

# FUN AND TASTY RECIPES



ROXY PT





## French crumpets

439 calories

25g protein

Servings: 1

Ingredients

2-3 drops Womens Best cheesecake flavour drops or any flavour drops

e.g. vanilla

10g Womens Best Vanilla protein powder

3 tablespoons almond milk

50g blueberries

15g dark chocolate chips

1 large egg

1 egg white

2 crumpets

Method:

1. Preheat your oven to 180 degrees. Cut your crumpets in half and line them up in your small oven dish.
2. In a bowl, add your protein powder, egg and egg white, almond milk and flavour drops – then mix together.
3. Pour the mixture over the crumpets, ensuring they are all covered and soaking. Next, add in your blueberries and chocolate chips.
4. Add to the oven for 20 minutes or until golden.



## Tortilla pizza

### Directions

Heat a large pot or dutch oven to medium heat and add olive oil and onions.

Cook onions until tender.

Add garlic and cook for 1 minute.

Add ground turkey and cook through.

Reduce heat and stir in crushed tomatoes, tomato sauce, tomato paste, basil, Italian seasoning, and sugar.

Simmer uncovered for at least 1 hour.

Add salt and pepper to taste

.Divide into servings of 4 cups to freeze. (each serving should make 3-4 meals)



## **Low cal lasagna** **200kcal per slice**

3 cups chopped veggies of your choice

1/2 chopped onion

2 tablespoons minced garlic

1 tablespoon olive oil

1 cup low fat ricotta cheese

1 egg

2 cups fresh spinach

2 cups tomato sauce

12 uncooked oven-ready whole grain lasagna noodles

1 cup mozzarella cheese, shredded

Chop the veggies.

Saute the onion and garlic in the oil over medium high heat.

Add veggies and saute until tender.

Set aside.

Whisk egg into ricotta cheese and stir in fresh spinach.

Pour a little sauce in the bottom of a greased 9×13 pan.

Top with 4 lasagna noodles, 1/2 cup ricotta mixture, 1/2 of the veggies, and 3/4 cup sauce.

Repeat; top entire pan with noodles, remaining sauce, and mozzarella cheese. Cover and bake for 40 minutes at 375 degrees.

Remove foil and bake for 10 minutes more or until cheese is bubbly.



## Chicken pie

### Ingredients

300g Chicken Breast, cut into cubes

2 Rashers Unsmoked Bacon, cut into small squares

1 Leek, sliced

1 Carrot, sliced

450ml Chicken Stock

1 tbsp Semi-Skimmed Milk

1 tbsp Dijon Mustard 1/2 tsp Salt

1/4 tsp Pepper 1 Packet or Pre-Rolled, Lighter Puff Pastry Fry-Light Oil (to glaze the top of the pastry) 1 tbsp plain flour

### Method

STEP 1 Preheat the oven to 200 degrees celsius

STEP 2 Fry the bacon in a saucepan over a medium heat until almost crisp. Add the carrot and the leek and saute for around 3 minutes. Then, add the chicken and continue for saute until lightly browned. Add the flour, salt and pepper and stir frequently for 1 minute.

STEP 3 Slowly add the chicken stock, milk and dijon mustard to the pan and bring to the boil, along with the milk. Stir until thickened. Spoon the mixture into a pie dish, ceramic baking dish or individual ramekins (if making individual pies). Top with the puff pastry, cut to fit the top of the dish. Fold the pastry slightly over the edge of the dish.

STEP 4 Spray the top of the pie with a few spritz of Fry-Light Oil. Cut small slits in the pastry dough to allow the steam to be released during cooking. Bake in the oven for 25 - 30 minutes, or until the pie crust is golden. Leave to stand for 10 minutes and serve with peas and broccoli.



**Pinch of nom:  
chicken zinger**





## Chicken shish kebab

35 minutes to make

Put 100g yogurt in a bowl with 2 of the crushed garlic cloves, the cumin, 1 tsp smoked paprika, ½ tsp oregano and half the lemon juice and zest.

Season, then add the chicken and toss well to coat. Preheat a large griddle pan or the grill to high.

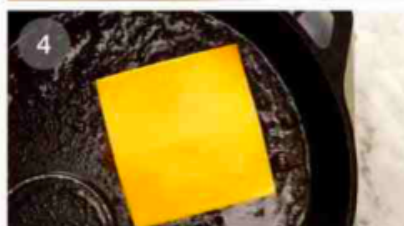
Skewer the chicken onto 4 long or 8 short metal skewers. Griddle (or grill on a baking tray) for 10-15 mins, turning regularly, until charred and cooked through.

Remove from the pan and griddle or grill the lemon slices for 1-2 mins each side.

Toast the pittas, then split open and stuff with the lettuce, cucumber and tomatoes.

Mix the remaining yogurt and garlic with a little of the remaining lemon juice and zest; top with remaining paprika and oregano, then season. Add the chicken to the pittas and drizzle over the sauce. Serve with the griddled lemon slices

# Sausage and egg muffin fakeaway





# Baked oats



Here are the main ingredients in the banana version (which is my favorite!):

Old fashioned oats

Milk- use what you like! Lower calorie: I tested this with oat milk, almond milk, or coconut milk

Maple Syrup- s. 1) There's 1/4 cup which is 200 calories. Split between the 4 servings, that's just 50 calories a serving which is worth it to me for a nice bit of sweetness if adds 2) you can actually leave out the syrup if you desire.

Flavorings- vanilla + cinnamon which are both optional  
Salt + Baking Powder +Baking soda

Ripe Banana- this is used in place of eggs to bind things but it also adds a delicious amount of sweetness and kind of tastes like banana bread.

Nut or seed butter- I really like this version of it but you can actually leave this out as well if you wish.



# Apple crumble

## Ingredients

4 large apples Juice  
of ½ a large unwaxed lemon  
2 tsp. cinnamon

Optional: 2 tsp. natural sweetener such as honey, agave nectar or stevia

100g rolled porridge oats  
50g ground almonds  
2 tsp. flour  
50g low fat butter

Optional: 3 tsp. natural sweetener such as honey, agave nectar or stevia

## Directions

Preheat the oven to 180C.  
Lightly grease an oven dish.

Wash the apples and peel. Remove the core using an apple corer, or chop into quarters and remove the core carefully using your knife. Chop the apples into small slices.

Combine the apples, lemon juice and zest, 2 tsp. cinnamon and if desired, the sweetener. Spread into the bottom of the oven dish. In a blender, place the porridge oats, almonds, flour, butter and if desired, the sweetener. Pulse until blended – the mixture should resemble coarse breadcrumbs. If you don't have a blender, place the oats, almonds and flour into a bowl. Rub the butter and sweetener into the mixture. Sprinkle evenly over the top of the apples. Bake for 30 minutes until the top of the crumble is golden brown. Leave to cool for around 10 minutes before serving so that you don't burn yourself on the hot fruit. Variations: Some people like to stew their apples before using in a crumble – this recipe will give you apples that are still firm, but if you prefer them softer, you might want to cook them down before putting them into the crumble. Simply place them into a saucepan, along with the cinnamon and a few tbsp. of water. Cook down gently for 20 minutes or so or until the apples are soft – you won't need to mash them too much as they should soften on their own. You could also omit the cinnamon and use a different spice, or you could add raisins or another dried fruit to the apple filling. For a lower fat and calorie content, omit the almonds and use more rolled oats or flour. This will make the crumble less sweet, which means you should probably add a sweetener. Serve With: You can serve this crumble with anything – low fat Greek yoghurt, low fat ice cream, low fat custard – or you can serve it just as it is. Recipe serves 4. Calories per serving: 294. Fat per serving: 5.8g.



# Choccy protein brownies

## Ingredients

1 cup (90g) rolled oats\*

1 scoop (25g) protein powder\*\*

1/2 cup (40g) unsweetened desiccated  
coconut

1/3 cup (35g) milled flax seeds

1/3 cup (45g) mixed seeds

## Instructions

Pre-heat your oven to 175C (350F) and add all of the dry ingredients into a food processor & blitz for a few minutes until 90% of the dates have been broken up into tiny pieces

Pour the dry ingredients into a bowl and melt the honey & coconut oil in the microwave for a minute, stir and add to the dry ingredients

Mix until all of the dry ingredients are coated with the oil & honey before pouring into a greased baking tray (or I lined mine with baking paper)

Press the mixture down firmly all over so that the mixture is packed together tightly before baking for 20 minutes

Allow the flapjack to cool in the tin before transferring to the fridge for 4-5 hours. You'll then be able to slice the bars into 6-12 pieces before dipping them into melted dark chocolate and popping them back in to the fridge to set





## Roast dinner

Servings: 2

Ingredients

2 Chicken breasts

4 Potatoes (peeled and halved) we used 2 potatoes each

1 Onion (cut into wedges)

2 Large carrots (sliced lengthways)

1 Leek (finely sliced)

2 Tablespoons low-fat soft cheese

1 Teaspoon dried italian herbs

2 Cloves garlic (finely sliced)

1 Small handful cheddar (grated) or any cheese you like

2 Large handfuls spring greens

500ml Chicken stock

2 Teaspoons gravy powder (mixed with 2 teaspoons water)

1 Teaspoon garlic powder

1 Teaspoon onion powder

15g Plain flour

1 Egg

38ml Milk

Method:

Fill a large saucepan with water and bring to the boil. Add your potatoes and cook for 5-8 minutes. Drain and leave in the colander whilst you get on with the rest.

Pre-heat your oven to 190C. Pop a baking tray in the oven to become hot. Whilst this is heating, spray your potatoes with cooking oil spray until covered. Sprinkle over lots of sea salt flakes and black pepper. When the baking tray is hot, remove from the oven and add your potatoes. Pop back in the oven. These should take about 40-45 minutes to cook and you need to turn them every 15 minutes or so to ensure they are golden all over.

On another small roasting tray, add your chicken with some cooking oil spray sprayed over, salt pepper and the onions. Sprinkle over the dried italian herbs. Pop this in the oven and cook for around 30 minutes (or until there is no pink inside the chicken).

Spray some more fry light in a saucepan and heat on the hob. Add the sliced leeks along with the garlic and fry on a medium heat until soft. Don't let it burn. Once it is soft, add the soft cheese and the cheddar and give everything a good mix. You may want to add a splash of milk if it seems a little too thick. Turn the heat right down and keep warm while you get on with the rest.

Add the chicken stock, onion powder, garlic powder and the gravy powder/water to a small saucepan and put on a medium heat until thickened. Keep on a low heat whilst you cook the vegetables.

Spray 2 holes in a muffin tin with cooking oil spray. Pop in the oven to heat. In a large bowl, whisk together the flour, milk and egg and some sea salt flakes. When smooth, remove the baking tray from the oven and pour in the batter into the 2 muffin tin holes and pop back in the oven. They should take around 15 minutes to fluff up. Don't open the oven whilst these are cooking as they will collapse.

Boil your carrots in another saucepan for 7-10 minutes or until cooked but still with a nice bite. Remove the carrots with a pair of tongs and add your spring greens. These should only take 3-4 minutes to cook.

Arrange everything on the plate and serve. The above method is just a guide. If cooking times differ, just try to keep everything warm whilst you cook the rest.

NEED MORE HELP?  
BOOK A FREE 30MINUTE, NO  
OBLIGATION CONSULTATION TO FIND  
OUT ABOUT MY 1-1 SERVICE AND HOW I  
CAN HELP YOU

EMAIL ME ON:  
ROXANNESULLIVAN89@ICLOUD.COM  
INSTAGRAM: ROXYPT\_  
YOUTUBE:  
LIST=PLFNTFZU20CHRNQ50XE3K4BQQQ  
GRQMBL3V

