumpkin is soft, drain the water and mash the pumpkin with a fork. Alternatively, if you'd like it super smooth, puree in a food processor or blender.
6. Transfer 1 ½ cups mashed pumpkin to the sweet sauce.
7. In a large bowl, mix flour and mixed spice together.
8. In a small bowl (or the bowl used for the pumpkin), whisk the eggs together until light and fluffy.
9. Pour sauce into flour mix, folding through gently to mix. Add eggs and stir until just combined.
10. Transfer to a lined loaf tin and sprinkle with seeds. Bake for 50-55 minutes, until the inserted skewer or sharp knife is clean.





Mini Fruit & Nut Loaves

Makes 12 muffins | Time: 15 minutes prep + 30 minutes cooking and cooling

Ingredients:

- 1 ¼ cup wholemeal self-raising flour
- ¼ cup rolled oats, roughly chopped
- 2 tsp mixed spice (or more if you like it strong)
- 2 Tbs shredded coconut
- ¼ cup raw sugar + extra 1 Tbs
- 1 orange, ¼ cup juiced + 1 tsp zest
- 1 Tbs hot water
- 1 cup milk
- 1 egg, lightly beaten
- ½ cup mixed nuts, roughly chopped (almonds, walnuts, pistachios, macadamias)
- ¾ cup mixed fruit, roughly chopped (cranberries, sultanas, apricots, figs)

Method:

1. Preheat oven to 160°C (fan-forced).
2. In a small saucepan, over medium heat, dissolve ¼ cup sugar in orange juice, zest and water. Stir until dissolved.
3. Simmer gently for 7-10 minutes, until mixture becomes a thin syrup. Remove from heat. (Note, it will continue to gel once removed from heat).
4. Meanwhile, in a large bowl, mix flour, chopped oats, spice, 1 Tbs raw sugar and shredded coconut.
5. Mix nuts and dried fruit through.
6. In a small bowl, lightly beat egg and add milk.
7. Make a well in the centre of the dry mix, and pour in egg mix and ¼ cup syrup (reserve the rest to drizzle on the top of the loaves).
8. Gently fold through, and do not over mix.
9. Scoop into muffin tins, filling only half way.
10. Bake for 10 minutes, and then drizzle 1 tsp of the syrup over each muffin.
11. Continue baking for 5-10 minutes (15-20 minutes total), or until muffins are golden and inserted skewer is clean.
12. Cool on a wire rack for 10 minutes.
13. Serve upside down, with a dollop of greek yoghurt or your favourite cream cheese frosting.

STORE BOUGHT SNACKS



Tips

- Look for minimal ingredients
- More than 5g protein per serve (ideally)
- Less than 8g sugar per serve
- Look past the marketing words and colours - for example, high protein cottage cheese has only 0.3g of protein more than regular cottage cheese!

Suggestions

- Roasted chickpeas or fava beans
- Protein nut bars (with ~10g protein and <8g sugar)
- Basic bliss balls/ smooshed balls
- Hummus and cracker packs
- Pre-portioned nuts
- Single serve yoghurt tubs (Greek or high protein varieties)
- Pre-boiled eggs
- Vita weat crackers - add hummus, tuna, salmon or peanut butter
- Tinned tuna and salmon
- Mini bean tins or baked beans
- Popcorn - lightly salted or sweet n salty
- Diced fruit





Apple Crumbléd Muffins

Makes 12 | Time: 10 minutes + 25 minutes cooking

Ingredients:

- 1 cup plain wholemeal flour (or ½ cup flour / ½ almond meal)
- ¼ cup shredded coconut
- ½ cup roughly chopped walnuts
- 80g butter, melted (or vegan alternative)
- ⅓ cup raw sugar
- 2 Tbs maple syrup (or more raw sugar)
- 1 ½ tsp ground cinnamon

Muffins:

- 2 cups wholemeal self raising flour
- 1 tsp ground cinnamon
- Pinch salt
- ½ cup raw sugar
- ½ tsp vinegar or lemon juice
- ¾ cup milk
- ¼ cup extra virgin olive oil
- 2 eggs
- 1 tsp vanilla essence
- 1 ½ cups chopped apple (1 ½ small apples or 1 large) - 1 diced ~0.5x0.5cm
- Optional: 3 Tbs sultanas

Method:

1. Preheat oven to 180°C (fan-forced).
2. In a medium bowl, mix all dry ingredients for the crumble together.
3. Pour in melted butter and maple syrup, and mix through roughly with a fork until it turns into a crumble like mixture. Set aside.
4. In another medium bowl, mix milk and vinegar together. Stand for 5 minutes. (Or alternatively skip this step and use buttermilk).
5. Meanwhile, in a large mixing bowl, sift flour, cinnamon and salt.
6. Stir through raw sugar.
7. Return to buttermilk mixture, add eggs, oil, vanilla, and beat well for approximately 1 minute.
8. Make a well in the centre of the flour mixture and pour in wet ingredients. Stir to just combine!
9. Fold through chopped apple gently.
10. Spoon evenly into 12 lined muffin holes. Spoon crumble mixture evenly on top (about 2 tablespoons).
11. Bake for approximately 20-25 minutes, or until inserted skewer is clean.





Berry Chia Drops

Makes 16 | Time: 10 minutes + 20 minutes cooking

Ingredients:

Biscuits:

- 1 cup white plain flour/ wholemeal or GF
- Pinch of salt
- ¼ cup raw sugar
- ¼ cup brown sugar
- ¼ tsp bicarbonate of soda/ baking powder
- 60g butter, softened
- 1 whole egg
- 1 tsp vanilla essence
- Alternatively, for an oaty cookie base, use my ANZAC Cookies recipe.

Chia Jam:

- 1 ½ cups frozen raspberries
- 3 ½ Tbs chia seeds
- 1 Tbs maple syrup or honey
- ½ tsp vanilla essence

Method:

1. Chia jam: In a small saucepan, over medium heat, defrost raspberries. Stir, mashing berries gently until softened.
2. Add maple syrup and vanilla essence. Stir to combine.
3. Add chia seeds and mix well to combine. Take off heat and stand to the side.
4. Preheat oven to 150°C fan-forced.
5. In a large mixing bowl, or mix-master bowl, blend sugars with electric beaters (if you don't have beaters, use a whisk and whisk well).
6. Add butter and blend to form a grainy paste.
7. Add egg and vanilla essence, and blend on medium speed until light and fluffy.
8. Add flour and pinch of salt. Fold through gently with a mixing spoon.
9. Scoop 1 tablespoon full of mixture into a ball. Press onto a lined baking tray.
10. Using your thumb, make a hole in the middle of the biscuits. Be careful not to press to the bottom or right to the edges.
11. Spoon one teaspoon of jam into holes.
12. Bake for 20 minutes, or until slightly golden.

Watch
Recipe





Upside Down Pastries

Makes 4 | Time: 10 minutes prep + 20 minutes cooking

Ingredients:

- 1 medium apple/ pear or 2 peaches (if you enjoy the fruit, you might want an extra one so you can cut thicker slices)
- 1 sheet puff pastry defrosted (~25cm x 25cm or 10 inch)
- 4 tsp Golden syrup / honey / maple syrup
- Ground Cinnamon or Mixed Spice
- Optional walnuts, macadamia, pecans
- Optional yoghurt or ice cream to serve

Method:

1. Preheat oven to 190°C.
2. Line a baking tray and slice fruit into thins. For example, if using apple, cut into quarters, and then slice the quarter into about four or six slices.
3. Cut pastry into quarters.
4. Divide the tray into quarters in your head or mark with pen. In the centre of each quarter, spoon a teaspoon of your syrup out.
5. Place fruit slices along the syrup. Sprinkle with spice. Add optional crushed nuts like walnuts if desired.
6. Place the pastry over the fruit and press the sides down on the tray. Brush with milk or egg.
7. Cook for 15 to 20 minutes until golden.
8. Serve with yoghurt or ice cream.

Watch
Recipe





Enjoy!

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