



Built from experience

the

**BLOGGERS
COOK
BOOK**

24 healthy eating recipes carefully selected
from UK based food bloggers





RANGEmaster

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Welcome to the Rangemaster Bloggers Cookbook!

You'll find plenty of delicious recipes from our carefully selected bloggers who love to cook fresh, heart-warming and healthy food and enjoy sharing their recipes with others. In this cookbook you'll find a variety of mains and desserts that are perfect for an evening treat, or for impressing your friends at a dinner party.

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the

MAIN COURSE

Eating well needn't mean compromising on taste, as these recipes from our foodie bloggers prove. A rainbow of colour and flavour, healthy meals have never looked so good! For a nutritious main with plenty of substance, try the hearty Chicken, Squash and Mushroom Risotto. Or, for a lighter bite, the Warm Root Vegetable and Feta Salad puts a fresh twist on a dieting staple. With such a variety of dishes to choose from, our bloggers' recipes are the perfect way to liven up your healthy eating plan!



Blogger bio...

eatyourveg.co.uk

I'm Louisa and I write a healthy-eating recipe blog, Eat Your Veg. I'm a single Mum living with my two small children in rural Herefordshire and together we document our foodie adventures to eat more of life's good stuff. Encouraging the use of whole grains, better for you fats, unrefined sugars and, of course, loads of lovely veggies along the way. Organic, seasonal, locally sourced and sustainable as far as possible too!

Lighter Good Ol' Lancashire Hotpot

For more
Eat Your Veg
recipes
see page 26



There is something comforting about a good old Lancashire Hotpot isn't there? It's basically a lamb stew with a layer of sliced tatters baked on top. I've given this classic dish a twist by using lean lamb steaks, plenty of root vegetables (roots, pumpkins and squash work well) and a dash of pearl barley.

Prep Time: 25 mins

Cook Time: 1 hour, 45 mins

Ingredients

- 600g lean lamb meat, diced into chunks
- salt and ground black pepper
- 1 tbsp rapeseed or olive oil
- 1 large onion, diced
- 2 garlic cloves, finely chopped
- 2 carrots, peeled and sliced
- 2 parsnips, peeled and diced into chunks
- 1 swede, peeled and diced into chunks
- 2 tbsp plain flour
- 800ml hot lamb stock
- 75g pearl barley
- 2 bay leaves
- 1 heaped tbsp chopped fresh rosemary (about 3 large sprigs)
- 1 large spoon of Worcester sauce
- 2 tinned anchovy fillets (optional)
- 600g large washed potatoes

Method

- 01 Preheat oven to 170°C / 150°C fan / Gas Mark 3.
- 02 Remove fat from lamb and dice into 3cm chunks. Season with a little salt and lots of black pepper.
- 03 Heat oil in a casserole dish and sauté the lamb on a high heat until brown. Use a slotted spoon to remove from the pan and set aside.
- 04 Put onion, garlic and all of the veggies into the same pan and sauté on a medium heat in the residual fat for 5 minutes, stirring regularly to avoid burning the veg. Add the lamb back to the pot and cook for 2 minutes.
- 05 Sprinkle in the flour and stir it through the mixture.
- 06 Add the hot stock, pearl barley, bay leaves, rosemary, Worcester sauce and anchovy fillets (if using). Simmer and stir regularly.
- 07 While it's simmering, slice the potatoes into 3mm slices, leave the skins on for added fibre.
- 08 Take the lamb and veggies off the heat and place the potato slices on the top in an overlapping layer.
- 09 Place in the oven with the lid on (use foil if you don't have a lid) for 1 hour.
- 10 When the hour is up, remove the lid, add butter to the potatoes and place back in the oven for 45 minutes until the potatoes are tender and slightly brown.
- 11 Serve with steamed green vegetables on the side.

Quinoa Turkey Meatballs & Courgette Spaghetti

These low fat, high protein meatballs make the perfect meal for those looking to get healthy and lean this year. Serve them with courgette spaghetti and you have yourself a super delicious and nutritional gluten free meal.




For more
The Kitchen
Shed
recipes
see page 30


Blogger bio...

thekitchenshed.co.uk

I'm Charlie Mace, a wife and a mother to two young boys and I love nothing more than feeding them delicious and nutritious, wholesome food. My blog, The Kitchen Shed is a UK based clean eating recipe blog.

@KitchenShed 

@TheKitchenShed 

The Kitchen Shed 

Ingredients

Serves: 4

- 500g turkey mince
- 100g cooked quinoa
- 20g kale, finely sliced
- 2 tbsp onion, finely diced
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh oregano, finely chopped
- 1/4 tsp fine pink sea salt
- 250ml passata
- 1 tbsp fresh oregano
- 1 tbsp fresh basil
- 1/2 garlic clove
- 4 courgettes

Method

- 01 Preheat the oven to 180°C and line a baking tray with grease proof paper.
- 02 Make courgette spaghetti using a spiralizer or julienne peeler and set aside.
- 03 Combine the turkey mince with the cooled cooked quinoa, kale, onion, parsley, oregano and salt.
- 04 Using your hands mix it together.
- 05 Roll 1 tbsp. of turkey mixture into a ball and place onto baking tray, continue until mixture is used up.
- 06 Place meatballs in oven and cook for 20 minutes.
- 07 While the meatballs are cooking add the passata, oregano, basil, garlic and sea salt to a saucepan and heat for 2 minutes until it starts to bubble.
- 08 Once the sauce is hot, take it off the heat, blitz with a hand blender and set aside.
- 09 When the meatballs are almost done, cook the courgette spaghetti in a non-stick pan for 1-2 minutes with a pinch of sea salt until heated through and slightly wilted.
- 10 Put the courgette spaghetti on a plate, top with meatballs and drizzle over the sauce.
- 11 Serve with a colourful side salad.

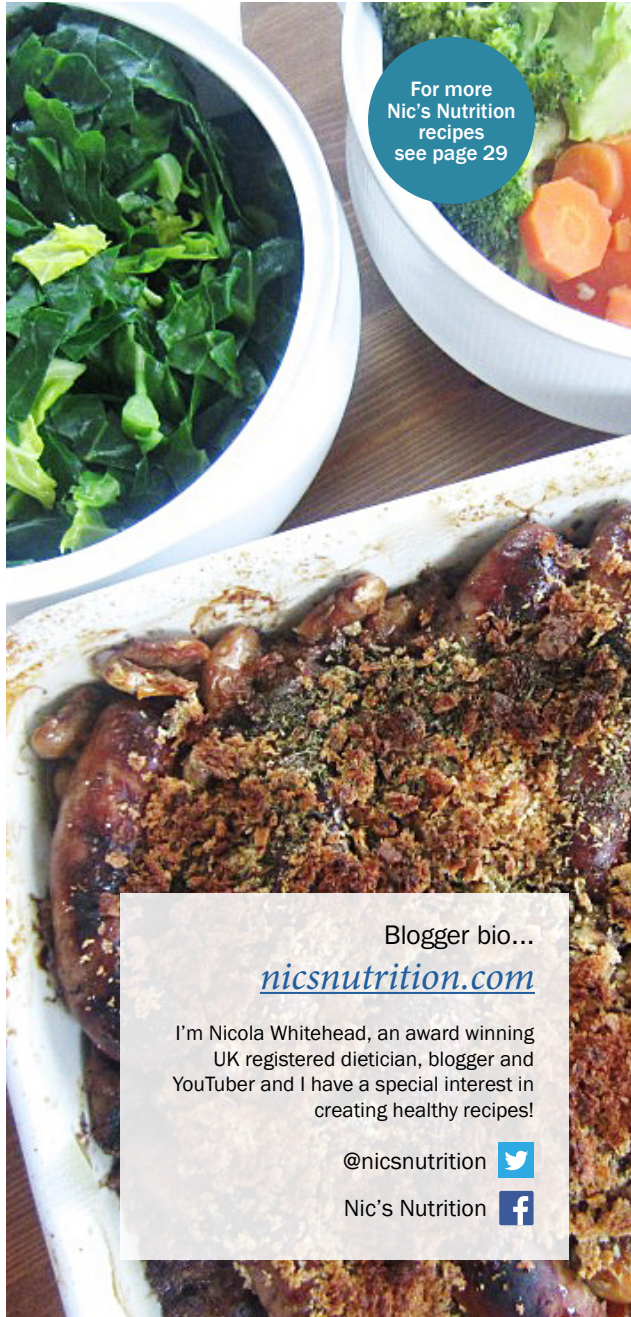
Healthy Sausage Casserole

Ingredients

- 12 sausages
- 2 small onions (optional)
- 3 large mushrooms (optional)
- 2 tins butter beans
- 1/2 bottle (125ml) balsamic vinegar
- 2 punnets plum tomatoes
- 3 garlic cloves/3 tsp garlic granules
- 2-3 slices granary bread
- 2 tsp coriander
- Salt & pepper

Method

- 01 Preheat oven to 200 °C and then throw onions, mushrooms, tomatoes, butter beans, sausages, balsamic vinegar and salt and pepper into a large casserole dish.
- 02 Place in oven for 30 minutes.
- 03 Blend breadcrumbs and coriander in a blender. Turn over sausages and pour blended mix over.
- 04 Place in oven for a further 20 minutes.
- 05 Serve with vegetables.





For more
Nic's Nutrition
recipes
see page 29

Blogger bio...

[nicsnutrition.com](https://www.nicsnutrition.com)

I'm Nicola Whitehead, an award winning UK registered dietician, blogger and YouTuber and I have a special interest in creating healthy recipes!

@nicsnutrition 

Nic's Nutrition 

Blogger bio...

lavenderandlovage.com

I'm a free-lance food & travel writer, recipe developer and food stylist with a passion for local, seasonal ingredients.

A member of the prestigious Guild of Food Writers I regularly contribute to a variety of print publications and online recipe sites, as well as creating bespoke recipes for brands and supermarkets in the UK and Europe. Key brands I've worked with include: McCormick, Organic UK, Maille, Cath Kidston, Churchill China, Le Creuset, Le Parfait, Tala, John Lewis, Celebrity Cruises, Asda, Waitrose, Aldi, Sainsbury's, Tesco and many more.

Roast Vegetable & Cheese Salad



Check out more Lavender and Lovage recipes on page 36

A simple and filling cool weather salad that's packed full of textures and flavours. This dish is perfect as a vegetable accompaniment for grilled meats and pasta, or a wonderful lunch box meal. Only 112 calories per serving, the recipe serves 4. Without the cheese, there are 92 calories per serving.

Prep Time: 15 mins

Cook Time: 35 mins

Serves: 4

Ingredients

- 2 small aubergines, cut into bite sized pieces
- 2 courgettes, cut into small slices
- 1 red pepper, deseeded and cut into even sized lengths
- 1 yellow pepper, deseeded and cut into even sized lengths
- 4 small onions, peeled and cut into quarters
- 4 tomatoes, cut into quarters
- 4 cloves garlic
- 6 to 8 sprays of low fat spray oil (I use Fry-light olive oil)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Salt and pepper to taste
- 32g soft fresh goat's cheese (I use the discs, which are 16g each)
- Salad leaves, assorted
- Mint leaves, chopped to garnish

Method

- 01 Preheat oven to 200C/400F/Gas 6.
- 02 Spray the low-fat spray into a large roasting tin and arrange the prepared vegetables in one layer.
- 03 Sprinkle with the spices, salt and pepper and turn the vegetables so they're coated in the seasoning. Add 2 to 3 tbsp water and roast for 25 to 35 minutes, or until charred and soft.
- 04 Allow the vegetables to cool slightly and then spoon them over some fresh salad leaves.
- 05 Crumble the cheese over the top and garnish with fresh mint leaves.

Blogger bio...

naturalkitchenadventures.com

I'm Ceri Jones, the author of whole foods blog, Natural Kitchen Adventures. I trained at Bauman College of Holistic Nutrition and Culinary Arts in San Francisco. I now live and work in London as a freelance Natural Chef, food writer and natural cooking instructor.

Check out more of Natural Kitchen Adventures recipes on page 28



Courgetti with Omega 3 Sardines & Kale Pesto

I have chosen this pesto courgetti dish as it cooks in minutes. It's the perfect week night supper, full of vegetables and the surprising delight of warmed tinned sardines. I rely on dishes like this when I haven't got much time to prepare dinner but want a nourishing supper. Omega 3 is an important component of a healthy diet, but all too often not consumed enough. Tinned sardines are a superb source.

Ingredients

Pesto Serves: 4

- 125g kale leaves
- 40g almonds, toasted
- 20g pine nuts, toasted
- 2 cloves garlic, minced
- 1 tsp sea salt
- 6 tbsp extra virgin olive oil
- Juice of a small lemon

Courgetti Serves: 2

- 2 x 120g tins of sardines in olive oil.
- 2 large courgettes, julienned reserving the non-julienned inners.
- 100g trimmed green beans
- 150g frozen peas
- Lemon zest & a handful of fresh rocket to serve

Method

- 01 First make the pesto. Remove the rough inner stems from the kale, unless your food processor can handle blending them to a paste. Bring a saucepan of salted water to a boil and blanch the kale for 2 minutes. Plunge the blanched kale into ice-cold water to halt the cooking process and lock in that vibrant green colour. Drain the cooled kale and pat dry.
- 02 Put the toasted almonds, pine nuts, garlic, and salt in the food processor and blend until they start to break up. Add the kale, basil, olive oil, and lemon juice. Blend until a chunky paste forms, stopping to scrape down the sides. Taste and add more salt if necessary, or additional olive oil for a runnier pesto. Transfer to a jar until needed.
- 03 Next bring a pan of salted water to boil and blanch or steam the green beans until softened (this should take around 4 minutes). Drain and set aside.
- 04 Meanwhile heat a tsp of olive oil (use the oil from the sardines) in a frying pan, and sauté the chopped inners of the courgette – no wastage! After a few minutes these will be softened and you can add the frozen peas and sardines. Cook for a few minutes breaking up the sardines with the back of your spoon, and then add the julienned courgettes.
- 05 Once the courgettes have softened (2-3 minutes) add a large dollop of kale pesto and stir to make sure all ingredients are coated with the pesto.
- 06 Put on plate and add a sprinkling of lemon zest, fresh rocket, and freshly ground pepper to serve.

Halloumi Stir-fry

For this dish, I made the halloumi pieces quite big, so that once everything was fried, it represented chicken and then I made the vegetable pieces smaller. This stir-fry can be eaten on its own, or can be wrapped up in lettuce leaves with some crème fraiche.



Blogger bio...

theswindian.com

I'm Kiran, a Swiss-Indian, I've lived in Switzerland, the US, Spain, Scotland, Munich and I now live in London. I used to be an incredibly fussy eater and was happiest with plain rice, or pasta with a bit of butter. I am a vegetarian every September and I enjoy creating new recipes, one of my favourite ones is a healthy halloumi stir-fry.

Ingredients

- 1 tbsp olive oil
- 200g halloumi
- 300g chestnut mushrooms, chopped
- 1 red pepper, chopped
- 2 small carrots (or 1 large), peeled and chopped
- Salt and pepper
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp wholegrain mustard
- 2 tbsp soy sauce
- 1 tbsp lemon juice
- 2 tbsp white wine
- Sriracha
- 2 tbsp sesame seeds
- 1 tsp dried mixed herbs
- 1 tsp vegetable stock powder
- Creole salt
- 3 sprigs of spring onion, chopped

Method

- 01 Heat a non-stick pan on high heat and add olive oil then fry the halloumi cubes until slightly golden then remove from pan.
- 02 Fry the mushrooms in a pan with some water and then add peppers and carrots and fry for a couple of minutes.
- 03 Add the spices and sauces and mix thoroughly.
- 04 When the vegetables have softened a little add the spring onion and fry for 2 more minutes.
- 05 Add halloumi back to the pan and stir with rest of veg, sauce and spices. Serve with lettuce, tortilla wraps, rice or on its own.

Chicken & Crème Fraiche

Check out more of Latoyah's recipes on page 37

Ingredients

- 2 large chicken breasts
- 1 onion, finely diced
- 250g mushrooms, chopped
- 2 tbs half fat crème fraiche
- Italian herbs
- 1 clove garlic
- Salt & pepper
- 100ml chicken stock

Method

- 01 Season the chicken breasts with salt & pepper and mixed Italian herbs.
- 02 Spray a pan with low calorie spray and place on a moderately high heat until hot but not smoking.
- 03 Cook the chicken uncovered for around 8 to 10 minutes until well browned.
- 04 Turn chicken over and cook for a further 10 minutes until cooked through.
- 05 While the chicken is cooking, fry the chopped onions on a medium heat until cooked but not brown then add the mushrooms and garlic and cook through.
- 06 Pour in the chicken stock and simmer for 3-5 minutes.
- 07 Stir through 2 tablespoons of crème fraiche and heat, do not boil.
- 08 Once cooked place chicken on a plate and cover with mushroom sauce.
- 09 Serve with veg and potatoes.



Blogger bio...

latoyah.co.uk

I'm Latoyah and I run Sugar Pink Food, a healthy eating and lifestyle blog. I've been shortlisted in the National Blog Awards' top 10 for 2 years running, and have over 15,000 subscribers across social media. I love cooking and have recently lost 3 stone!

Blogger bio...

spamellab.com

Health food, fitness, music/festivals and social media are my passions in life. By day, I'm the Social Media Manager at Manchester-based digital agency, The Media Octopus, where I manage both internal and client accounts across various channels. Outside of work hours, healthy eating and exercise also play a huge part of my life, and have done for over 10 years! Every day I work out focusing on weights, resistance and core exercises, plus I love being outdoors and walking for miles. Experimenting with clean eating, gluten-free, high protein recipes in the kitchen for my blog, SpamellaB.com, is where you'll find me in my spare time.

Check out more SpamellaB recipes on page 33



Chicken, Squash & Mushroom Risotto

A risotto recipe can be a tasty, filling and also healthy dinner choice if you bulk it out with the right ingredients. Using a combination of butternut squash chunks, mushrooms slices, spinach leaves and cubes of chicken, this recipe is nutritious, colourful and substantial without being high in calories and fat. Served with green veg on the side or just by itself, this dish is made in one pot and ready in 30 minutes!

Ingredients

Serves: 4

- Low calorie oil spray/1 tbsp coconut oil
- 100g risotto rice (arborio or paella can work just as well)
- 3-4 chicken breasts cut into cubes
- 1 small butternut squash, peeled and chopped into small chunks
- 1 onion, chopped
- 200g mushrooms, sliced
- 2-3 large handfuls spinach leaves
- Seasoning: mixed herbs, paprika, cayenne pepper, black pepper, salt
- 2 tbsp low fat Philadelphia soft cheese

Method

- 01 Fill your kettle up and boil.
- 02 In large pan heat your choice of oil then add the chicken, stirring and cooking for a few minutes on a medium heat, until the meat has browned.
- 03 Add in your onions, butternut squash and mushrooms and keep stirring. Now's the time to add your seasoning, herbs and spices - go with how flavoursome you want it.
- 04 Pour in the rice and keep stirring so it doesn't stick to the pan. Add about 1 pint of the boiled water and bring to the boil, then simmer for about 15 minutes. Keep an eye on it as the water will eventually be absorbed by the rice and it could burn.
- 05 Assess whether you need to add more liquid at this stage; it should almost be absorbed. Continue cooking until you reach this point and the rice is soft, then at the last minute stir in the spinach leaves and Philadelphia until thickened and creamy.
- 06 Now, serve up and enjoy!

Blogger bio...

[*casacostello.com*](http://casacostello.com)

I am a food writer and recipe developing super-busy mum to 3 girls from the North West. Happiest in the kitchen, I love to bake and am always up for a challenge.

Cajun Prawn Risotto

For more
Casa Costello
recipes
see page 34



Whenever, I'm trying to eat a little more healthily, I aim to make food as tasty as possible. Quite often, I opt for spicy dishes – just because I'm cutting down on the fat, doesn't mean I want to cut down on the taste.

These prawns are super quick and delicious, simply eaten on their own with the spices if you are in a rush and need something to eat NOW! If you can hold on though, it's definitely worth the wait to do the risotto.

Ingredients

Risotto

- Arborio Risotto -
I measure out 1 mug
- 600ml vegetable stock
- 100g king prawns, ready to eat
- 1 small onion, finely chopped
- 1 yellow pepper, finely chopped
- 1 red pepper, finely chopped
- 3 tsp Cajun seasoning (See below for how to make Cajun seasoning – if you are in a real rush shop bought seasoning is fine)
- Black pepper
- Spray oil

Cajun Seasoning

- 1 tsp ground cumin
- 1 tsp dried coriander leaves
- 1 tsp paprika
- ½ tsp dried oregano

Mix through thoroughly in a small bowl. Cover with cling film and keep leftovers in your herb cupboard.

Method

- 01 Lightly spray the bottom of a large sauté pan with the spray oil and slowly cook the onions until they are translucent and soft.
- 02 Add the risotto rice and immediately add 50ml of the chicken stock. Stir through and add more stock as soon as the first lot is soaked in.
- 03 Keep stirring and adding more stock until the rice starts to soften this will take 10-15 minutes.
- 04 Add the chopped peppers and continue to cook on a low/medium heat - if your pan is too hot, the liquid will evaporate too quickly and the rice will not be soft enough.
- 05 If you do need more liquid, simply add boiled water.
- 06 When the peppers start to soften (it should only take 2-3 minutes), add the Cajun seasoning and stir through until all is combined.
- 07 At the last moment, add the prawns and stir through (you could use raw prawns but these would need to be added before the peppers to make sure they are fully cooked).
- 08 Serve immediately with a grind of black pepper.

Blogger bio...

nourishingjessica.com

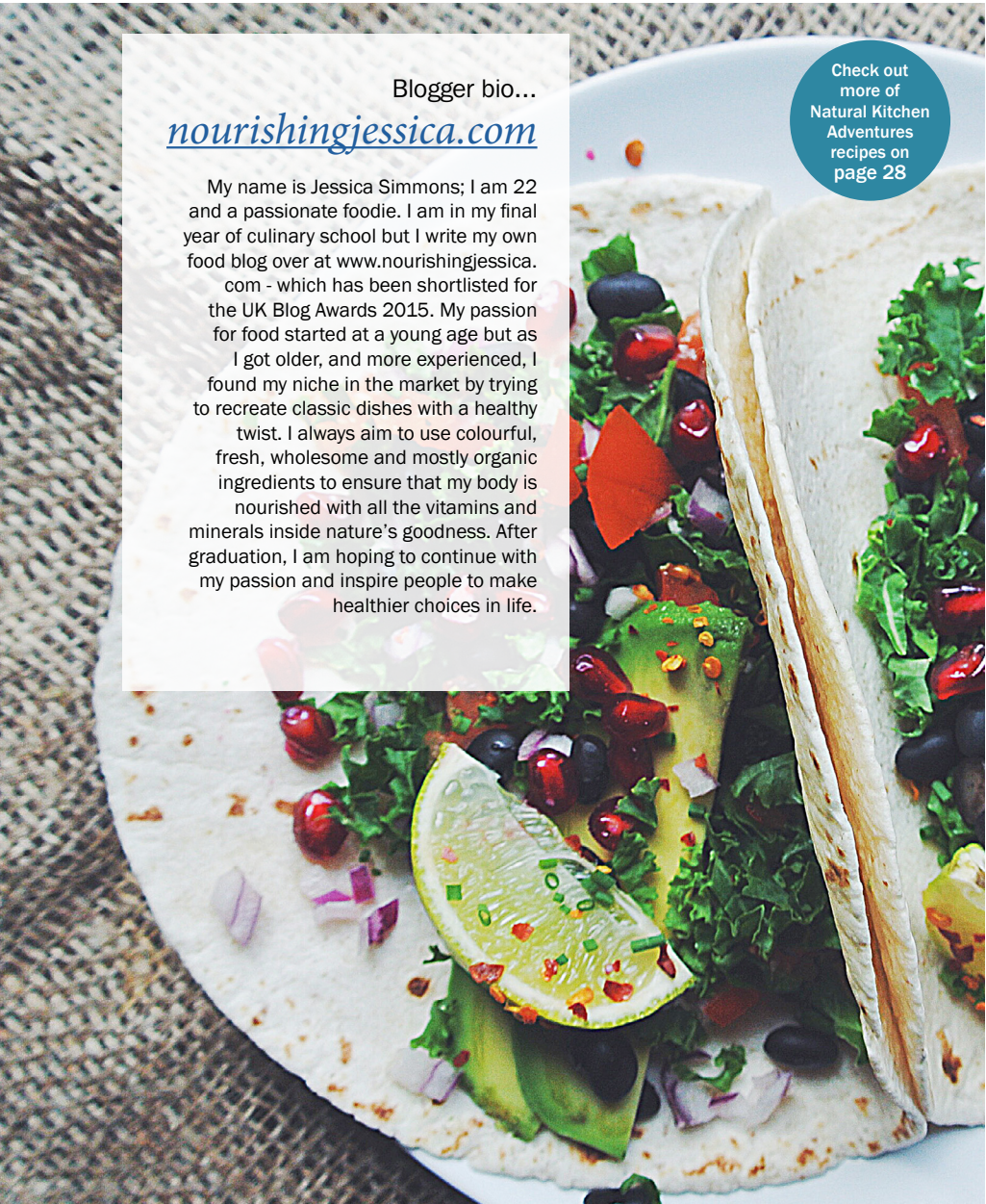
My name is Jessica Simmons; I am 22 and a passionate foodie. I am in my final year of culinary school but I write my own food blog over at www.nourishingjessica.com - which has been shortlisted for the UK Blog Awards 2015. My passion for food started at a young age but as

I got older, and more experienced, I found my niche in the market by trying to recreate classic dishes with a healthy twist. I always aim to use colourful, fresh, wholesome and mostly organic ingredients to ensure that my body is

nourished with all the vitamins and minerals inside nature's goodness. After graduation, I am hoping to continue with my passion and inspire people to make

healthier choices in life.

Check out more of Natural Kitchen Adventures recipes on page 28



Rainbow Tacos

This is one of my absolute favourite go-to lunches when I am sitting at my desk working or blogging. The colours just instantly lighten my mood and it is oh-so-delicious. This recipe is vegan, however, I welcome you to experiment and add meats if you want such as pulled pork, chicken or beef!

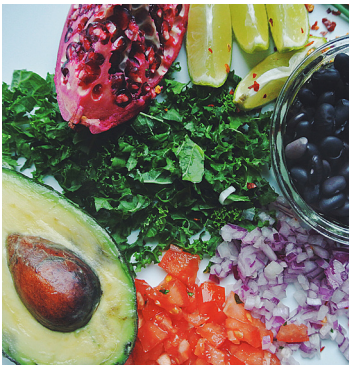
Ingredients

Serves: 1

- 2 tortillas (floured or corn)
- 1/4 avocado
- 1 tbsp pomegranate arils
- 1/2 cup black beans, cooked
- 1 handful of curly kale
- 1 tsp chilli flakes
- 1/2 lime
- 1 vine-ripe tomato
- Bunch of chives or coriander
- 1/2 red onion
- Salt and pepper

Method

- 01 For raw black beans, rinsing them in a sieve and place them on a simmer for around 1 hour or until they are soft and cooked through.
- 02 Thinly chop the avocado and kale.
- 03 Dice the red onion and tomato separately into small pieces.
- 04 Remove the seeds from 1 tbsp of pomegranate arils.
- 05 Slice the lime.
- 06 Finely chop the chives or if you are using coriander then discard the stems.
- 07 Mix everything together and season with salt and pepper then add to tacos and top with a sauce.



Warm Root Vegetable & Feta Salad


The salad is a main meal salad and the flavour comes from the roasting of the vegetables which means there is no need for any extra dressing. The herbs give the salad a fresh flavour and the feta complements the vegetables wonderfully.



Blogger bio...

overacuppa.co.uk

Hi, I am Ali and I blog Over a Cuppa. I love to share my recipes which are a happy mix of healthy dishes and something a little bit naughtier. I believe that food, just like life, should be all about balance - I stress when there is no salad in the fridge or home-made cake in the tin!

@Over_A_Cuppa 

Over a Cuppa 

Ingredients

Serves: 4

- 500g new potatoes, washed
- 1 sweet potato, peeled
- 3 large carrots
- 1 large parsnips, peeled
- 3 red onions, peeled and each cut into 6 pieces
- 3 garlic cloves, crushed
- 200g pack of feta cheese cut into cubes (you may not need it all)
- A little olive oil
- Freshly ground black pepper
- Sea salt
- A handful of flat leaf parsley or fresh coriander

Method

- 01 Preheat the oven to 180°C.
- 02 Cut the new potatoes into bite sized chunks.
- 03 Cube the sweet potato into a similar size as the new potatoes.
- 04 Cut the carrots and parsnips into batons, make the parsnips a little chunkier so they cook quicker.
- 05 Place the vegetables and onions into a large baking tray – do not add the garlic yet.
- 06 Toss lightly with the olive oil and season well.
- 07 Roast in the oven for 20 minutes and then shake the pan and add the crushed garlic.
- 08 Roast for a further 10-15 minutes until the vegetables are cooked and golden brown.
- 09 Once cooked remove from the oven and add in fresh herbs and feta cheese.
- 10 Serve with fresh herbs and a good grind of black pepper.

Butternut Squash & Chickpea Curry

This tasty curry is a teatime staple for me! It's so simple to make and butternut squash is a great source of dietary fibre – essential for a healthy digestive system – and vitamin A, which is great for your eyes and skin. As well as being super nutritious, the curry is really filling.

Ingredients

Prep Time: 10 mins

Cook Time: 40 mins

Serves: 6

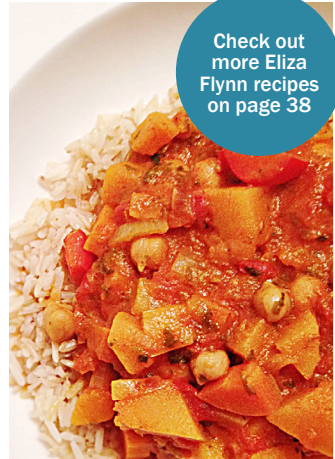
- 1 butternut squash
- 1 white onion
- 1 red chilli
- 1 can chickpeas
- 2 tins tomatoes
- 1 can coconut milk
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp garam masala
- 1 tsp coconut oil for frying
- As well as being super nutritious, the curry is really filling. I often sprinkle the top with seeds (pumpkin, sesame, sunflower) for additional crunch.

Method

- 01 Chop the onion and chilli (don't deseed) finely. Peel and deseed the butternut squash before cubing into 1 inch pieces.

- 02 Heat the coconut oil in a saucepan then stir in the onion, chilli and spices.
- 03 Add the butternut squash and stir so it's coated in spices and oil. Cook for 5 minutes until the squash has softened. If you need to, add in a splash of water to keep the contents of the saucepan 'wet'.
- 04 Add the tins of tomato and chickpeas and simmer for 20 minutes.
- 05 Mix in the coconut milk and heat for another 10 minutes.
- 06 Serve with brown rice or on top of spiralised courgette for an even healthier version.

Check out more Eliza Flynn recipes on page 38



Blogger bio...

elizaflynn.co.uk

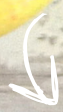
As a personal trainer I'm a big advocate of achievable healthy living. What we eat, as well as how much exercise we do, has a huge impact on our health and wellbeing! But between long hours at work and our busy social lives, it's all too easy to neglect a healthy lifestyle.

For this reason I started my blog, elizaflynn.co.uk, about food (I love food adventures!), fitness and furballs (my second-hand, one-eyed cat). Then in 2014 I set up Healthy Living London, a website to inspire busy Londoners to live a healthier lifestyle. Because of this, I have to know all the latest food and fitness trends and get to try a lot of exciting things out



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Mini Apple Pies with Nut Pastry



— *time for* —

DESSERT

Yes, you can have dessert and still eat healthily! These lighter pudding recipes will satisfy a sweet tooth without all the calories. Chocolate lovers can indulge a sweet craving with our alternative Mars Bar recipe, or healthy Chocolate & Hazelnut Pudding. And if you're a fan of a more traditional dessert, how does Bread and NO Butter Pudding sound? There's a delicious selection to try – so go ahead and treat yourself.



For more
Eat Your Veg
recipes
see page 07



Fruity Bread & 'NO' Butter Pudding

A healthy take on Bread & Butter pudding, using semi-skimmed milk instead of cream, sliced fruit bread without butter and a small amount of unrefined brown sugar. For a fruity twist add lots of cinnamon flavoured apples and sultanas.

Prep Time: 15 mins

Cook Time: 1 hour

Ingredients

- 4 eggs
- 550ml semi skimmed milk
- 1 tsp vanilla extract
- 50g soft brown sugar
- 2 tsp ground cinnamon
- 400g fruit bread, sliced
- 250g cooking apples, peeled and cored
- Butter for greasing

Method

- 01 Preheat oven to 160°C / 140°C fan / Gas mark 3.
- 02 Lightly beat together the eggs, and stir through the milk and vanilla extract then set aside.
- 03 Mix together sugar and cinnamon in a separate bowl.
- 04 Cut the fruit bread into triangles.
- 05 Finely slice the peeled and cored apples.
- 06 Grease your oven dish with butter and layer one third of the bread triangles on the bottom. Cover with half of the apple slices and sprinkle with cinnamon sugar. Add another layer of fruit bread triangles, followed by apple slices and cinnamon sugar again. Finish with fruit bread.
- 07 Pour over the egg and milk mix and press the bread into the liquid. Sprinkle with the remaining sugar and cinnamon.
- 08 Bake in oven for 1 hour until firm in the middle, golden brown and puffed up on top.
- 09 Serve warm with custard, crème fraîche or plain.



Check out more of Natural Kitchen Adventures recipes on page 12



Mini Apple Pies with Nut Pastry

naturalkitchenadventures.com

The mini pies are a delicious end to a Sunday roast – memories of family apple pie from my childhood. The recipe is versatile, and offers portioned, controlled servings - perfect if you're trying to avoid overeating!

Method

- 01 Make the pastry first, as it needs to chill before rolling.
- 02 Sieve and mix together the almonds, flour, arrowroot, coconut sugar, baking powder and salt together.
- 03 Grate in the butter and use your fingers to blend it together with the dry ingredients.
- 04 As it starts to come together, add the egg and blend. Shape the pastry into a large ball, and then divide into two balls. Cover in cling film and allow it to chill in fridge for 1 hour.
- 05 While the pastry is chilling, cook the apples. Place the pieces in a saucepan with lemon juice, cinnamon and sugar. Cook on a medium heat for around 10 mins until the apples break down into a soft texture, then stir in the berries and take off the heat.
- 06 Preheat oven to 175°C / 345°F.
- 07 Grease four ramekins with butter, and place the apple mixture evenly between them.
- 08 Roll out the pastry 2mm thick. The pastry is fragile and may need to be done in 2 batches. Use a cookie cutter the size of the ramekins to cut out pastry tops and place them on the apple filling. Use the rest of the pastry to cut out some leaves and place on top of pies.
- 09 Sprinkle the pies with some sugar and bake in the oven for 12 minutes.
- 10 Once cooked, allow to cool on a rack for 5-10 minutes. Serve with Greek yoghurt or crème fraiche.

Prep Time: 15 mins

Cook Time: 1 hour

Ingredients

Pastry

- 150g ground almonds
- 75g coconut flour
- 25g arrowroot
- 1 tbsp coconut palm sugar
- ½ tsp Baking powder
- ½ tsp Salt
- 115g chilled butter
- 1 whisked egg

Filling

- 3 large Bramley apples, peeled, cored and diced
- Juice of ½ lemon
- ½ tsp cinnamon
- 1 tbsp coconut palm sugar (optional)
- Handful of seasonal or frozen berries

Healthy Chocolate & Hazelnut Pudding

For more
Nic's Nutrition
recipes
see page 9

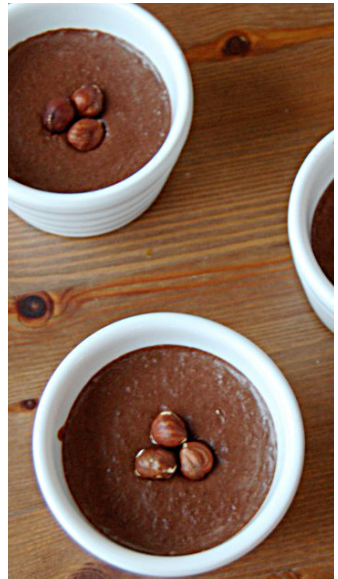
Ingredients

- 100g ground almonds or hazelnuts
- 3 tbsp coconut oil
- 250ml / 245g coconut milk
- 3 tbsp cocoa powder
- 1-2 tbsp honey
- 1 tsp vanilla
- Pinch of salt


*For added protein swap 1/2 of the ground nuts for chocolate or vanilla flavour protein powder. With the protein powder they provide almost 8g protein per 6th of the recipe.

Method

- 01 Blend all ingredients together in a food processor until smooth.
- 02 Share the mixture out between 6 ramekins.
- 03 Leave to set for 1 hour in the fridge and then serve with your choice of nuts.



@nicsnutrition 

Nic's Nutrition 

Mini Cheesecake Bites

thekitchenshed.co.uk

Dessert doesn't have to be packed with refined sugars and refined flours. You can make a wholesome and extremely satisfying treat by using just a few healthy ingredients. These mini cheesecake bites are so delicious and versatile, perfect for a quick sweet treat, a dessert or to serve at a dinner party.

Ingredients

Yield: 10

- 125g soft goat's cheese
- 10 Mini Oatcakes
- 10 tsp 100% fruit spread

Method

- 01 Slice the goat's cheese into 0.5 cm slices.
- 02 Top the oatcakes with the cheese and smooth down the edges with a table knife.
- 03 Top the goat's cheese with up to a teaspoon of 100% fruit spread.
- 04 Serve and enjoy.



Mars Bars

Even healthy people crave naughty things and I think it is really important to make treats like these in those cases so I am not tempted to eat something that isn't good for my body. These 'mars bars' aren't as sweet, however, they are a pretty good substitute and totally curb my cravings. The combination of the coconut oil, dates, cacao powder and almond butter is key to making this work so I would suggest purchasing some good quality ingredients.



Ingredients

Yield: 4 big / 8 small

Nougat Base

- 1/2 cup of cashews that have been soaked for 4 hours
- 1/2 cup of macadamia nuts, also soaked for 4 hours
- 2 tbsp of preferred sweetener
- 1 tbsp maca powder (optional)
- 1 - 2 tbsp filtered water

Caramel Layer

- 10 medjool dates, pitted
- 1 tbsp almond butter
- 1 tbsp coconut oil
- 1/2 tsp vanilla essence
- 2 tbsp sweetener of choice
- 2 tbsp filtered water

Cacao Coating

- 3/4 melted coconut oil
- 1/4 cup of cacao powder
- 1/4 cup of preferred sweetener

Method

Nougat Base

- 01 Drain the nuts and place in a food processor with the sweetener and maca powder. If needed, add water.
- 02 Line a baking tray with plastic and spread the base 1cm thick, then place in freezer.

Caramel Layer

- 01 Place caramel ingredients in a clean food processor and blend until smooth and creamy.
- 02 Remove the base from the freezer and then spoon the caramel on top, smoothing out to around 1 cm thick, and then place back in the freezer for at least 2 hours.

Cacao Coating

- 01 Add cacao powder, coconut oil and sweetener in a bowl and whisk to combine.

Assembling

- 01 Remove the mixture from the freezer and cut into small mars bar shapes.
- 02 Place a cooling rack on top of foil or a baking sheet and dip the bars into the chocolate ensuring that they are fully coated, then place on to the rack.
- 03 The frozen filling should make the coating harden immediately.
- 04 Store in the fridge until ready to eat.

@jsscrhhhh



@nourishingjessica



nourishingjessica



Check
out more
SpamellaB
recipes on
page 16



Key Lime & Chocolate Cheesecake

Believe it or not, this is actually made from healthy ingredients but still tastes delicious! Dairy-free and no added refined sugars while still being rich and creamy, the combination of lime, coconut and chocolate works a treat. It can be made in advance and kept in the fridge until needed - for family, friends or for a special treat - indulge in this guilt-free dish!

Ingredients

Base

- 50g rolled oats
- 2 tbsp cocoa or cacao powder
- 2 tsp unsweetened desiccated coconut
- 2 tsp coconut oil
- 2 tsp Sweet Freedom syrup or honey

Filling

- 1 can coconut milk, chilled in the fridge for 2-3 days beforehand
- 50g cashew nuts, soaked in water for 6 hours
- 100g silken tofu
- 2 limes, zested and juiced
- 1 cup natural sweetener

To decorate: Fresh raspberries and no added sugar/dark chocolate, grated

Tip: You could keep this in the freezer once ready and serve it as a frozen dessert (remove from the freezer 10 minutes before serving) or just so it lasts longer, then transfer to the fridge on the day you serve it.

Method

- 01** First make the base: put the oats, coconut and cocoa powder in a bowl. Heat the oil and Sweet Freedom/honey/agave syrup up in a small pan, then pour into the oats, mixing well to ensure everything is evenly coated and sticks together. Spread this into the bottom of a loose-bottomed 23cm cake tin and leave in the fridge for up to a day.
- 02** Now make the filling: Put the drained cashews into a blender, along with the silken tofu, lime zest and juice and sweetener. Remove the lid from your chilled can of coconut milk - the cream should have risen to the top and separated from the liquid. Scrape the cream from the top and add to the blender.
- 03** Whizz everything up for 30 seconds to 1 minute until you have a very smooth, thick consistency, like whipped cream. Test for sweetness (you might want to add more sweetener) then spread the mixture evenly on top. Keep in the fridge for up to two days until needed.
- 04** When ready to serve, grate some chocolate and scatter on top along with the fresh raspberries, then slice up and enjoy!



Check out more Casa Costello recipes on page 18

Baked Pecan Apples

casacostello.com

I cannot completely give up the sugar when I'm trying to be good but this recipe uses very little and the only fat is from the nuts. You can feel good while still enjoying a treat – perfect for those with a sweet tooth like me!

Serves: 3

Ingredients

- 3 decent sized Apples
- 75g pecan nuts, chopped
- 3 tbsp runny honey
- 1 tsp ground cinnamon
- If you have got an exceptionally sweet tooth, you can add 1 tbsp soft brown sugar too

Method

- 01 Preheat the oven to 175C.
- 02 Wash the apples and remove the core. Scoop about 2cm widths out, about 2/3 way down the apple – you want the bottom of the apple to be intact.
- 03 In a small bowl, mix together the nuts, cinnamon and honey (and sugar if you are adding it).
- 04 Divide the nut mixture equally into each apple and press down.
- 05 Add the apples to a small oven dish and add pour 100ml water around the apples.
- 06 Bake for 35-45 minutes.
- 07 Take care removing the dish from the oven as there will still be water around the apples.
- 08 Leave to cool for at least 10 minutes before eating.
- 09 Fantastic served with some fat free Greek yogurt.

Roasted Strawberry & Nectarine Healthy Sundae

Check out more Overcuppa recipes on page 22

Ingredients

- 300g Fresh strawberries, washed with the green tops removed
- 7 nectarines, washed
- 8 tbsps of Greek yoghurt
- 50g oats
- 50g toasted hazelnuts

Method

- 01 Preheat the oven to 180°C.
- 02 Cut the strawberries in half lengthways.
- 03 Cut the nectarines in half and remove the stones and then cut each half into 4 pieces.
- 04 Place the fruit in a non-stick roasting tin and bake for 20-25 minutes until slightly soft and brown.
- 05 While the fruit is roasting, heat a non-stick pan and gently toast the porridge oats. This gives the oats a nice flavour.
- 06 Remove half of the nectarines and puree.
- 07 Layer the fruit, yoghurt, puree, oats and nuts in alternate layers in a tall glass.
- 08 Finish with some strawberries and toasted hazelnuts.



@Over_A_Cuppa



Over a Cuppa



Blueberry & Oat Pancakes

lavenderandlovage.com

These delicious fluffy pancakes with a hint of cinnamon make a very special breakfast or a delectable dessert! Only 170 calories per portion, they're the ideal recipe to perk up a 5:2 Diet fast day. The oats and blueberries make the pancakes a healthy breakfast dish, whilst being a weekend treat too. When not dieting, serve with cream and a sprinkling of caster sugar for a divine dessert.



Prep Time: 10 mins

Cook Time: 15 mins

Yield: 6-8 Pancakes

Ingredients

Pancakes

- 1 large egg (separated)
- 25g self-raising flour
- 25g porridge oats
- 1 1/2 tsp Splenda (or low-calorie sugar or sweetener of your choice)
- 1/2 tsp ground cinnamon
- 75ml (1/8 pint) skimmed milk (or soya milk)
- Low fat cooking spray

Blueberry Sauce

- 75g fresh or frozen blueberries
- 1 1/2 tsp Splenda (or low-calorie sugar or sweetener of your choice)

Method

- 01** Whisk the egg white until it is stiff and holds peaks. In a separate bowl, beat the egg yolk, flour, oats, sweetener, cinnamon and milk together.
- 02** Gently fold the egg whites into the oat and flour mixture with a metal spoon, being careful to keep as much of the light egg white volume as possible.
- 03** Heat a non-stick frying pan and spray with low-fat oil, about 2 to 3 sprays. Place tablespoons of the pancake batter in the frying pan to make little pancakes, cook for 3 to 4 minutes until they have puffed up before carefully turning over and cooking on the other side until golden.
- 04** Meanwhile, warm the blueberries gently in a small saucepan with about a tablespoon of water and the sweetener. Stir until the fruit is soft and has broken down.
- 05** Serve the pancakes (3 to 4 each, depending on yield) with the hot blueberry sauce and a sprinkle of extra cinnamon

 @KarenBurnsBooth

 @lavenderandlovage

 Lavender and Lovage

White Chocolate Meringue

Ingredients

Serves: 8

- 4 egg whites
- A pinch of salt
- 16 tbsp sweetener
- 1 tub Fromage frais
- 1 tub quark
- 2 white hot chocolate sachets
- Fruit topping of your choice
- 25g white chocolate

Method

- 01 Preheat oven to 160°C/140°C Fan/ Gas Mark 3 and line a baking tray with baking paper.
- 02 Whisk the egg whites and salt until softly peaked. Slowly add the sweetener while continuing to whisk until the mixture is glossy and smooth.
- 03 Spoon the mixture onto the baking paper in 2 circles.
- 04 Turn oven down to 140°C/120°C Fan/ Gas Mark 1 and bake for 1 hour until the meringue is crisp to touch.
- 05 Once cooked and cooled, peel off the paper and place on a serving plate.
- 06 Beat the quark, Fromage frais and white chocolate sachet together and spoon on top of both meringues.
- 07 Scatter fruit on one meringue and then stack the other meringue on top then arrange the fruit on top to your liking.
- 08 Melt the white chocolate and drizzle over the top of the fruit.

 @SugarPinkFood

 @sugarpinkfood

 Sugar Pink Food



Check out more Latoyah's recipes on page 15

Black Coconut Rice with Fresh Mango

Also known as forbidden rice or emperor's rice, black rice was once reserved solely for the emperors of China as it was thought to enrich health and ensure longevity. It's higher in protein and fibre than brown rice and a good source of iron; though calling it 'black' is a bit of a lie as you'll see when you cook it – out comes a deep purple colour. Taste-wise the rice is nutty, combined with the coconut milk and mango it makes a tasty tropical dish. Serve for breakfast or as a dessert.

Prep Time: 5 mins

Cook Time: 40 mins

Serves: 2

Ingredients

- 1 can coconut milk
- ¾ cup black rice
- 1 fresh, ripe medium-sized mango
- 1 – 2 cups of water

Method

- 01** Empty the black rice into a saucepan and rinse well with cold water.
- 02** Add the coconut milk to the rice and warm over a low heat. Add water when necessary to keep the rice from sticking or drying out.
- 03** Stir occasionally until rice is soft but still has 'bite'. This should take approximately 30 minutes.
- 04** Peel the mango and chop the flesh into cubes.
- 05** Divide the rice equally between two bowls and add the mango on top.



Chia Pudding with Spiced Apple

I love chia as it's so versatile – you can use it in baking, in smoothies and in puddings! When it's soaked in liquid the seeds produce a protein rich gel, which not only helps keep you feeling fuller for longer, but is packed with calcium, omega-3 and omega-6 too.

Chai doesn't actually taste of anything so it's a great base for puddings like this. You can pair the seeds with just about anything – from fresh mango, to granola – and just because this recipe is called chia 'pudding', doesn't mean this isn't perfect for breakfast or as a healthy snack.

Prep Time: 10 mins

Cook Time: 15 mins

Serves: 2

Ingredients

- ¼ cup chia seeds
- 1 cup nut milk (almond or coconut work well)
- 2 red apples
- ½ tsp cinnamon
- ¼ tsp ground cloves
- ½ tsp coconut oil

Method

- 01 Put the chia seeds and nut milk into a jar and stir well. Leave the mixture in the fridge overnight, or for at least 6 hours.
- 02 Skin and de-core the apple, then chop into 1cm cubes.
- 03 Warm the coconut oil over a low heat then add the apples and spices. Stir until soft.
- 04 Divide the chia pudding mix into bowls or glasses and top with the hot apple.





Built from experience

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