



# Recipe Booklet



# Breakfast

## Recipe: Overnight Oats

Serves  
**1**  
adult

### Ingredients

- 1/2 cup milk
- 1/2 cup of 9% fat Greek yoghurt, skyr or quark
- 1/2 cup oats
- Fruit
- 2 tsp of seeds or a small handful of unsalted nuts
- Add something to flavour it e.g. nut butter, honey, jam



### Ideas

Strawberries, sunflower seeds, vanilla extract

Pineapple, mango, desiccated coconut.

Apple, mixed spice, raisins, walnuts

Banana, cinnamon, pecans

Pear, raspberries/ cherries, flaked almonds, almond extract

Grated carrot, raisins, cinnamon, walnuts

Peaches, chia seeds, vanilla extract

Cocoa, chopped dates, linseeds.

### Method

1. Place everything in a bowl or portable container. Mix it all together and leave overnight in the fridge.
2. Eat hot or cold the next day.

# Breakfast

## Recipe: Chocolate Overnight Oats\*

\*to be prepared overnight

### Ingredients

- 250ml low-fat chocolate protein milk (or regular milk)
- 30-45g oats
- 1 tablespoon chia seeds
- 1 small handful of fresh or frozen mixed berries
- 1 small handful of hazelnuts (optional)

### Method

1. Mix all of the ingredients together in a bowl or a Tupperware container
2. Cover with cling film or lid
3. Place in the fridge for at least 3 hours or overnight to allow the oats to soften.

Serves

1



## Recipe: EduFIT pancakes

### Ingredients

- 2 heaped tbsp of 0% fat thick yoghurt  
e.g. Greek / Icelandic / Swedish  
yoghurt.
- 1 egg
- 3 heaped tbsp of self-raising flour
- 1/2 tsp bicarbonate of soda

Serves

1



### Method

1. Mix all ingredients together in a bowl, fry in a non-stick frying pan on both sides. Serve with preferred toppings e.g. yoghurt and berries, banana and nut butter.

# Breakfast

## Recipe: Easy Egg Muffins

Serves  
**3**

### Ingredients

- 1 tbsp vegetable, olive or rapeseed oil
- 4-5 large eggs
- 1 handful of cherry tomatoes, cut into quarters
- 2 spring onions, sliced
- 1-2 handfuls of spinach, washed and chopped (optional)
- 50g light cheddar cheese, grated



### Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Lightly brush a 6 hole muffin tin with the oil.
2. Whisk the eggs together in a bowl. Add the chopped tomatoes, spring onions, spinach and cheese to the egg mixture and mix.
3. Spoon the mixture into the prepared muffin tin, dividing it equally between the 6 holes. Sprinkle over extra cheese if desired.
4. Bake for 25 minutes.

## Recipe: Quick & Easy Omelette

Serves  
**1**

### Ingredients

- 2 medium eggs
- 3 teaspoons of water
- ½ teaspoon of dried herbs
- 1 teaspoon of olive oil
- Black pepper to taste

### Method

1. Beat the eggs, water, pepper and herbs together. Tip: If you do this in a jug it makes it easier to pour into the pan.
2. Heat the oil in a non-stick frying pan, and add the egg mixture. Spread the mixture around the pan and cook until the eggs are set and come away from the edge of the pan, the mixture should be firm.
3. Turn the omelette carefully to cook on the other side.



To add some variety to your omelette, try gently cooking some vegetables in the pan before adding the egg mixture.

# Lunch

## Recipe : Chicken noodle soup

Serves  
**2**  
adults

### Ingredients

- 600ml low-sodium chicken stock
- 2 small carrots, peeled and chopped
- 2 handfuls of frozen broccoli and/or peas
- 100g medium egg noodles
- 100g shredded, cooked chicken (e.g. 2 chicken breasts)
- 4 spring onions, sliced
- 1 tablespoon reduced-salt soy sauce

### Method

1. Bring the stock to the boil and add the broccoli and/or peas and carrots. Boil for 5 mins, then add the noodles and simmer for 3 mins.
2. Stir in the chicken, spring onions, soy sauce and heat for 1 min.
3. Ladle into bowls.



## Recipe : Cajun Chicken Wrap / Pitta

Serves  
**1**

### Ingredients

- 1 wholegrain wrap or pitta pocket
- 2 tablespoons of Cajun seasoning
- 1 teaspoon of paprika
- 1 grilled/baked chicken breast
- 1 teaspoon olive oil
- 1 teaspoon of low-fat mayonnaise
- ½ teaspoon of lemon juice
- 1 spring onion, chopped
- 1 large handful of lettuce or spinach leaves
- 4 cherry tomatoes, sliced in half

### Method

1. Combine all of the ingredients for inside the wrap/pitta in a bowl.
2. Add to the wrap/pitta and enjoy hot or cold.



# Lunch

## Recipe:

### Chicken Pesto Pasta

Serves

2

#### Ingredients

- 1 tbsp olive oil
- 2 cloves of garlic
- 5 cherry tomatoes, halved
- 2 large handfuls of mushrooms, chopped
- 150g spaghetti
- 2 tbsp pesto
- 2 handfuls of spinach leaves, washed
- 2 chicken fillets, cut into chunks
- Pinch of black pepper
- Grated cheese



#### Method

1. Cook spaghetti as per packet instructions.
2. Heat oil in a pan over medium heat.
3. Add the garlic and fry for 2 minutes.
4. Add the chicken pieces and cook for 5 minutes until the chicken is almost cooked.
5. Add the tomatoes, spinach and mushrooms.
6. Sprinkle black pepper over the food in the pan. Cook for approx. 5 minutes until the chicken is fully cooked.
7. Stir in the pesto.
8. Add grated cheese and serve with cooked spaghetti.

# Lunch / Dinner

Serves  
**2**  
adults

## Recipe:

### Chicken & Vegetable Egg Fried Rice

#### Ingredients

- Desired amount of preferred mixed vegetables (fresh, frozen, canned)
- 1 tablespoon olive or rapeseed oil
- 2 cloves of garlic or 1 teaspoon of garlic puree
- 2 chicken fillets
- 1 x 250g bag of microwave rice e.g. wholegrain & quinoa rice, golden vegetable rice
- 2 eggs
- 1 tablespoon of reduced salt soy sauce

**Tip:** add precooked chicken to make meals in less time

#### Method

1. Chop up preferred vegetables and garlic.
2. Add rapeseed or olive oil to the pan.
3. Add garlic to the pan.
4. Add chicken to the pan and cook until browned.
5. Add the chopped vegetables to the pan.
6. Add the microwave rice e.g. wholegrain & quinoa rice and soy sauce.
7. Add 2 eggs to the pan. After a few seconds when the egg begins to turn white scramble all of the ingredients together until the egg is cooked through.



## Recipe:

### Quick Homemade Pizza

Serves  
**1**

#### Ingredients

- 2 tablespoons of passata
- ½ garlic clove, crushed (or ½ tsp garlic powder)
- Dried mixed herbs
- 1 wholemeal tortilla wrap
- 25g grated cheese (e.g. cheddar or mozzarella)
- Preferred toppings e.g. cooked chicken, peppers, sweetcorn, pineapple, spinach, tomato.

#### Method

1. Heat the oven to 200C fan.
2. Mix the passata, garlic, herbs together.
3. Put the tortillas onto a baking sheet.
4. Spread over the tomato sauce leaving a 1cm border around the edges.
5. Scatter with the cheese, add toppings.
6. Bake for 6-8 minutes until the edges of the tortillas are crisp and golden.



**This is also a great lunch option!**

# Lunch / Dinner

## Recipe:

## Broccoli, Mushroom & Mascarpone Pasta

Serves

4

adults

### Ingredients

- 300g pasta
- 2 x 200g packets of tenderstem broccoli, cut in halves
- 15g butter
- 4-6 spring onions, trimmed and sliced
- 2 cloves of garlic, peeled and crushed
- 150g mushrooms, washed and sliced
- 250g Mascarpone
- 25g Extra Mature Cheddar, grated
- 2 tsp Wholegrain Mustard



### Method

1. Bring a large pot of water to the boil, add the pasta and cook for 11 minutes until just tender. Add the broccoli for the last 7 minutes.
2. Meanwhile, melt the butter in a small pan and fry the spring onions and garlic for 2 minutes. Add the mushrooms for 4-5 minutes.
3. Add the mascarpone, cheddar and mustard and stir over a low heat until melted. Season with black pepper.
4. Drain the pasta and broccoli, add the sauce to the pot and mix well before serving.



# Lunch / Dinner

## Recipe: Chicken Chow Mein

Serves  
**4**  
adults

### Ingredients

- 250g wholewheat dried egg noodles (4 x 62.5g nests or 5 x 50g nests of noodles)
- 1 tablespoon vegetable oil
- 4 skinless frozen chicken breasts, defrosted, cut in half
- 1 onion, chopped or 2 handfuls of frozen chopped onion
- 1 red bell pepper, sliced
- 1 large carrot, cut into matchsticks
- 125g savoy cabbage, shredded
- 125g broccoli, chopped
- ½ teaspoon Chinese five-spice
- 2 tablespoons reduced-salt soy sauce
- **Optional: serve with cashew nuts on top for added crunch.**



### Method

1. Prepare the noodles according to the packet instructions.
2. Heat the oil in a wok or deep, large pan on a high heat.
3. Add the chicken and cook for 3 minutes, stirring constantly. Add the onion, red pepper, carrot, cabbage and broccoli then stir continuously for a further 5-7 minutes until the chicken is cooked through and the vegetables are softened but still crunchy.
4. Add the Chinese five-spice and soy sauce and mix.
5. Turn off the heat.
6. When the noodles are ready, drain them and add them to the wok, mixing thoroughly.
7. Serve & Enjoy!

### Tips

- Mix up your chow Mein by varying the vegetables every time you make it.
  - Courgettes, cauliflower, green beans, leeks, mushrooms, pak choi, peas, water chestnuts, radishes, beansprouts, spring onions, kale and all types of cabbage work really well in stir-fries.

# Lunch / Dinner

## Recipe:

### Salmon pesto traybake with baby roast potatoes

Serves  
**4**  
adults

#### Ingredients

- 500g baby potatoes, cut in half
- 1 tsp olive oil
- 2 large courgettes, cut into small chunks
- 1 red pepper, cut into small chunks
- 1 spring onion, finely sliced
- 25g pine nuts
- 3-4 salmon fillets
- juice ½ lemon
- 1½ - 2 tbsp pesto



#### Method

1. Boil the potatoes for 10 mins until tender, then drain.
2. Heat oven to 200C/180C fan/gas 6. Toss the potatoes in the oil, then transfer to a baking tray. Roast for 20 mins. Push the potatoes to one side of the tray and put the courgette, pepper, spring onion and pine nuts down the middle of the tray. Put the salmon on the other side. Squeeze lemon juice over the salmon fillets and the vegetables (not including the potatoes). Season everything with pepper. Spread each of the salmon fillets with pesto and return the tray to the oven for 12-15 mins until everything is cooked through.

# Snack

## Recipe: Fruity Oat Bar (6 bars)

Serves

6

bars



### Ingredients

- 150g oats
- 2 ripe bananas
- 60g melted butter
- 60g cherries
- 60g cranberries
- 40g pumpkin seeds
- 40g sunflower seeds

### Method

1. Preheat the oven to 200C (fan 180C, gas mark 6)
2. Mix the oats, cherries, cranberries and seeds together in a bowl.
3. Pour the melted butter into the bowl and mix thoroughly.
4. On a separate plate, mash the bananas with a fork and add to the oat mixture and mix well.
5. Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.
6. When cooked, allow to cool and then cut into 6 bars.

## Recipe: Peanut and Chocolate Chip Balls

### Ingredients

- 1 cup of pitted dates (pitted dates are dates that have had their pits or seeds removed)
- 1/2 cup pumpkin seeds
- 1/2 cup desiccated coconut
- 1/2 cup 100% peanut butter
- 1/4 cup of chocolate chips
- 1-2 tablespoons of water (as needed)

### Method

1. Finely chop the dates and add to a bowl.
2. Add the pumpkin seeds, coconut and peanut butter and mix well until a dough starts to form. Add the chocolate chips and mix again.
3. Add water, 1 tablespoon at a time, until the dough starts to come together and you can form it into balls with your hands. Roll the dough into 1-inch balls with your hands and place them in the freezer until set, about 10 minutes.
4. Store balls in the freezer for the best texture and remove as desired.



# Bread

## Recipe: Oat Bread

### Ingredients

- 500g low-fat natural yoghurt
- Fill the empty yoghurt pot above twice with oats
- 2 handfuls of wheat bran (optional)
- 1 egg
- 1 tsp bread soda
- Optional: sprinkle with pumpkin seeds

### Method

1. Pre-heat the oven to 180C.
2. Line a baking loaf tin with baking paper.
3. Mix all ingredients together in a bowl.
4. Add the mixture to the loaf tin and bake for 55 minutes.
5. Remove the loaf from the tin. Return to the oven upside down and allow to bake for 5 minutes.
6. Allow to cool on a wire tray.



# Sports Drink

## Ingredients

- 250mls fruit juice e.g. apple/orange juice
- 250mls water
- pinch of salt

