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Recipe of The Month June 2015

I wish I'd discovered baby recipes years ago; there are so many tasty recipes out there which are quick and simple to make and which have only healthy ingredients. Here's a great example for you!

This is a slightly adapted recipe from the original I found, its full of protein and nutrients, and makes a great breakfast "on the run", or a post workout snack, or an emergency "I'm starving and likely to turn to chocolate soon" snack.

You can adapt them pretty easily; you could use a different nut butter (they sell butter from every nut you can imagine in health food shops) or try different fruit.



What I'm Cooking: Banana & Nut Protein Balls

Makes: about 10, five portions

Prep: 10 mins

Cook: 15 mins

Ingredients

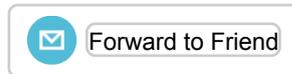
- 100g oats
- 1 very ripe banana, mashed
- 1 tablespoon almond butter
- 1 tablespoon walnut butter
- 2 tablespoons walnut oil
- Handful sultanas

Method

1. Measure out your oats in a bowl, then mix in the banana.
2. Add the nut butters and oil, then mix using two spoons. Mixing takes a little work, but if you use two spoons to sort of "mash and slice" its quick enough.
3. Mix in the sultanas (or you could poke them into the balls just before they go into the oven if you prefer)
4. Take tablespoonful's of the mixture and roll into balls, then pop onto a baking tray and cook for about 6 minutes, then turn them over and cook for another 6 minutes. They should be just starting to go brown, and still a bit squidgy, when they're ready
5. I've stored these in an airtight container for about a week in the fridge with no problems.

Until next time, enjoy staying healthy!

Best wishes,



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