



# October Plant-Based Recipe Pack

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

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chi **mind** behaviour  
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fitnes **body** eat well rest therapy  
sleep **balance** power **soul** charity  
fun **life** read **giving**  
education harmony **love** joy  
business feeling **energy** calm inner power  
quality of life **spirit** problem solving  
happiness **peace** family relationship  
purpose spiritual attitude  
optimism



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

# Sample Weekly Meal Planner

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Mon</b>	High Protein Baked Oatmeal	Baked Zucchini Sticks with Healthy Homemade Ketchup	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Smoky Tomato & Bean Stew
<b>Tue</b>	Breakfast Pancakes With Harissa Roasted Veggies	Super Green Soup	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Smoky Tomato & Bean Stew
<b>Wed</b>	Breakfast Pancakes With Harissa Roasted Veggies	Super Green Soup	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Creamy Sundried Tomato Pasta
<b>Thu</b>	Raspberry Protein Smoothie	Chickpea & Couscous Salad	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Creamy Sundried Tomato Pasta
<b>Fri</b>	Chickpea & Avocado Toast	Chickpea & Couscous Salad	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Easy Vegan Nasi Goreng
<b>Sat</b>	Chickpea & Avocado Toast	Watermelon Poke Bowl	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Meal Out - Enjoy!
<b>Sun</b>	High Protein Baked Oatmeal	Watermelon Poke Bowl	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Easy Vegan Nasi Goreng

# Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments & Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• 4 bananas</li> <li>• pack raspberries</li> <li>• pack blueberries</li> <li>• pack blackberries</li> <li>• 2 avocados</li> <li>• 3 lemons</li> <li>• watermelon</li> <li>• 1 lime</li> </ul> <p><b>Body Level One</b></p> <p><b>Body Level Two</b></p> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• eggplant (aubergine)</li> <li>• 1 zucchini (courgette)</li> <li>• bunch green onions (spring onions)</li> <li>• piece root ginger</li> <li>• 2 cucumbers</li> <li>• edamame beans (if no fresh buy frozen)</li> <li>• garlic bulb</li> <li>• 1 broccoli</li> <li>• pack spinach</li> <li>• pack lambs lettuce</li> <li>• pack rocket</li> <li>• pack choy</li> <li>• 1 white onion</li> <li>• 1 red onion</li> <li>• pack cherry tomatoes</li> <li>• 3 tomatoes</li> <li>• 2 carrots</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• raspberries</li> </ul>	<p><b>Cold</b></p> <ul style="list-style-type: none"> <li>• almond milk, unsweetened</li> <li>• oat milk</li> <li>• natural soy yogurt</li> <li>• 2x 14 oz. (400g) packs silken tofu</li> <li>• tub hummus</li> <li>• oat cream</li> </ul> <p><b>Body Level Three</b></p> <p><b>Body Level Four</b></p> <p><b>Body Level Five</b></p>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• rolled oats</li> <li>• white rice</li> <li>• brown rice</li> <li>• couscous</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>• cashew nuts</li> <li>• sesame seeds</li> <li>• black sesame seeds</li> <li>• peanuts</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>• baking powder</li> <li>• buckwheat flour</li> <li>• chickpea flour</li> <li>• cornstarch</li> <li>• oat flour</li> <li>• white rice flour</li> </ul> <p><b>Dried Herbs &amp; Spices</b></p> <ul style="list-style-type: none"> <li>• ground cumin</li> <li>• chili powder</li> <li>• chili flakes</li> <li>• ground allspice</li> <li>• ground cloves</li> <li>• ground cinnamon</li> <li>• garlic granules</li> <li>• smoked paprika</li> <li>• ground cardamom</li> <li>• black pepper</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>• parsley</li> <li>• cilantro (coriander)</li> <li>• basil</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> <li>• sesame oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• maple syrup</li> <li>• coconut sugar</li> </ul> <p><b>Boxed, Canned &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• peanut butter</li> <li>• 3x 14 oz. (400g) cans chickpeas</li> <li>• tomato sauce (passata)</li> <li>• apple cider vinegar</li> <li>• cornflakes</li> <li>• tamari sauce (can substitute with soy sauce)</li> <li>• harissa paste</li> <li>• tahini</li> <li>• rice vinegar</li> <li>• sriracha sauce</li> <li>• Dijon mustard</li> <li>• vegetable broth (stock) (can also use cubes)</li> <li>• 2x 14 oz. (400g) cans cannellini beans</li> <li>• 1x 14 oz. (400g) can chopped tomatoes</li> <li>• sundried tomatoes</li> <li>• pasta of choice</li> <li>• nutritional yeast</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• plant based protein powder, vanilla</li> <li>• vegan chocolate chips</li> <li>• nori</li> <li>• sliced bread</li> <li>• sea salt</li> </ul>



# High Protein Baked Oatmeal

## Serves 1

## What you need to do

½ cup (40g) rolled oats

½ banana

½ cup (120ml) almond milk,

unsweetened

1 tbsp. maple syrup

1 tbsp. protein powder, vanilla

½ tsp. baking powder

1. Preheat the oven to 350°F (180°C).

2. Place all the ingredients, except for the toppings, into a high-speed blender or food processor and blend until smooth.

3. Transfer the batter into an ovenproof dish and top with fresh raspberries and chocolate chips.

4. Place the dish in the oven and bake for 25-30 minutes, until golden on top. Once out of the oven drizzle over some peanut butter and serve.

## Toppings:

¼ cup (30g) raspberries

1 tbsp. vegan chocolate chips

1 tbsp. peanut butter, natural

• Body Level Five

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	30 mins	469	17	70	12	9

\*Nutrition per serving



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# Raspberry Protein Smoothie

## Serves 1

## What you need to do

1 banana

1 cup (125g) frozen raspberries

½ scoop (12g) vanilla protein powder

• Body Level One

2 tbsp. cashew nuts

• Body Level Two

½ cup (120ml) unsweetened almond milk

• Body Level Three

• Body Level Four

• Body Level Five

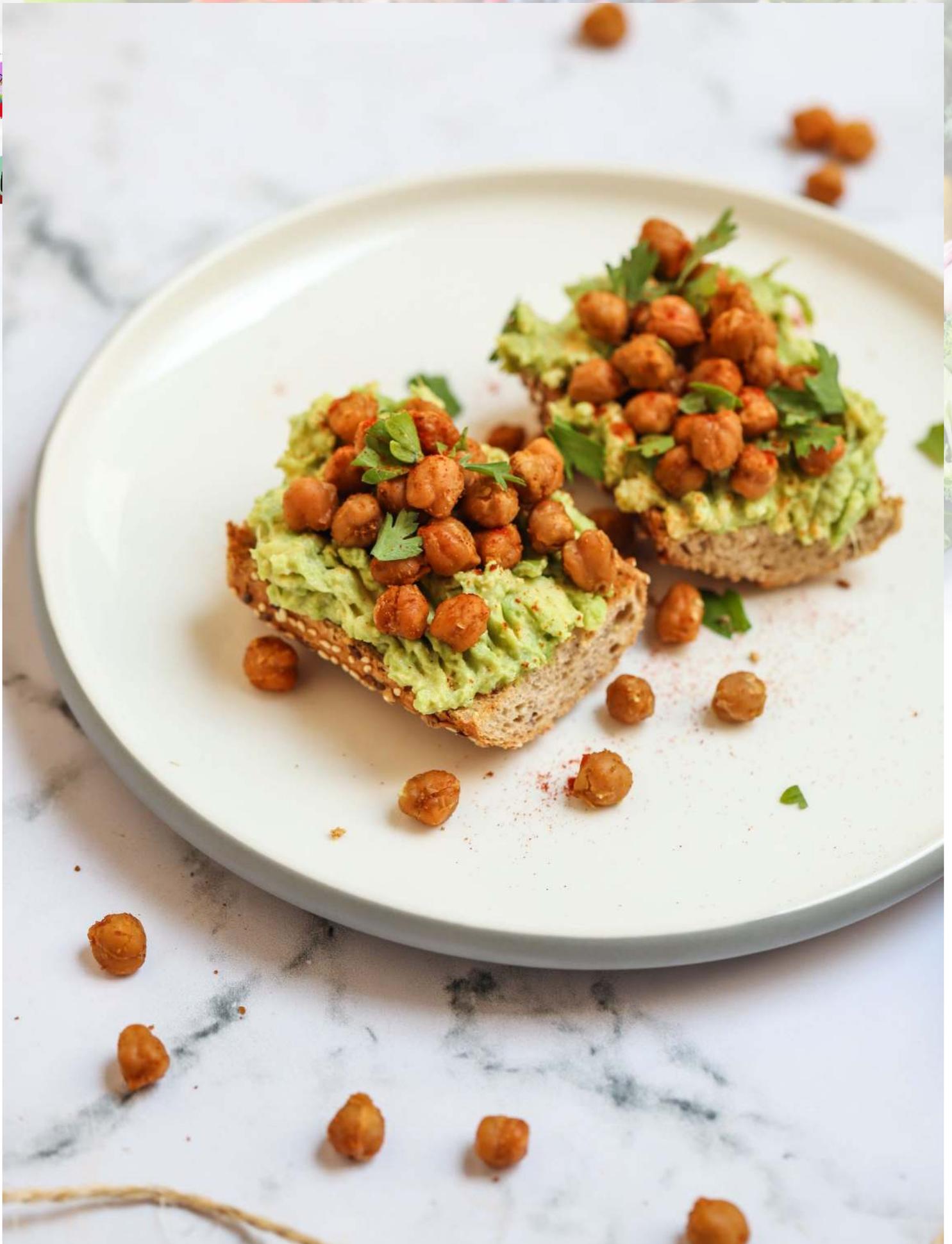
1. Place all the ingredients into a high-speed blender and blend until smooth. Pour into a glass and serve immediately.

GF DF V Q N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	326	10	49	16	9

\*Nutrition per serving



# Chickpea & Avocado Toast

Serves 2

What you need to do

1 cup (165g) chickpeas,  
drained

1 tbsp. olive oil

• ¼ tsp. salt

¼ tsp. black pepper

1 tsp. ground cumin

1 avocado

1 tbsp. tahini

½ lemon, juice

2 slices of bread, toasted

salt & black pepper

2 tbsp. fresh parsley, chopped,  
to serve

1. Preheat the oven to 390°F (200°C). Place the chickpeas in an ovenproof dish, drizzle with olive oil, season with salt, pepper and cumin and mix well to combine.
2. Place the dish in the oven and cook the chickpeas for 15-20 minutes until they start to become crispy, then remove the dish from the oven and set aside.
3. Meanwhile, place the avocado flesh in a bowl and add in the lemon juice and tahini, season to taste with salt and pepper and mash with a fork.
4. Toast the bread, divide the mashed avocado between the 2 slices of toast and top with the roasted chickpeas. Season to taste with salt and pepper and garnish with chopped parsley, to serve.

DF V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	484	30	46	13	15

\*Nutrition per serving



# Breakfast Pancakes With Harissa Roasted Veggies

Serves 4

What you need to do

**For the pancakes:**

- 1 ¼ cup (150g) buckwheat flour
- 1 tsp. chili powder
- 1 tsp. paprika powder
- Body Level One salt & pepper
- 1 cup (240ml) water
- Body Level Two 4 tsp. olive oil

**For the vegetables:**

- 1 eggplant (aubergine), cut into chunks
- 1 small zucchini (courgette), cut into chunks
- 1x 14 oz. (400g) can chickpeas, drained
- salt & pepper
- 1 tsp. paprika
- 1 tbsp. olive oil
- 2 large tomatoes, chopped
- 1 tsp. harissa paste
- 1 tbsp. tahini
- 1 lemon, juiced
- 2 tbsp. fresh parsley, chopped

1. Preheat the oven to 375°F (190°C). Place the eggplant, zucchini and chickpeas in a roasting dish. Season with salt and pepper, paprika; drizzle over the olive oil and mix well to combine. Place the dish in the oven and bake for 25 minutes. Remove from the oven, add in the tomatoes and return the dish to the oven to cook for a further 10 minutes.
2. In the meantime, prepare the pancakes. Place the flour, chili powder and paprika in a bowl, season with salt and pepper and mix together. Add in the water and mix well to form a thick batter
3. Heat 1 teaspoon of olive oil in a non-stick skillet over a medium heat and pour in ¼ of the batter mix. Move the skillet from side to side to spread the batter around. Cook for about 4 minutes then flip the pancake over and cook for a further 2-3 minutes on the second side until the pancake is cooked through. Transfer the pancake onto a plate and cover with tin foil to keep warm. Repeat this process a further 3 times with remaining olive oil and batter mix.
4. Once the vegetables have cooked, remove the dish from the oven and transfer into a large bowl. Add in the harissa paste, tahini, lemon juice and parsley. Season to taste with salt and pepper and mix well.
5. Place a pancake on each plate and top each pancake with an equal portion of the roasted vegetable mix. Garnish with additional chopped parsley and serve immediately.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	45 mins	340	10	55	14	15

\*Nutrition per serving





# Healthy Homemade Ketchup

Serves 10

What you need to do

1 cup (240g) tomato sauce (passata)

¼ cup (60ml) apple cider vinegar

• Body Level One

⅛ tsp. ground allspice

• Body Level Two

⅛ tsp. ground cloves

¼ tsp. ground cinnamon • Body Level Three

1 tbsp. maple syrup

• Body Level Four

1 tsp. sea salt

¼ tsp. black pepper

water, as required

1. Place all the ingredients into a small pot, place on the stove over a low heat and simmer gently for 10 minutes. If the sauce is too thick, add a little water to achieve the desired consistency.
2. Transfer the ketchup into a glass jar with a tight fitting lid and store in the refrigerator for up to one month.

GF DF LC MP V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	10 mins	14	0	3	0	1

\*Nutrition per serving



# Baked Zucchini Sticks

## Serves 2

## What you need to do

- 1 zucchini (courgette)
- 1 cup (90g) chickpea flour
- ¾ cup (180ml) unsweetened almond milk
- ½ cup (65g) cornstarch
- salt & pepper
- ½ cup (30g) cornflakes, crushed
- 1 tsp. garlic granules
- Homemade ketchup, 2 servings

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Cut the zucchini into even sized sticks.
3. Place the chickpea flour, cornstarch, milk and garlic granules into a bowl, season with salt and pepper and mix well to combine into a batter. Place the crushed cornflakes onto a separate plate.
4. Dip each zucchini stick first into the batter and then into the cornflakes, before placing the coated sticks onto the baking sheet. Place the tray in the oven and bake for 25 minutes until golden.
5. Serve the zucchini sticks with the homemade ketchup from this recipe pack.

• Body Level Three

• Body Level Four

• Body Level Five

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	25 mins	382	5	69	13	9

\*Nutrition per serving





# Watermelon Poke Bowl

Serves 4

What you need to do

**For the watermelon:**

- 2 cups (300g) watermelon, cubed
- 6 tbsp. tamari sauce
- 2 tsp. rice vinegar
- 1 tsp. soy sauce
- 1 lime, juiced
- 1 tbsp. maple syrup
- 2 green onions (spring onion), finely sliced
- 2 tbsp. root ginger, grated
- 2 tbsp. sesame seeds, toasted
- 1 tsp. red chili flakes

**For the sauce:**

- 3 tbsp. natural soy yogurt
- 1 tbsp. sriracha sauce

**For the poke:**

- 9 oz. (250g) cooked rice
- ½ cucumber, sliced
- 1 avocado, sliced
- ½ cup (60g) edamame beans
- 1 tbsp. nori, chopped
- 1 tbsp. black sesame seeds

1. Place the tamari sauce, rice vinegar, sesame oil, lime juice, maple syrup, green onions, ginger, sesame seeds and chili flakes into a bowl and mix well to form a marinade. Pour the marinade over the chopped watermelon and set aside to marinate for 1 hour in the refrigerator.
2. In a small bowl, combine the yogurt and sriracha sauce and place in the refrigerator until ready to assemble.
3. Once the watermelon has marinated, assemble your poke bowl. Divide the cooked rice between 2 bowls. Top with the watermelon, cucumber, avocado, edamame beans, nori, and sriracha yogurt sauce. Garnish with black sesame seeds and serve immediately.

• Body Level One

• Body Level Two

• Body Level Three

• Body Level Four

• Body Level Five

• Body Level Six

• Body Level Seven

• Body Level Eight

• Body Level Nine

• Body Level Ten

• Body Level Eleven

• Body Level Twelve

• Body Level Thirteen

• Body Level Fourteen

• Body Level Fifteen

• Body Level Sixteen

• Body Level Seventeen

• Body Level Eighteen

• Body Level Nineteen

• Body Level Twenty

• Body Level Twenty One

• Body Level Twenty Two

• Body Level Twenty Three

• Body Level Twenty Four

• Body Level Twenty Five

• Body Level Twenty Six

• Body Level Twenty Seven

• Body Level Twenty Eight

• Body Level Twenty Nine

• Body Level Thirty

GF	DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	60 mins	373	16	51	10	6

\*Nutrition per serving





# Chickpea & Couscous Salad

Serves 4

## What you need to do

### For the salad:

½ cup (85g) couscous

1x 14 oz. (400g) can chickpeas,  
drained

½ cucumber, sliced

½ red onion, diced

1 cup (150g) cherry tomatoes,  
halved

7 oz. (200g) rocket

4 tbsp. hummus

### For the dressing:

1 tbsp. apple cider vinegar

1 tbsp lemon juice

1 tbsp. olive oil

1 tsp. maple syrup

1 tsp. Dijon mustard

1. Cook the couscous according to instructions on the packaging. Once cooked, set aside to cool slightly.
  2. Make the dressing by mixing all the dressing ingredients together and setting aside until needed.
  3. Place all the salad ingredients in a bowl along with the cooled couscous and toss together with the salad dressing.
  4. Divide the salad between 4 plates and serve with a tablespoon of hummus.
- Body Level One
  - Body Level Two
  - Body Level Three
  - Body Level Four
  - Body Level Five

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	0 mins	351	12	51	10	10

\*Nutrition per serving





# Super Green Soup

## Serves 4

## What you need to do

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- Body Level One salt & pepper
- Body Level Two 2 ½ cups (600ml) vegetable broth (stock)
- Body Level Three 1 large broccoli head, cut into florets
- Body Level Four 7 oz. (200g) spinach
- Body Level Five 1x 14 oz. (400g) can cannellini beans, drained
- 4 tbsp. fresh cilantro (coriander), chopped
- ½ lemon, juiced
- 5 tbsp. oat cream, to serve

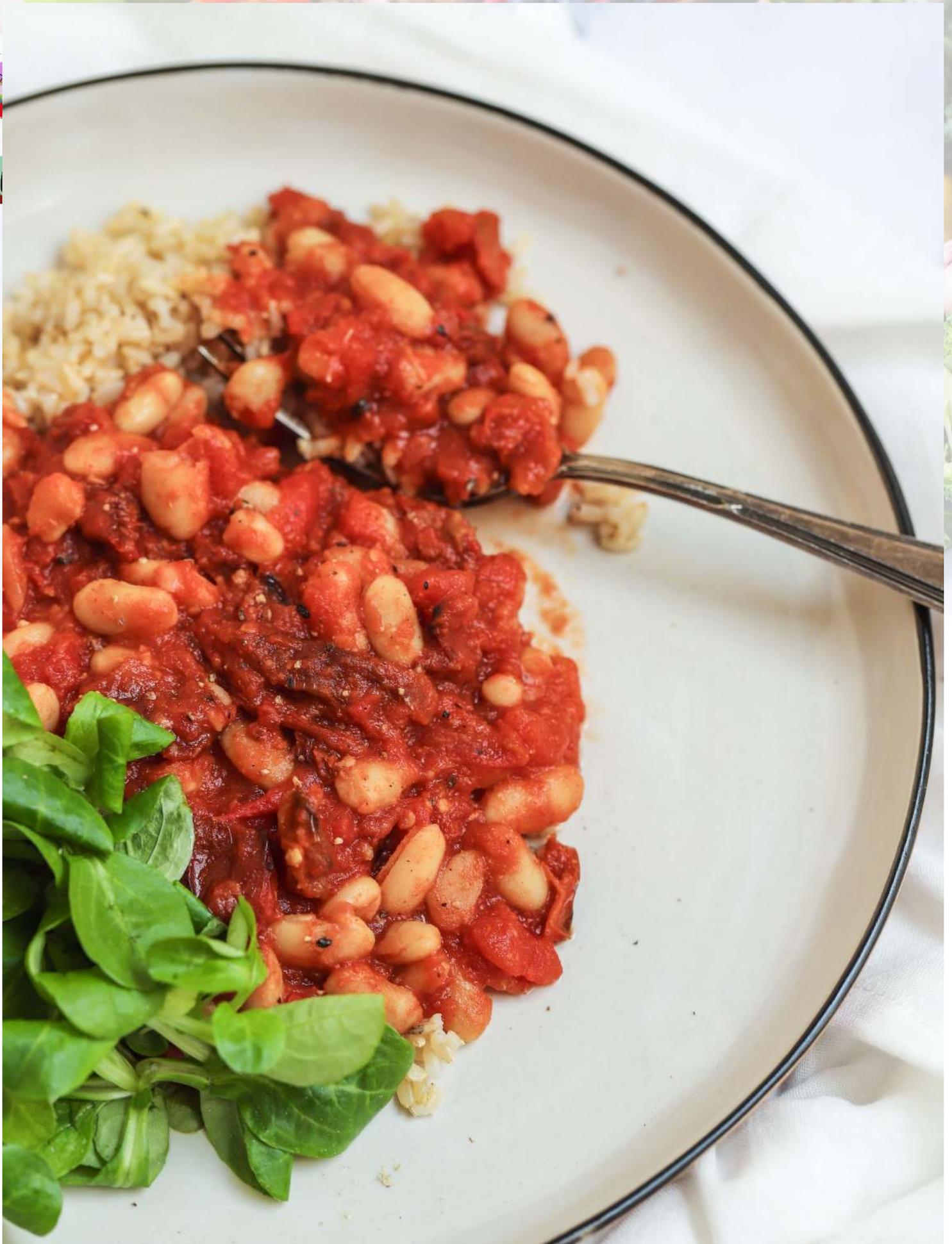
1. Heat the olive oil in a large pot over a medium heat. Add the garlic and cumin to the pot and season with salt and pepper, cook for 1-2 minutes. Now add in the vegetable broth and the broccoli and bring to the boil. Reduce the heat and simmer gently for 10 minutes.
2. Add in the remaining ingredients (excluding the oat cream) and cook for a further 10 minutes. Once the soup has cooked, use a hand blender to blend until smooth and creamy.
3. Divide the soup into bowls and serve topped with a tablespoon of oat cream.

GF DF LC MP V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	22 mins	181	8	24	8	7

\*Nutrition per serving



# Smoky Tomato & Bean Stew

Serves 4

What you need to do

2 cloves garlic, minced

½ cup (55g) sundried tomatoes, drained

1 tsp. smoked paprika

salt & pepper

1x 14.oz. (400g) can cannellini beans, drained

1x 14oz. (400g) can chopped tomatoes

1 tbsp. maple syrup

1. Cook the rice according to instructions on packaging.

2. Heat a large pot over medium high heat and sauté the sundried tomatoes and garlic for 2-3 minutes. Add in the smoked paprika, season to taste with salt and pepper and mix well to combine. If necessary, add a splash of water to prevent the tomatoes from burning.

3. Now add the drained cannellini beans, chopped tomatoes, maple syrup and simmer for a further 10 minutes.

4. To serve, divide the rice, lambs lettuce and bean stew between 4 plates and top with a tablespoon of yogurt. Finish with some black pepper and serve immediately.

**To serve:**

3 cups (480g) rice, cooked

4 handfuls lambs lettuce, or other greens of choice

4 tbsp. natural soy yogurt

black pepper

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	15 mins	278	1	59	9	6

\*Nutrition per serving





# Easy Vegan Nasi Goreng

## Serves 4

## What you need to do

- 2 cups (400g) brown rice, cooked
- 1 tbsp. coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ¾ inch (2cm) root ginger, grated
- 1 small pak choy, sliced
- 2 carrots, finely chopped
- 10.5 oz. (300g) silken tofu, crumbled
- 4 tbsp. tamari sauce
- 2 tbsp. rice vinegar

1. Cook the rice according to instructions on packaging.
2. Heat the coconut oil in a large skillet over a medium heat and fry the onion, garlic and ginger for 2-3 minutes. Add in pak choy and carrots and cook for a further 5 minutes.
3. Now add in the cooked rice, tofu, tamari sauce and rice vinegar. Sauté together for another 5 minutes, stirring constantly.
4. To serve, divide the rice between 4 serving bowls and top each bowl with sliced green onions and chopped peanuts. Serve immediately with sliced cucumber and tomato.

### To serve:

- ¼ cup (36g) peanuts, chopped
- 3 green onions (spring onions), sliced
- ½ cucumber, sliced
- 1 tomato, sliced

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	13 mins	287	11	35	14	4

\*Nutrition per serving





# Creamy Sundried Tomato Pasta

Serves 4

What you need to do

**For the pasta:**

10.5 oz. (300g) pasta of choice

½ cup (55g) sundried tomatoes, chopped

2 cloves garlic, minced

4 tbsp. fresh basil, chopped

¼ tsp. chili flakes

**For the sauce:**

1 cup (140g) cashew nuts

1 ½ cups (350ml) almond milk, unsweetened

2 tbsp nutritional yeast

2 tsp. salt

1. Cook the pasta according to instructions on packaging.
2. Place the cashew nuts in a pot of water, place over a medium high heat and boil for 5 minutes. Drain the water from the nuts and transfer to a high-speed blender. Add in the remaining sauce ingredients and blend until smooth, set aside.
3. Heat a large pot over a medium heat and sauté the sundried tomatoes and garlic for 1-2 minutes, using some of the oil from the tomatoes. Reduce the heat to low and add the earlier made cashew nut sauce, fresh basil and chili flakes. Bring to a gentle simmer.
4. Now add in the cooked pasta and mix well to combine. Take the pan off the heat and divide the pasta between 4 bowls. Serve immediately garnished with additional fresh basil and more chili flakes.

GF DF MP V Q N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	15 mins	551	20	80	16	8

\*Nutrition per serving



# Digestive Biscuits

## Makes 8

## What you need to do

2.6 oz. (75g) oat flour

2.6 oz. (75g) white rice flour

6 tbsp. coconut sugar

• Body Level One

1 tsp. baking powder

pinch salt • Body Level Two

¼ tsp. ground cardamom • Body Level Three

¼ tsp. ground cinnamon • Body Level Four

2 tbsp. coconut oil, melted

4 tbsp. oat milk

1. Preheat the oven to 360°F (180°C). Line a baking tray with baking paper.

2. Combine all the ingredients together in a bowl and mix well to form a cookie dough. Divide the mixture to form 8 balls, the size of small walnuts. Place the balls on the baking sheet and flatten with your hands, alternatively use the bottom of a glass.

3. Place the tray in the oven and bake for 12-15 minutes, until the biscuits are golden. Remove from the oven and place the cookies on a wire rack to cool before

• Body Level Five

DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	94	1	20	2	1

\*Nutrition per serving





# 3 Ingredient Berry Mousse

## Serves 4

## What you need to do

1 ½ cup (220g) mixed berries (blueberries, raspberries and blackberries)

14 oz. (400g) silken tofu

• Body Level One

2 tbsp. maple syrup

• Body Level Two

• Body Level Three

• Body Level Four

• Body Level Five

1. Place all ingredients into a high-speed blender and blend until smooth. Divide the mixture between 4 glasses and chill in the fridge for at least 1 hour.
2. To serve, top with additional fresh berries.

GF	DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	60 mins	211	5	26	15	5

\*Nutrition per serving

myfitnesspal



07884573



# Vegan Banana Bread

Serves 9

## What you need to do

### Wet Ingredients:

2 ripe bananas

1 tbsp. maple syrup  
 • Body Level One

### Dry Ingredients:

¾ cup (67g) oat flour • Body Level Two  
 • Body Level Three

6 tbsp. buckwheat flour

½ tsp. ground cardamom

½ tsp. ground cinnamon

1 ¼ tsp. baking powder

pinch salt

1. Preheat the oven to 350°F (170°C). Prepare a loaf tin covered with baking paper (alternatively use a silicon tin).
2. Place the bananas and maple syrup in a high-speed blender and blend until smooth.
3. Place all the dry ingredients into a large bowl and mix well to combine. Fold in the blended bananas and mix until a thick batter has formed.
4. Pour the batter into the loaf tin, garnish with slices of additional banana if you like. Place the tin in the oven and bake for 60-65 minutes, or until a toothpick inserted in the middle comes out clean. Remove the tin from the oven and set the bread aside to cool before serving.

DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	60 mins	70	1	15	2	2

\*Nutrition per serving





chi **mind** behaviour  
yoga  
healthcare **health** wellness recreation meditation  
positive mindset care  
healthy food **body** fitness **balance** power **soul** charity  
activity eat well rest therapy  
sleep fun **life** read **giving**  
lifestyle training education harmony energy calm love joy  
excercise diet business feeling inner power  
quality of life **spirit** problem solving  
happiness peace family relationship  
purpose spiritual attitude  
optimism



[metroclinic.co.uk](http://metroclinic.co.uk)