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Recipe of The Month April 2015

Its a beautiful day outside today - isn't this weather so inspiring? Don't you feel like renewing all your good intentions to eat well and exercise regularly?

Unusually, I **have one slot in my diary for a new weekly 1-2-1 client**. If you're in the mood to make some changes to your health and fitness, [get in touch](#) and we can have a chat about it!

This is another lovely lunch recipe. I made it for our little girl the other day... It was rejected, so I ate it myself. I still can't understand why it was rejected as it was delicious... And dead simple to make too!

There are a few in my freezer too for an even quicker, easier lunch another day! They'll be great for a packed lunch as they taste just as good warm and cold.



What I'm Cooking: Falafel

Serves: 4

Prep: 5 mins

Cook: about 20mins

Ingredients

- 1 small onion, chopped
- 1 garlic clove, chopped
- Drizzle coconut oil for frying
- 1 400g tin chickpeas

- Small bunch parsley
- Small bunch coriander
- Squeeze lemon juice

Method

1. Fry the garlic and onion in the coconut oil until soft
2. Whack them in a food processor with all the other ingredients and give it a good whizz up. You're aiming for a thick, smooth, paste
3. Roll heaped teaspoon-sized balls and pop on a baking tray, then into the oven for about 20 minutes, until golden brown.

Until next time, enjoy staying healthy!

Best wishes,



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