



June Recipe Pack

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

activecentres.org



Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 avocado 5 bananas 1 lemon 3 limes 2 mangos blueberries strawberries	Meats 1.7 lbs. (790g) boneless skinless chicken breast 1.2 lbs. (550g) boneless skinless chicken thighs 1 lb. (450g) lean ground beef, 5% fat (beef mince) 1 lb. (450g) sirloin steak	Grains rolled oats sushi rice Jasmine rice	Oils coconut oil chili oil extra virgin olive oil olive oil
Vegetables 1 onion 1 red onion 5 shallots bunch green onions (spring onions) bulb garlic root ginger 1 red chili 1 jalapeño pepper 1 medium tomato cherry tomatoes 1 carrot mushrooms 4 medium zucchinis (courgettes) baby spinach	Fish & Seafood 1 lb. (450g) shrimps (prawns) 1 lb. (450g) boneless salmon filet	Nuts & Seeds pecans chia seeds sesame seeds	Sweeteners honey maple syrup
Fresh Herbs cilantro (coriander) parsley kaffir lime leaves (or use jar or dried)	Cold 8 eggs unsweetened almond milk oat cream (or sub half and half) butter Greek yogurt natural yogurt sliced cheese cottage cheese	Baking self raising flour baking powder cornstarch (corn flour) vanilla extract	Boxed, Canned & Condiments 3x 5 oz. (145g) can tuna in water 1x 7 oz. (200g) can white navy beans (haricot beans) 1x 14 oz. (400ml) can lite coconut milk mayonnaise spicy mayonnaise Dijon mustard teriyaki sauce fish sauce Thai red curry paste pickle juice (from a jar of pickles) apple cider vinegar red wine vinegar jar pesto low sodium chicken broth (stock) chicken broth (stock)
Frozen raspberries		Dried Herbs & Spices black pepper paprika smoked paprika chipotle chili powder red pepper flakes (chili flakes) ground cumin garlic powder onion powder Italian seasoning Herbes de Provence ground cinnamon	Misc/Other sea salt vanilla protein powder rice paper sheets nori sheets sliced bread pack 8 corn tortillas 1 lb. (450g) pack gnocchi

Contents & Key

6	Fluffy Protein Pancakes with Blueberry Sauce	GF	Gluten Free
8	Rice Paper Egg Wrap	DF	Dairy Free
10	Air Fryer Pesto Tuna Melt	LC	Low Carb (20g- per serve)
12	Cottage Cheese Protein Smoothie	MP	Meal Prep/Freezer Friendly
14	Chipotle Shrimp Tacos with Avocado-Mango Salsa	HP	High Protein (20g+ per serve)
16	White Bean & Tuna Salad	V	Vegetarian
18	Healthy Chicken Gnocchi Skillet	Q	Quick (under 30 mins)
20	Baked Salmon Sushi Cups	N	Contains Nuts
22	Thai Mango Chicken Curry		
24	Chicken & Tomato Bake		
26	Sweet Chili Meatballs		
28	Keto Meal Prep Steak Bites & Zoodles		
30	Sweet Chili Sauce		
32	Strawberry Protein Chia Pudding		
34	Carrot Cake Banana Bread		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Rice Paper Egg Wrap	Chipotle Shrimp Tacos with Avocado-Mango Salsa	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Thai Mango Chicken Curry
Tue	Rice Paper Egg Wrap	White Bean & Tuna Salad	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Thai Mango Chicken Curry
Wed	Air Fryer Pesto Tuna Melt	White Bean & Tuna Salad	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Keto Meal Prep Steak Bites & Zoodles
Thu	Air Fryer Pesto Tuna Melt	Keto Meal Prep Steak Bites & Zoodles	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Chicken & Tomato Bake
Fri	Cottage Cheese Protein Smoothie	Baked Salmon Sushi Cups	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Sweet Chili Meatballs
Sat	Cottage Cheese Protein Smoothie	Sweet Chili Meatballs	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Meal Out - Enjoy!
Sun	Fluffy Protein Pancakes with Blueberry Sauce	Chipotle Shrimp Tacos with Avocado-Mango Salsa	E.g. Cottage Cheese Protein Smoothie, Strawberry Protein Chia Pudding, Carrot Cake Banana Bread	Healthy Chicken Gnocchi Skillet



Fluffy Protein Pancakes with Blueberry Sauce

Serves 4
(2 pancakes per serving)

What you need to do

For the pancakes:

4.8 oz. (135g) rolled oats
3 tsp. baking powder
1 oz. (30g) vanilla protein powder
3 eggs
4.2 oz. (120g) Greek yogurt
½ tsp. vanilla extract
2 tbsp. coconut oil, melted
1 tbsp. maple syrup
1 tbsp. olive oil

For the blueberry sauce:

5.3 oz. (150g) blueberries
1.4 fl oz. (40ml) water
2 tbsp. honey
1 tbsp. lemon juice
¾ tbsp. cornstarch mixed with
2 tbsp. water

To make the pancakes, place the oats in a blender and blend for 30 seconds to 1 minute until they reach a powdery consistency. Now add the baking powder, protein powder, eggs, Greek yogurt, vanilla extract, melted coconut oil and maple syrup to the blender. Secure the lid and blend until the mixture is smooth, ensuring no pockets of the oat flour remain.

Heat a non-stick skillet over medium heat and lightly grease it with a little olive oil. Pour ¼ cup portions of the pancake batter into the pan. Cook each pancake for approximately 2 minutes on the first side and 1 minute on the second side, or until golden brown. Repeat this process with the remaining pancake batter.

To make the blueberry sauce, combine the blueberries, water, honey and lemon juice in a small pot. Bring to a boil over medium-high heat, then reduce to a simmer.

Mix the cornstarch with the water until dissolved and stir it into the simmering blueberries. Continue to simmer, stirring occasionally, until the sauce thickens.

Serve the warm sauce over the pancakes.

Notes:

* Ensure that all ingredients are blended thoroughly to ensure a smooth pancake batter and avoiding an uneven texture.

* For a thinner sauce, add more water a tablespoon at a time until the desired consistency is reached.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	389	17	44	15	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



08370273



Rice Paper Egg Wrap

Serves 2

What you need to do

4 eggs
sea salt & black pepper
1 tsp. olive oil
2 rice paper sheets
2 green onions, sliced
2 tsp. chili oil
2 tsp. cilantro, sliced
1 carrot, shaved into strips with
a vegetable peeler

Beat the eggs, season with a sprinkle of salt and pepper, and set aside.

Preheat a medium skillet over medium heat and coat lightly with olive oil. Add a dry rice paper sheet (textured side down) and then add half the sliced green onions on top of the rice paper sheet, arranging them to distribute evenly.

Pour half the beaten egg in the middle of the rice paper sheet and then push the egg towards the perimeter with chopsticks or a spoon so the egg fills the sheet in one layer.

Cook for 1-2 minutes until the eggs are almost set, then add chili oil to taste and cook for a further 1-2 minutes until the eggs are set. Do not flip the eggs over.

Transfer onto a plate and garnish with cilantro leaves and shaved carrot.

Enjoy open-faced with a fork and knife, or roll up and enjoy egg wrap style.

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	212	12	13	13	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



02220260



Air Fryer Pesto Tuna Melt

Serves 2

What you need to do

For the tuna salad:

5 oz. (145g) can tuna in water, drained
2 tbsp. Greek yogurt
1 tbsp. mayonnaise
1 tsp. Dijon mustard
1 tsp. pickle juice
pinch black pepper
2 green onions, sliced
pinch of red chili flakes

For the sandwich:

4 slices of bread
1 tbsp. olive oil
2 slices cheese
1 tomato, sliced
1 tbsp. of pesto

Place all the tuna salad ingredients into a medium bowl and mix well until fully combined.

To make the sandwiches, spread a thin layer of olive oil on one side of each bread slice. Lay them oil-side down on the work surface.

Spread half of the tuna salad mixture onto one slice of bread, top with a slice of cheese, tomato slices and ½ tablespoon of pesto, then cover with another slice of bread, olive oil side up. Repeat this process to make a second sandwich.

Place the sandwiches in the air fryer basket and cook at 390°F (200°C) for about 8 minutes, flipping halfway through, or until the bread is golden brown and the cheese has melted. Serve immediately.

Notes:

If you don't have an air fryer, or prefer to use the oven, follow the instructions below:

* Preheat the oven to 375°F (190°C).

* Prepare the tuna salad and assemble as above.

* Place the sandwiches on a baking sheet lined with parchment paper.

* Bake in the preheated oven for 10-12 minutes, or until the cheese is melted and bubbly, and the bread is toasted.

HP

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	8 mins	467	27	27	29	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



09796188



Cottage Cheese Protein Smoothie

Serves 2

What you need to do

7 oz. (200g) cottage cheese
5.3 oz. (150g) frozen
raspberries
8 fl oz. (240ml) unsweetened
almond milk
1 banana
1 tsp. vanilla extract

Place all the ingredients into a high-speed blender and blitz until smooth. Divide the smoothie equally between 2 glasses and serve.

GF	V	Q	N
----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
3 mins	0 min	214	6	27	13	7



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chipotle Shrimp Tacos with Avocado-Mango Salsa

Serves 4

What you need to do

1 lb. (450g) shrimps, peeled & deveined
2 tbsp. extra-virgin olive oil, divided
4 tbsp. shallots, finely chopped
1 tsp. chipotle chili powder (or sub with chili powder mixed with a pinch of cayenne powder)
1 tsp. smoked paprika
¾ tsp. ground cumin
½ tsp. garlic powder
½ tsp. sea salt
4 tbsp. Greek yogurt
1 tbsp. fresh lime juice
2 tbsp. fresh cilantro, finely chopped
8 corn tortillas, warmed

For the avocado & mango salsa:

1 avocado, diced
1 mango, diced
1 jalapeño, seeds removed, finely diced
2 tbsp. cilantro, chopped
zest & juice of 1 lime
pinch of sea salt

Pat the shrimp dry with a paper towel and place into a large bowl. Add 1 tablespoon of olive oil, shallots, chipotle chili powder, smoked paprika, cumin, garlic powder and salt. Mix well to combine and set aside to stand for 10 minutes.

Place all the ingredients for the salsa into a medium bowl and stir to combine.

Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Once hot, add the shrimp mixture and arrange in a single layer. Cook the shrimps for 2-3 minutes on each side, until they become opaque. Transfer to a plate.

Prepare the lime sauce by combining the Greek yogurt, lime juice and cilantro in a small bowl, and mix well.

To assemble the tacos, spread a light layer of lime sauce on each warm tortilla, top with chipotle shrimp, and spoon over the salsa. Finish with additional sauce and cilantro, if desired.

Storage: Refrigerate leftover shrimp in an airtight container for up to 2 days. Store the leftover sauce and salsa separately in airtight containers for up to 3 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	5 mins	408	16	48	18	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



09573291



White Bean & Tuna Salad

Serves 2

What you need to do

7 oz. (200g) can white navy beans, drained
2x 5 oz. (145g) cans tuna in water, drained
1 medium tomato, diced
2 green onions, chopped
2 tbsp. mayonnaise
1 tbsp. red wine vinegar

Place all the ingredients into a large bowl and mix well until evenly combined.

Divide the mixture evenly between 2 bowls and serve.

GF	DF	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	380	12	33	35	13



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Healthy Chicken Gnocchi Skillet

Serves 4

What you need to do

2 tbsp. olive oil
1 lb. (450g) chicken breast, chopped
sea salt & black pepper, to taste
1 lb. (450g) potato gnocchi
2 cloves garlic, minced
1 onion, diced
3.5 oz. (100g) mushrooms, diced
1 tsp. Italian seasoning
1½ tsp. paprika
¼ tsp. red pepper flakes
8 fl oz. (240ml) low-sodium chicken broth
4 fl oz. (120ml) oat cream (or sub half & half)
3.5 oz. (100g) baby spinach
fresh parsley, chopped, for garnish

Heat a large skillet over medium heat and add the olive oil. Season the chicken with salt and pepper, then cook in the skillet for 4-5 minutes until fully cooked and browned. Remove the chicken from the skillet and set aside.

While the chicken is cooking, prepare the gnocchi according to the package instructions, then drain and set aside.

In the same skillet, add the garlic, onion, mushrooms, Italian seasoning, paprika and red pepper flakes. Sauté until the vegetables are translucent.

Pour in the chicken broth and gradually whisk in the oat cream. Continue whisking until the sauce thickens.

Add the spinach and cooked gnocchi into the skillet and cook for 3-4 minutes until the spinach wilts.

Return the chicken to the skillet. Season to taste with more salt and pepper, if needed. Serve warm, garnished with parsley.



DF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	439	15	43	33	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Baked Salmon Sushi Cups

Serves 4

What you need to do

1 lb. (450g) salmon, skin removed
3 tbsp. spicy mayonnaise, plus more for garnish
2 tbsp. teriyaki sauce
3 large nori sheets
8 oz. (225g) cooked sushi rice
sesame seeds, for garnish
green onion, finely sliced, for garnish

Preheat the oven to 400°F (200°C).

Cut the salmon into small pieces and place into a medium bowl. Add the spicy mayonnaise and teriyaki sauce and stir until well combined. Cover the bowl and place the bowl into the refrigerator.

Cut the nori sheets into 12 large squares, approximately 3x3 inches (7.5x7.5cm) each. Set aside any extra pieces.

Spoon about 2 tablespoons of the cooked sushi rice onto each sheet of nori, leaving a ¼ inch border around the edges.

Place each nori sheet on top of a muffin tin compartment and use a spoon or your hands to press down the sheets to form a cup shape. Then add a spoonful of the salmon mixture into each rice-lined nori cup.

Place the muffin tray into the preheated oven and bake for 15-20 minutes.

Remove from the oven and allow the cups to cool for about 15 minutes in the muffin tins to help them retain their shape.

Carefully remove each cup from the tin by lifting the corners of the seaweed.

Garnish with a drizzle of additional spicy mayonnaise, sesame seeds and green onion before serving.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	15 mins	317	13	21	29	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



00988435



Thai Mango Chicken Curry

Serves 4

What you need to do

1 tbsp. olive oil
3 cloves garlic, minced
½ tsp. ginger, minced
1 tsp. red chili, minced
3 shallots, diced
1.2 lbs. (550g) chicken thighs
fillets, boneless, skinless, cut
into bite-sized pieces
2-3 tbsp. Thai red curry paste
(or to taste)
14 oz. (400ml) can lite coconut
milk
6 fl oz. (180ml) chicken broth
1 mango, pureed
1 tbsp. fish sauce
2 kaffir lime leaves

Heat the olive oil in a skillet over medium-high heat. Add the garlic, ginger, chili and shallots, and sauté for 4-5 minutes until the shallots begin to soften. Now add the chicken and cook until it turns opaque.

Stir in the curry paste and sauté for 2 minutes until fragrant. Then pour in the coconut milk and chicken broth, stirring to dissolve the curry paste fully into the liquid. Now add the mango puree, fish sauce and kaffir lime leaves.

Reduce the heat to medium and simmer for 12-15 minutes, stirring occasionally, until the sauce thickens. Adjust the seasoning with additional fish sauce, if needed.

Serve the curry over cooked rice, garnished with freshly chopped cilantro and lime wedges.

To serve:

1 lb. (480g) cooked jasmine
rice
2 tbsp. cilantro, chopped
1 lime, cut into wedges
(optional)

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	504	16	57	33	3



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chicken & Tomato Bake

Serves 2

What you need to do

10.6 oz. (300g) cherry tomatoes

1 red onion, sliced

2 tbsp. olive oil, divided

1 tsp. Herbes de Provence, divided

sea salt & black pepper, to taste

12 oz. (340g) chicken breast, halved lengthwise

Preheat the oven to 450°F (230°C).

In an ovenproof baking dish, combine the cherry tomatoes, red onion, half the olive oil and half the Herbes de Provence. Season with salt and pepper, and toss to coat evenly.

Brush the chicken breasts with the remaining olive oil and season with the remaining Herbes de Provence, salt and pepper. Nestle the chicken breasts into the vegetables in the dish.

Place the dish into the hot oven to bake for 15-20 minutes, or until the chicken is thoroughly cooked and the tomatoes are beginning to blacken and release their juices. Remove from the oven and serve immediately.

Storage: Refrigerate leftovers in an airtight container for up to three days.

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	354	18	8	40	2

myfitnesspal



02388618

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Sweet Chili Meatballs

Serves 4

What you need to do

1 lb. (450g) lean ground beef,
5% fat
1 egg
sea salt & black pepper, to
taste
½ tsp. garlic powder
¼ tsp. onion powder
4 fl oz. (120ml) Sweet Chili
Sauce (see recipe in this pack)

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.

In a large bowl, mix together the ground beef, egg, salt, pepper, garlic powder and onion powder until well combined. Form the mixture into walnut-sized balls and place them on the prepared baking sheet.

Place the baking sheet into the hot oven and bake the meatballs for 20-25 minutes, or until cooked through.

Transfer the meatballs to a serving bowl and toss with the sweet chili sauce.

Storage: Store leftovers in an airtight container in the refrigerator for up to 3 days.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	238	6	20	26	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



07865794



Keto Meal Prep Steak Bites & Zoodles

Serves 4

What you need to do

1 lb. (450g) sirloin steak
1 tsp. sea salt
½ tsp. black pepper
1 tbsp. olive oil
1 tbsp. butter
2 large cloves garlic, minced
4 medium zucchinis, spiralized

Preheat a cast-iron skillet over medium-high heat.

Season the steak with salt and pepper, then cut it into cubes.

Add the olive oil to a hot skillet, place the steak cubes in the skillet and cook for 2-3 minutes per side, or until they reach the desired level of doneness.

When the steak is nearly cooked, add the butter and garlic to the skillet. Carefully tilt the skillet to the side and use a spoon to baste the steak cubes with the melted butter and garlic. Remove the steak from the skillet and set aside.

In the same skillet, add the spiralized zucchinis. Sauté for 2-3 minutes, until just softened.

Season with additional salt and pepper, if desired.

Divide the steak cubes and zucchini noodles between 4 plates to serve, or 4 airtight containers for meal prep.

Storage: Store leftovers in an airtight container in the refrigerator for up to 3 days.

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	321	21	6	27	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



06240248



Sweet Chili Sauce

Serves 6

What you need to do

6 oz. (170g) maple syrup
4 tbsp. water
1 tbsp. apple cider vinegar
2 cloves garlic, minced
¼ tsp. red pepper flakes
½ tsp. sea salt
1 tsp. cornstarch + 1 tsp. water

In a small pot, combine the maple syrup, water, apple cider vinegar, minced garlic, red pepper flakes and sea salt. Stir until well mixed.

Bring the mixture to a boil, then reduce the heat and simmer for 7-8 minutes.

While the mixture simmers, mix the cornstarch with the water to form a smooth slurry.

Gradually pour the slurry into the simmering sauce, whisking continuously for a few minutes until the sauce thickens.

Remove the pot from the heat and allow the sauce to cool.

Once cooled, transfer the chili sauce to a sealable jar.

Storage: Store the sauce in an airtight jar or container in the refrigerator for up to 1 week.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	80	0	20	0	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



07918797



Strawberry Chia Protein Pudding

Serves 8

What you need to do

12 oz. (340g) strawberries,
roughly chopped
8 fl oz. (240ml) unsweetened
almond milk, unsweetened
8.5 oz. (240g) natural yogurt
1 tsp. vanilla extract
4 tbsp. honey
1.8 oz. (50g) chia seeds

To serve:

fresh chopped strawberries, or
other fruit, optional for serving

Combine the strawberries, almond milk, yogurt, vanilla extract and honey in a blender and blitz to a puree. Transfer the purée to a medium bowl.

Add the chia seeds to the puréed mixture and stir well to combine.

Refrigerate the mixture for at least 4 hours, or overnight, until the mixture has thickened to a pudding-like consistency.

Serve the chia pudding garnished with fresh strawberries, or other fruit, if using.

Storage: Store leftover pudding in an airtight container in the refrigerator for up to 5 days.

GF	MP	V	N
----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	4 hrs, or overnight	210	6	24	15	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



12345678



Banana Bread Carrot Cake

Serves 16

What you need to do

4 ripe bananas, mashed
2.7 fl oz. (80ml) maple syrup
2.7 fl oz. (80ml) coconut oil,
melted
2 large carrots, grated
9.5 oz. (270g) self-raising flour
2 tsp. ground cinnamon
1.8 oz. (50g) pecans

Preheat the oven to 356°F [180°C]. Grease a loaf tin, or line it with baking paper.

In a large bowl, add the mashed bananas, maple syrup, melted coconut oil and grated carrots and stir to combine.

Add the self-raising flour, ground cinnamon and pecans to the bowl. Stir the mixture until well combined, then pour the batter into the prepared loaf tin.

Bake the loaf for 40-45 minutes, or until a toothpick inserted into the center comes out clean.

Remove from the oven and place the tin on a wire rack. Allow the loaf to cool completely in the tin, before topping with favourite berries or nuts.

Storage: Store the loaf in an airtight container at room temperature for up to 3 days, or refrigerate to store longer.

DF	MP	V	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	167	7	24	2	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



08358455