WELLMAN

—FITNESS

Mini Recipe Book March 2020



INGREDIENTS

190 grams low fat Greek yogurt

25 grams rolled oats

80 millilitres light coconut milk

12 fresh (or frozen and thawed) cherries, pitted

1 tablespoon unsweetened shredded coconut

1 teaspoon honey

¼ teaspoon vanilla extract

Pinch salt

INSTRUCTIONS

In a mason jar or resealable container, mix all the ingredients until well combined.

Cover and refrigerate at least 6 hours or overnight.

If the mixture is a little thick in the morning add a little more milk.

Stir and serve cold.

402 CALORIES

20 PROTEIN

47
CARBS

16 FATS



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ITALIAN MEATBALLS AND PASTA

25 MINUTES





CALS

PROTEIN 33

CARBS 67

FAT

INGREDIENTS

300 grams extra lean beef mince

1 teaspoon olive oil

2 small onions

80 grams celery

4 cloves garlic

400 g ram tin chopped tomatoes

20 grams sun dried tomato paste

8 grams soft brown sugar

Pinch dried oregano

225 grams fusilli

INSTRUCTIONS

Grind the lean beef mince with a pestle and mortar until it forms a paste like consistency.

Coat a non-stick fry-pan with olive oil, chop the onion and celery finely and fry gently until translucent.

Chop or mash 2 cloves of the garlic and add to the pan. Fry for another 2 mins, then take off the heat.

Blend the chopped tomatoes, tomato paste and sugar with a little water. Then add the onion/celery/garlic mix and blend further.

Add 1 finely chopped garlic clove and the oregano to the beef mince.

Mix well and form into balls.

Fry the meatballs in olive oil on a medium to high heat, browning on all sides.

As soon as they have enough colour, add the sauce in the pan and turn the heat right down to a gently simmer.

Season with salt and pepper to taste.

Cook the pasta as per packet instruction and serve with the cooked meatballs and sauce.

490 CALORIES

33 PROTEIN

> 67 CARBS

11 FATS



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CHERRY VEGAN CHEESECAKE















INGREDIENTS

For the crust:

100 grams raw pecans

175 grams pitted dates

Pinch sea salt

For The Vegan Cheesecake Filling:

225 grams raw cashews

80 millilitres freshly squeezed lemon juice

80 millilitres coconut oil, melted and cooled

160 millilitres full fat coconut milk, chilled

80 millilitres pure maple syrup

For the Sweet Cherry Topping:

900 grams frozen sweet cherries, pitted

80 millilitres water

2 tablespoon pure maple syrup

1 tablespoons lemon juice

2 teaspoons arrowroot starch

½ teaspoon lemon zest

INSTRUCTIONS

Cover the cashews with boiling water, soak for one hour.

In a food processor, add the pecans, sea salt, and dates. Process until a small ball forms and then until the mixture resembles a loose dough. Set aside.

Line a loaf tin with parchment paper. Carefully pack down the mixture using your fingers. This will serve as the crust.

Drain cashews and add them into a blender, followed by the lemon juice, coconut oil, chilled coconut milk (just use solid milk from the top and leave the clear liquid), and maple syrup.

Blend together until smooth and creamy.

Pour the filling over the pecan crust and pop into the freezer for 2 to 3 hours to set.

When you're ready, remove from the freezer to thaw slightly then pull up the parchment paper to remove.

Meanwhile, combine the cherries, water, maple syrup, and lemon juice in a pan over medium-high, and stir for about 12 to 15 minutes.

Add the arrowroot and whisk until smooth.

Cook until thick and bubbly, allow to cool to room temperature, then serve over the cheesecake.

427
CALORIES

7 PROTEIN

39 CARBS

27 FATS