

EASY COOK SNACKS

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Toasted Seeds 15 g sunflower seeds 15 g pumpkin seeds 1/2 tsp tamari Can be toasted in dry frying pan or oven</p>	<ul style="list-style-type: none"> • Spread seeds on baking tray • Sprinkle with 1 tsp of tamari and stir until seeds are well covered • Toast under grill for a couple of mins, stirring occasionally until seeds are completely dry and browned 	<p>Calories 193 Protein 7.5 g Carb 5.9 g Fat 15.5 g</p>
<p>Devilled Eggs & Oatcakes 1 egg ¼ tsp paprika ¼ tsp ground black pepper 1 tsp dairy free mayonnaise 2 oatcakes</p>	<ul style="list-style-type: none"> • Hard boil egg and mash with spices and mayonnaise • Serve with oatcakes 	<p>Calories 187 Protein 8.4 g Carb 13.1 g Fat 11.2 g</p>

<p>Banana & Molasses Bar</p> <p>150 g rye flour 1 tsp baking powder 2 tsp ground ginger 2 tsp mixed spice 2 tsp cinnamon 75 g ground almonds 25 g pumpkin seeds 25 g sunflower seeds 100 g cranberries 50 g goji berries 3 bananas 2 eggs 100 ml olive oil 2 tsp vanilla extract 120 g molasses</p>	<ul style="list-style-type: none"> • Mash bananas • Mix all ingredients • Spoon into baking tray • Bake gas 4 (180c, fan 160c) for 40 mins until risen and browned 	<p>18 servings</p> <p>Calories per serving 193</p> <p>Protein 3.6 g</p> <p>Carb 23.0 g</p> <p>Fat 9.6 g</p>
<p>Ultra Chocolate & Apricot Truffles</p> <p>250 g ground almonds 75 g ground pumpkins 175 g dates 200 g apricots 50 g coconut oil 50 g dark chocolate (70%) 50 g honey</p>	<ul style="list-style-type: none"> • Grind pumpkin seeds and mix all ingredients • Form into balls and roll in cocoa just before serving 	<p>20 servings</p> <p>Calories per serving 192</p> <p>Protein 4.3 g</p> <p>Carb 17.3 g</p> <p>Fat 1.7 g</p>