

## CHOCOLATE OVERNIGHT OATS

Serves 1. Prepare the night before for an easy, quick and healthy breakfast

### Ingredients:

60g Porridge oats  
1tbsp cocoa powder  
½ teaspoon cinnamon (optional)  
120ml milk of your choice  
1 tsp runny honey  
A few drops of vanilla extract

Optional Extra: 15g Protein Powder

To serve: 1 Banana, a little extra milk if needed



### Method:

Tip the oats into a jam jar or sealable container, then add the cocoa (and cinnamon and protein powder if using). Mix well.

Add the milk, honey and vanilla and mix until the cocoa has completely combined with milk.

Cover and place in the fridge overnight.

The next morning, stir once more before eating. Add a little more milk if the mixture seems a little too thick. Eat as it is, or stir through a chopped banana.

Kcal: 350 per serving by itself, or 455Kcal with a banana

Contains 17g of protein (more with addition of protein powder)



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## SWEET POTATO, CHICKPEA & SPINACH CURRY

This comforting curry is packed full of goodness – from Vitamin A-rich sweet potatoes and fibre filled chickpeas to iron-packed spinach.

Fantastically cheap and easy to make with 10 mins prep.

Serves 3-4

### Ingredients:

- 1 medium white onion, finely diced
- 2 cloves garlic, minced
- 1 tbsp mild curry powder
- 400g can coconut milk
- 400g can chopped tomatoes
- 400g can chickpeas, drained and rinsed
- 1 medium sweet potato, chopped into bite sized chunks
- 2 handfuls fresh spinach
- Juice of 1 lime
- Salt and pepper, to taste



### Method:

First steam/boil the sweet potato chunks for 10 minutes until soft enough to poke a fork through them without falling apart, then set aside.

Sauté the onion and garlic with a little water/oil until the onion is see-through.

Add the chopped tomatoes, curry powder, lime juice, coconut milk, chickpeas and sweet potato chunks with the onion and garlic. Bring to boil, then turn the heat down to simmer for 30 minutes, or until the sauce has reduced and is thick and creamy.

Add the spinach 5 minutes before end of cooking time to wilt.

Serve with rice and enjoy.

Recipe from Bamboo Bamboo.



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## Lentil & Potato Stew

Serves 4

### Ingredients:

250g baby potatoes  
Olive oil  
2 small onions, chopped  
1 large celery stalk, sliced  
3 garlic cloves, chopped  
1 large carrot, peeled and grated  
1 vegetable stock cube  
2 tablespoons tomato puree  
1 teaspoon ground cumin  
1 tin of green lentils (I pick these up from Aldi)  
1 tin of chopped tomatoes  
Salt and pepper  
Several handfuls of washed and ready to eat spinach



### Method:

- Place the onion, celery, garlic cloves and grated carrot in a pan with some olive oil to soften on a low heat, Stir as needed for 25-30 minutes.
- While the veg are cooking, Halve the baby potatoes and place in a roasting tin with olive oil and salt and pepper, cook until roasted on Gas 5 – crispy on the outside and soft in the middle (around 45 minutes). Once cooked you can turn the oven off until the stew is ready.
- When all the veg are soft add the stock cube, tomato puree, cumin, tinned lentils, tinned tomatoes and some salt and pepper. Give it a good stir, bring to the boil and then simmer for 30 minutes.
- When ready to dish, add handfuls of spinach to wilt into the stew. Put the baby roast potatoes in warmed bowls, top with stew, and serve.

### Notes:

- This is my slightly adapted version of a Deliciously Ella Recipe (she uses dried lentils and kale- I find spinach more versatile as once the bag is open, I can add to omelettes or sandwiches and wraps).
- I also like to add either a roasted aubergine and/or courgette to the stew to bulk it out, but this is optional.
- This recipe is vegan but even my meat loving husband really enjoys it! If you really wanted to, you could add your choice of meat.
- If baby potatoes are too fatty you can just serve with jacket potatoes.



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## Lamb & lentil Curry

Serves 4

### Ingredients

2 tbsp sunflower oil  
500g/1lb 2oz lamb neck fillets, trimmed, cut into 3cm/1¼in chunks  
2 onions, roughly chopped  
3 large garlic cloves, roughly chopped  
3 tbsp medium curry paste  
1 x 400g tin chopped tomatoes  
1 x can lentils (available from most supermarkets, including Aldi)  
1 tsp salt, plus extra to season  
75g Spinach - rinsed, shredded, any tough stalks discarded  
freshly ground black pepper  
Brown Rice to Serve



### Method

- Heat the oil in a large, lidded, non-stick saucepan over a medium heat. Add the lamb, onions and garlic and fry for 5-6 minutes until lightly browned, stirring regularly.
- Add the curry paste and stir well to coat the lamb and onions. Continue to cook for 1-2 minutes, stirring well, then add the tomatoes, lentils, 500ml/18fl oz water and salt. Bring the mixture to the boil. Reduce the heat until the mixture is simmering, then half-cover the pan with the lid and simmer very gently for 45-50 minutes, stirring regularly, until the lamb is very tender. (Add a little extra water if the curry is beginning to look dry before the lamb is tender.)
- Season with salt and pepper, stir in the Spinach and simmer for a further 2-3 minutes, or until tender.
- Serve in bowls with steamed rice.

Recipe from BBC Recipes.



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## Pork & Bulgur Stuffed Peppers

Serves 4.

4 peppers: halved and cores removed  
200g minced pork  
1 garlic clove, crushed  
2 tsp ground cumin  
1 tsp paprika  
50g bulgur wheat  
250ml vegetable stock  
½ small bunch parsley chopped  
4 tbsp 0% Greek yogurt, to serve



### Method

- Put the peppers, cut-side down, on a plate and microwave on High for 4 mins until cooked through (but not so soft they collapse). If they need longer, microwave for 1 min more and repeat until done.
- Put the pork in a cold frying pan and turn on the heat. Fry, breaking up any lumps, until it starts to brown. Stir in the garlic and spices for 1 min, then add the bulgur and stock. Cover and simmer for 10 mins until the bulgur is soft.
- Heat the grill. Stir half the parsley into the bulgur, then stuff into the peppers on a baking tray. Grill to crisp, sprinkle over most of the parsley, then serve with the yogurt mixed with remaining parsley. Serve with a green salad.

Recipe from BBC Good Food.



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## 10-Minute Couscous Salad

Makes 2 portions

### Ingredients

100g couscous  
200ml hot low salt vegetable stock (from a cube is fine)  
1 teaspoon of Harissa Paste  
2 spring onions (optional)  
2 peppers (one red and one yellow)  
½ cucumber  
Handful of spinach leaves  
14 cherry tomatoes - halved (7 = 1 of your 5 a day!)  
50g feta cheese, cubed  
2 tbsp toasted pine nuts (optional)



### Method:

Chop the peppers into chunks. Roast the peppers in a drizzle of olive oil, salt and pepper at gas 5 for 40 minutes.

Tip the couscous into a large bowl and pour over the stock mixed with the harissa. Cover, then leave for 10 mins until fluffy and all the stock has been absorbed.

Meanwhile, slice the spring onions and pepper, and dice the cucumber, spinach and tomatoes. Add these to the couscous, crumble in the feta, then sprinkle over pine nuts to serve.

This can be eaten hot or cold. And stored in the fridge for 3 days.

(Griddled halloumi makes a delicious alternative to the feta and wonderful for a weeknight dinner.)



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## Lighter spaghetti & meatballs

Serves 4

### Ingredients:

1 tsp oil (My preference is Rice Bran Oil)

280g spaghetti

### For the meatballs

200g green lentils (well drained weight from a 400g can)

250g lean minced pork

½ tsp finely chopped rosemary

½ tsp Dijon mustard

1 garlic clove, crushed

### For the sauce

1 tbsp oil

2 shallots, finely chopped (or a small onion!)

2 garlic cloves, finely chopped

500g cherry tomatoes, halved

2 tsp tomato purée

pinch of chilli flakes

1 tsp oregano



### Method

- Heat oven to 200C/180C fan/gas 6. Line a baking sheet with foil and brush with 1 tsp oil. Mash the lentils in a bowl with the back of a fork to break down a bit, but not completely. Stir in the pork, rosemary, mustard, garlic, some pepper to generously season, and mix well with the fork to distribute the lentils evenly. Divide the mixture into 4. Form each quarter into 5 small balls – to give you 20 in total – squeezing the mixture together well as you shape it. Lay the meatballs on the foil and roll them around in the oil to coat all over. Bake for 15 mins until cooked and lightly browned. Remove (leave the oven on) and set aside.
- While the meatballs cook, heat 2 tsp of the oil for the sauce in a large non-stick frying pan. Tip in the shallots and garlic, and fry on a medium heat for 3-4 mins until softened and tinged brown. Pour in the remaining 1 tsp oil, lay the tomatoes in the pan so most of them are cut-side down (to help release the juices), raise the heat and fry them for 3-4 mins or until the tomatoes are starting to soften and release their juices. Don't stir, or they may lose their shape. Splash in 125-150ml water so it all bubbles, and gently mix in the tomato purée. Lower the heat and simmer for 2 mins to create a juicy, chunky sauce. Season with the chilli flakes, oregano, pepper and a pinch of salt, and give it a quick stir, adding a drop more water if needed – you want it thick enough to coat the meatballs.
- Pour the sauce into a casserole dish, add the meatballs and spoon the sauce over them to coat. Cover with foil and bake for 10 mins while you cook the spaghetti.
- Boil a large saucepan of water. Add the spaghetti, stir and bring back to the boil. Cook for 10-12 mins, or following pack instructions, until al dente. Drain well, season with pepper and serve with the meatballs, sauce and a light sprinkling of oregano.



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## Roast Tomato & Orzo Ragu

Serves up to 4 (leftovers make a great lunch!)

### Ingredients:

1 onion, chopped  
1 clove of garlic, crushed  
1 small courgette, grated  
2 celery stalks, washed and diced  
1 aubergine, chopped into chunks  
1 teaspoon of dried rosemary  
1 tablespoon of tomato puree  
300g orzo pasta  
225ml Veg stock  
1 tin of chopped tomatoes  
25g parmesan or similar, grated



### Method:

- Roast the aubergine in olive oil at Gas 5 for around 30 minutes until cooked and browned.
- Heat some olive oil in a pan and cook the onion, garlic, courgette and celery until soft, stirring regularly – around 20 minutes.
- Add in the rosemary and tomato puree and stir to combine. Pour in the stock and chopped tomatoes, add in the aubergine and simmer.
- While the veg is simmering – cook the orzo to packet instructions.
- Once the orzo is cooked, stir into the veg. If it feels like the sauce is a good consistency, stir through the parmesan and serve. (otherwise cook a little longer).

### Notes:

This is a veggie recipe and really packs in lots of veg! ...but you could add some meat or meatballs if you wish. It is without a doubt, one of my favourite comfort foods!



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# Thai Satay Curry

(Serves 4 or two dinners for 2!)

## Ingredients:

1 tbsp coconut oil (or your choice of cooking oil)  
1 onion, chopped  
2 garlic cloves, grated  
thumb-sized piece ginger, grated  
3 tbsp Thai red curry paste  
1 tbsp smooth peanut butter  
500g sweet potato, peeled and cut into chunks  
400ml can coconut milk  
200g bag spinach  
1 lime, juiced  
cooked rice, to serve



## Method:

### STEP 1

Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.

### STEP 2

Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

### STEP 3

Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

### STEP 4

Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice.

Recipe from BBC Good Food



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## Tin Can Chilli

This is a big batch cook, It can do 3- 4 evening meals depending on your preferred portion size. It freezes and defrosts beautifully so if you have a busy night of the week this is an easy and healthy dinner. It's also a good budget meal.

### Ingredients:

2 tbsp olive oil  
2 onions, thinly sliced  
2 garlic cloves, crushed  
1 tsp hot smoked paprika  
1 tsp ground cumin  
1 tsp ground coriander  
¼ tsp ground cinnamon  
150ml/5fl oz hot vegetable stock (made with 1 stock cube)  
2 x 400g/14oz cans chopped tomatoes  
2 x 400g/14oz cans of mixed beans  
1 tin of green lentils (I like the ones from Aldi)  
1 large tin of sweetcorn  
1 tsp dried oregano  
sea salt and freshly ground black pepper



### Method:

Heat the oil in a large frying pan and cook the onions for 10 minutes, or until softened and lightly browned, stirring frequently.

Add the garlic, paprika, cumin, coriander and cinnamon and cook for a further minute.

Stir in the stock, tomatoes, drained beans, lentils and dried oregano. Stir well then cook on low until the sauce is thick and the spices have mellowed, for around 30-45 minutes. Stir in the tinned sweetcorn and cook for a further 15 minutes. Serve with rice or baked potatoes.

Adapted from a BBC Food Recipe.



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## Mixed Seed Bread

I LOVE this loaf from The Food Medic Cookbook.

If you are looking for something delicious to go alongside Soup, this is it. Its also great warm from the oven with butter and makes a nice filling snack. I have trialled a few others but this is the best.



### Ingredients:

- 300g Oats
- 80g Mixed Seeds
- 1tsp baking powder
- 1 tsp Salt
- 500g Natural Yogurt
- 1 Egg

### Method:

Preheat the oven to 180oc/350F/Gas mark 4

Combine the dry ingredients in a bowl and then stir in the yogurt and egg.

Pour into a lined loaf tin.

Bake for 30 minutes then turn the oven temperature down to 150C/300F/Gas 2 for a further 20-25 Minutes.



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## Easy Protein Pancakes

I am pretty sure I have shared this recipe before, but if you missed it, this is one to save. I pretty much make this Every week for me & Elliot. It serves the two of us, with sometimes leftovers which can be warmed the next day in the microwave. Elliot likes these plain, I top with bananas and maple syrup! Its from the 'Eat Well for Less' Cookbook which is one of my favourites.

### Ingredients:

100g Porridge oats  
½ tsp baking powder  
75g Cottage Cheese  
25g Peanut Butter  
1 Egg (can be substituted for mashed banana)  
100ml Milk/milk alternative  
1 tbsp Maple Syrup (or you can use honey)



Vegetable oil for cooking.

### Method

Place all the ingredients in a food processor and blitz until smooth.

Heat a frying until hot and add a small amount of vegetable oil (I wipe it around with a piece of kitchen roll).

Pour/spoon the mixture in to the pan and cook on a medium heat until just turning brown (around 2 minutes) and then flip and cook on the other side.

Serve immediately. (You can keep warm in the oven if you like while you cook the rest of the pancakes, I tend to let Elliot's sit and cool while I make up the rest.)

Note: The batter does get thicker and thicker as it sits. This is normal and still makes delicious pancakes.



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## Loaded Sweet Potato Skins

Serves 2 + depending on if you serve as a stand-alone meal or with sides, or how hungry you are!

### Ingredients:

2 large Sweet potatoes (or three medium ones)  
1 small tin of sweetcorn  
1 tin of taco beans in spicy sauce (tesco)  
...or 1 microwavable pouch of beans (aldi)  
Grated cheese (as much as you feel)  
2 chopped spring onions



### Method:

- Wash and clean the Sweet Potatoes.
- Cook in a microwave. Prick the potatoes and then cook on full power between 5 to 7 minutes on each side.
- Leave to cool.
- Once cool, cut in half, scoop out the middles into a mixing bowl.
- Put the skins in an oven proof shall dish, lightly oiled.
- Stir through the beans, drained tinned sweetcorn and some grated cheese.
- Pile back into the skins and top with the spring onions and more grated cheese.
- Bake for 20 -30 minutes at Gas 5 or until the Cheese is starting to brown and you can't wait any longer.
- Serve!



## Chicken & Leek Pie with Filo

### Ingredients:

1tbsp Olive Oil  
1 tsp butter  
2 large leeks or 3 smaller ones  
1tbsp plain flour  
125ml White Wine  
4 |Chicken Breasts  
200ml Chicken Stocks  
100g Philadelphia Light  
½ teaspoon dried parsley  
Salt and pepper to season  
Filo Pastry



### Method:

- Heat the oil and cook the chicken, then remove from the pan.
- Add the butter to the same pan and cook the leeks until soft
- Sprinkle over the flour and cook for a further 2 minutes
- Stir in the wine and the chicken stock and simmer until lightly thickened
- Stir in the light Philadelphia until melted. Season.
- Return the chicken to the pan and add the parsley.
- Spoon into either one large or 4 small oven proof dishes
- Brush the edges of the dish with olive oil and lay over a flat sheet of filo.
- Scrunch up as much filo as you need to top the pie.
- (If you are not worried about a few extra calories, brush the top with melted butter.



## Joe Wicks Chocolate Protein Slice

So, Joe calls these a peanut butter brownie, which I find a bit of a stretch of the imagination! So I have renamed them! These are by no means a brownie, but if you are looking for a slightly healthier treat, these work well. They taste rich and are quite fudgy in texture. You could cut into Squares and freeze so you don't have to feel you need to eat them all!



I am sure you can probably leave the protein powder out, but I kept it in. I have also played with the method to make it easier!

### Ingredients:

140g Dark Chocolate

60g unsweetened peanut Butter

20g Honey

2 overripe bananas

60g Chocolate protein powder

30 ml of almond milk (I am sure you can use normal – its such a small amount!!)

Splash of vanilla extract

3 Eggs – separated

### Method:

- Put the chocolate, peanut butter and honey into a microwavable bowl or jug and melt slowly in short bursts.
- Meanwhile, mash the bananas then add in the protein powder, milk, vanilla and egg yolks and mix together.
- Stir the melted chocolate mixture into the banana mixture.
- Whisk the egg whites – ideally with an electric whisk if you have one.
- Stir half the egg whites into the mixture, and then take care to gently fold in the second half.
- Spoon into a square cake pan lined with baking parchment.
- Bake at Gas mark 3 for 15 minutes and then leave to cool completely before eating.



# Sausage & Pearl Barley Casserole

Cauldron Foods Recipe. Serves 4.

## Ingredients:

6 shallots, finely diced  
2 cloves of garlic, crushed  
1 red pepper, roughly chopped  
1 lemon, zested  
2 tbsp lemon juice  
1 bay leaf  
2 tsp salt  
4 sprigs of rosemary, finely chopped  
4 sprigs of thyme, finely chopped  
240g pearl barley  
500ml vegetable stock  
2 courgettes, grated  
100g kale  
4tsp plain yoghurt (option to top)  
10g fresh parsley, finely chopped (optional to top).  
Your choice of Sausages, 2 per person.



## Method:

- In a large sauté pan, add the oil and place on a low-medium heat. Fry the shallots for 5 minutes, then add the garlic, red pepper, lemon zest, lemon juice, bay leaf, salt, rosemary and thyme for a further 3 minutes.
- Add the pearl barley and the vegetable stock to the pan, bring to the boil and then reduce to a simmer and cook for 40 minutes.
- Meanwhile cook the Sausages according to packet instructions.
- Add the grated courgette and kale to the pearl barley mix and cook for a further 5 minutes.
- Serve the stew topped with the sausages and a garnish of yoghurt and chopped parsley.



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## Spinach picci pasta

From Jamie Oliver's Superfood Family Classics

### Ingredients:

200g baby spinach  
300g Tipo 00 or plain flour, plus extra for dusting  
olive oil  
4 cloves of garlic  
½ teaspoon dried red chilli flakes  
200g baby courgettes  
320g ripe cherry tomatoes, on the vine  
50g pine nuts  
½ a bunch of fresh basil (15g)  
50g Parmesan cheese



### Method

1. In a food processor, blitz the spinach and flour until a ball of dough forms, letting the machine do all the work. Touch the dough – it shouldn't be sticky, you want a playdough consistency, so add a little more flour, if needed.
2. To make the picci, simply tear off 2cm balls of dough and roll them out into long thin sausage shapes – think fine green beans – on a clean surface (the beauty is that they're all different, so get little helpers involved, if you can).
3. Cook the picci straight away, or leave them to dry out for a few hours, or even overnight.
4. Put a large pan of salted water on to boil. Put a large frying pan on a medium heat with 2 tablespoons of olive oil. Peel, finely slice and add the garlic, along with the chilli flakes.
5. Finely slice and add the courgettes, then halve and add the tomatoes. Cook it all for 5 minutes, then stir in the pine nuts and add a ladleful of boiling water. Leave on the lowest heat while you cook the pasta.
6. Add the picci to your pan of boiling salted water. If it's freshly rolled it will only need about 5 minutes, but if you've let it dry give it 8 to 10 minutes, checking on it to make sure you get lovely al dente pasta.
7. Drain, reserving a mugful of cooking water, then toss through the veg.
8. Reserving the baby basil leaves, finely slice the bigger ones and stir into the pan with most of the finely grated Parmesan, loosening with a little reserved water, if needed.
9. Divide between your warm plates and serve with a few drips of extra virgin olive oil, with the remaining Parmesan and the baby basil leaves sprinkled over.



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## The Perfect Banana Bread

Recipe from The Baking Fairy

### Ingredients:

4 medium ripe bananas  
¼ cup vegetable oil  
¼ cup unsweetened non-dairy milk  
½ cup light brown sugar  
2 tsp pure vanilla extract  
2 cup unbleached all-purpose flour  
1 tsp cinnamon  
1 tsp baking soda  
½ tsp salt



### Instructions:

- Preheat the oven to 350F. Line a 9×5 loaf pan with paper.
- In a large mixing bowl, roughly mash the bananas. Add the brown sugar, oil, vanilla, and almond milk, and whisk to incorporate.
- Mix in the flour, baking soda, salt, and cinnamon and stir until combined. Do not overmix, or the banana bread can come out dense and gummy!
- Transfer the batter to your prepared pan, and top with the extra banana slices.
- Bake for about 45 minutes, then cover with foil and bake for 10-15 minutes longer, until a toothpick inserted in the centre comes out with just a couple crumbs.

I like to also add a punnet of blueberries to this mixture to make it extra delicious! You could of course add some chocolate Chips instead.



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# Jerk Sweet Potato and Black Bean Curry

## Ingredients

2 onions, 1 diced, 1 roughly chopped  
2 tbsp sunflower oil  
50g ginger, roughly chopped  
small bunch coriander, leaves and stalks separated  
3 tbsp jerk seasoning  
2 thyme sprigs  
400g can chopped tomato  
4 tbsp red wine vinegar  
3 tbsp demerara sugar  
2 vegetable stock cubes, crumbled  
1kg sweet potato, peeled and cut into chunks  
2 x 400g cans black beans, rinsed and drained  
450g jar roasted red pepper, cut into thick slices



## Method

### STEP 1

Gently soften the diced onion in the sunflower oil in a big pan or casserole.

### STEP 2

Meanwhile, whizz together the roughly chopped onion, ginger, coriander stalks and jerk seasoning with a hand-held blender. Add to the softened onion and fry until fragrant. Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer. Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more. Stir in the beans, peppers and some seasoning, and simmer for another 5 mins until the potatoes are almost tender. Cool and chill for up to 2 days.

### STEP 3

To serve, gently heat through on the hob. Roughly chop most of the coriander leaves and stir in, then serve scattered with the remaining leaves.

Recipe from BBC Good Food.



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## Apple Pie Energy Balls

### Ingredients:

- 1.25 cup pecans or walnuts (187 g)
- 1 cup packed dried apple rings (90 g)
- 1 cup tightly packed, soft pitted dates (220 g)
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp sea salt
- 1/4 tsp ginger



### Method:

Place the pitted dates in a bowl, cover with hot water and soak for 15 minutes. Drain well, squeezing or pressing the dates to remove excess water. It's ok if they're wet when you add them to the recipe, just make sure any excess water has been drained off.

Add the nuts to a food processor and blend for 30-45 seconds on high until broken down into a coarse, grainy flour. If there are a few large pieces left behind that's ok.

Add the apple rings and blend until they're broken down and incorporated into the nuts.

Add the soaked dates and the rest of the ingredients and process into a thick, sticky dough. Use your hands to roll the dough into 15 balls.

Store the balls in a sealed container in the fridge for up to 2 weeks or freeze for up to 3 months.



## Gnocchi Bake

This is a recipe I have been making for years. Its one of my favourites for the night before I run a half Marathon. (Serves 4)

### Ingredients:

1 small Onion - chopped  
1 clove of garlic - crushed  
1 red and 1 yellow pepper  
Several handfuls of spinach  
2 packs of gnocchi (dried or fresh)  
1 Can of chopped tomatoes  
2 tablespoons of mascarpone  
A few handfuls of grated cheese  
½ teaspoon of chilli flakes



### Method:

I like to roast my peppers first, so if you are doing this, slice, and roast in olive oil for 40 minutes at Gas 5 before starting to cook the rest.

Soften the onion in olive oil for 10-15 minutes. Add the garlic and chilli flakes and cook for a further minute.

Add the can of chopped tomatoes and simmer.

Cook the gnocchi according to the packet instructions. Drain and set aside.

Add the mascarpone to tomato mix and stir through. Add a couple of good handfuls of spinach to the pan and allow to wilt and stir through.

Add the roasted peppers and cooked gnocchi.

Pour into a casserole dish, top with grated cheese (up to you which one – cheddar, mascarpone, or parmesan).

Cook at Gas Mark 5 for around 30 minutes or until the cheese is golden.



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