

Recipes provided by The VitalityFit Retreat
Created by Kate from The Travelling Teapot



6 comfort food hack

RECIPES



paleo bread

Ingredients

- 4 tablespoons of chia seeds (black or white or a mix) combined with 3 Tablespoons of water - set aside
- 2 cups almond meal
- 1.5 cup arrowroot flour / tapioca flour / potato starch
- 2 teaspoons bi carb soda
- pinch of salt
- 6 eggs
- 4 Tablespoons of apple cider vinegar

Instructions

- Pre-heat the oven to 180 degrees in a fan forced oven.
- Combine all the dry ingredients into a food processor. Mix
- Add the eggs, apple cider and chia seeds mix the the dry ingredients. Mix until a batter is formed
- Pour the batter into 2 small loaf tins
- Cook for between 35mins and 45 mins. To test, knock the base when out of the oven, it should sound hollow when cooked.
- Slice and serve

AS A BREAD LOVER THIS RECIPE IS MY SAVIOUR! HAVE IT AS TOAST OR AS A SANDWICH, IT IS LESS CARBOHYDRATES, FAR MORE FILLING AND MUCH BETTER FOR YOU.

A photograph of fresh strawberries with green leaves on the left side of a wooden cutting board. On the right side, there are several round, dark brown chocolate protein balls, some of which are coated in white coconut flakes. The background is a light-colored wooden surface with vertical grain lines.

chocolate protein balls

Ingredients

- ½ Cup Nut butter (I used almond/cashew)
- 3 Tablespoons Cacao nibs
- ½ Cup Dates (soaked to add moisture OR medjool dates)
- 1 teaspoon Honey
- 2 Tablespoons crushed nuts (I used walnuts and pistachios)
- ¾ Cup Pea Protein powder
- ½ teaspoon vanilla
- ½ Cup Cranberries

Instructions

- In a food processor, blitz the Cacao nibs first until a little finer.
- Add the remaining ingredients and blitz until it starts coming together – starts to look a little like wet sand, and roll into small balls.
- Store in an airtight container in the fridge, or for a big batch these are suitable to freeze.

BECAUSE SOMETIMES YOU JUST NEED TO EAT CHOCOLATE! THESE SATISFY THAT CHOCOLATE CRAVING BUT ARE ALSO PACKED WITH NUTRITION AND WILL FILL YOU UP SO YOU DONT NEED TO KEEP GOING BACK FOR MORE!



dairy free dip

PERFECT FOR A SNACK OR FOR
ENTERTAINING GUESTS. DELICIOUS,
FILLING AND GOOD FOR YOUR BODY,
WHAT MORE COULD YOU WANT!

Ingredients

- 180g soaked Sunflower seeds (rinse after soaking)
- 180g soaked blanched almonds (rinse after soaking)
- 3-4 garlic cloves
- 120ml lemon/lime juice (about 3-4 lemons, 5 limes)
- 150g water

Instructions

- Combine all ingredients except water in the blender and blitz.
- Add water and combine.
- Season with salt and pepper to your taste preference and if you want a thinner dip, add more water.
- Top with chopped chives.
- For a 'cheesier' dip try adding some savoury yeast flakes.
- Serve with vegetable sticks of carrot, celery, red and green capsicum.



cheeky chilli con carne

Ingredients

- 1 brown onion diced
- 1/2 red capsicum diced
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1 cup of crushed/lightly processed walnuts (to give it a meaty texture)
- 2 Tablespoons tamari sauce
- 3 Tablespoons tomato paste
- 1 tin crushed tomatoes
- 1 can mixed beans
- 1 can chickpeas
- 1 carrot grated
- 1/2 bunch chopped coriander plus
- Salt & pepper
- 1/2 cup (or more) water or veggie stock
- 2 handfuls spinach
- Brown rice (to serve)
- Avocado, coriander and lime as garnishing to serve

Instructions

- In a big pan fry the brown onion, red capsicum, cumin, paprika and walnuts in oil for 5 mins.
- Add the tamari, tomato paste, crushed tomatoes, mixed beans, chickpeas, carrot, chopped coriander, salt and pepper, water / veggie stock and spinach and let it simmer for 15 mins
- Serve on bed of brown rice and garnish with avocado, coriander and squeeze of lime.

CHILLI BUT WITHOUT THE RED MEAT
WHICH CAN FEEL YOU FEELING HEAVY
AND SLUGGISH AND ISNT
CONSIDERED GREAT FOR HEART HEALTH



banana pancakes

PERFECT FOR A SUNDAY BREAKFAST
TREAT. ALL THE GOODNESS OF
PANCAKES BUT WITH LESS SUGAR (AND
CALORIES) SO IT WON'T GIVE YOU THAT
SUGAR CRASH FEELING AFTERWARDS!!

Ingredients

- 1 banana
- 2 eggs
- 1 teaspoon pea protein powder (optional)
- coconut oil for cooking

Instructions

- Place all ingredients into a blender and blitz until well combined.
- Heat a small amount of oil in a frying pan
- Once oil is heated, reduce heat to low and pour small portions of the pancake mix into the frying pan
- Leave to cook until the bottom side is browned and mixture almost cooked through. Flip to brown on the other side.
- Once cooked, serve with a little coconut yoghurt and some fresh strawberries or with a squeeze of lemon juice or just on their own.



strawberry protein smoothie

Ingredients

- 2 tbsp. natural vanilla protein powder
- 1 cup frozen strawberries
- 1 tbsp. rice malt syrup
- 1 tsp. desiccated coconut
- 1 tsp. chopped, vanilla bean
- 1 1/2 cups unsweetened coconut milk or almond milk
- 1 cup ice

Instructions

- Place all ingredients into a blender and blend until smooth in consistency
- Pour into a tall glass or if you're on the move and protein shaker

THIS ONE IS A FOOD HACK OF THE CONVENIENCE FOOD OR TAKE AWAY FOOD VARIETY! GREAT FOR ANY TIME OF THE DAY WHEN YOU NEED A QUICK MEAL THAT YOU CAN HAVE ON THE MOVE.