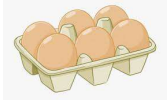
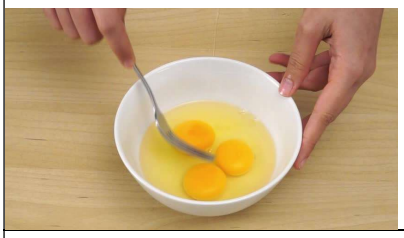
Ham & Egg Muffins

Spray muffin tray with oil	
Add ham	
Add capsicum Add onion Add mushrooms	
Top with 1 egg each 	
Sprinkle salt & pepper	
Bake for 15 minutes at 200 degrees (until eggs are set)	

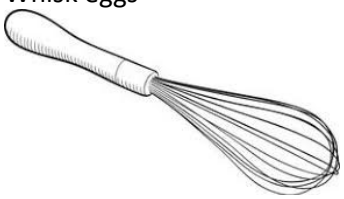
Omelette

Crack 3 eggs into bowl

3 x



Whisk eggs



Chop up:

Capsicum

Onion

Mushrooms

Tomato

Add to omelette machine

Pour in egg

Sprinkle salt & pepper

Cook for 10 minutes

Serve

Coconut Balls

1 cup puffed rice

1 x

Put in bag & crush with rolling pin

2 cups desiccated coconut

2 x

50g coconut oil (approx 3 tbsp)

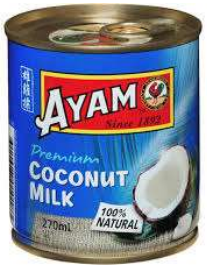
3 x

3 tbsp Honey

3 x

2-3 tbsp coconut milk

2 x



Stir

Roll balls in extra coconut
Put on baking tray

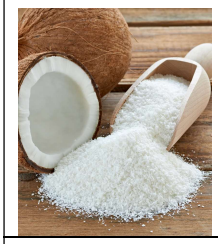
Chill in fridge for 1 hour

Coconut Pancakes (gluten & dairy free)

Put all ingredients in a bowl

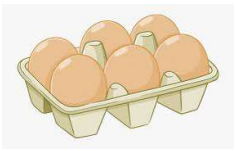
1/4 cup coconut flour
(use a level)

1/4 x



3 large eggs

3 x



2 tablespoons olive oil

2 x

2 tablespoons maple syrup

2 x

1 teaspoon baking powder

1 x

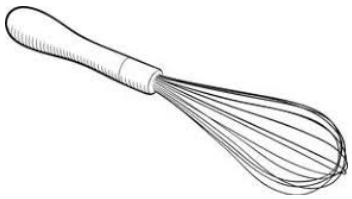
1 teaspoon vanilla extract

1 x

1/8 teaspoon fine sea salt

1/8 x

Whisk (break up clumps)



Oil in frypan

Fry pancakes

Serve

Gingerbread Men (gluten & dairy free)

<table>
<tr><td colspan="2">Place the coconut oil and syrup in a ceramic bowl</td></tr>
<tr><td>3 tablespoons coconut oil (30g)

3 x </td><td>12 tablespoons syrup (180ml)

12 x </td></tr>
<tr><td>Melt in the microwave</td><td> </td></tr>
<tr><td colspan="2">Add milk
Add vanilla</td></tr>
<tr><td>1/3 cup almond milk (5 tablespoons)

5 x </td><td>1 teaspoon vanilla extract

1 x </td></tr>
<tr><td>Mix
 </td><td>Add almond meal
Add flour
Add spices</td></tr>
<tr><td>1.25 cups almond meal (150g)
1.25 x
 </td><td>1 cup gluten-free flour (150g)

1 x
 </td></tr>
<tr><td>2 teaspoons ground ginger

2 x </td><td>1/2 teaspoon mixed spice

1/2 x </td></tr>
</table>

Mix 	Greaseproof baking paper
Sprinkle with flour Roll out dough (0.5cm thick)	
Bake for 10-12 minutes at 180 degrees (until golden brown) 	

Teriyaki Chicken

Put ingredients into bowl

1/4 cup soy sauce

1/4 x

3 tablespoons rice wine vinegar

3 x

3 tablespoons sugar

3 x

1 tablespoon sesame oil

1 x

2 tablespoons Mirin

2 x

2 cloves minced garlic

2 x

Add chopped chicken and stir

Wash hands

Oil in frypan

Fry chicken

Banana Cake

3 bananas 3 x Peel Mash with fork	
In a separate bowl	
Add 1/4 cup olive oil 1/4 x	Add 4 tablespoons maple syrup 4 x
Add 1 teaspoon apple cider vinegar 1 x	Add Pinch of salt
Add 1 teaspoon ground cinnamon 1 x	Add 1 teaspoon vanilla extract 1 x

Add 2/3 cup raisins 2/3 x 	Add 1+1/4 cups almond meal 1.25 x
Stir 	
Add 1+1/4 cups gluten-free flour blend 1.25 x 	Add 2 heaped teaspoons baking power 2 x
Add 1/4 teaspoon bicarbonate of soda 1/4 x	Add the bananas
Stir 	

Add 1/2 cup unsweetened almond milk (add a small amount at a time) 1/2 x	Stir
Transfer mixture into a greased baking tin lined with baking paper (18cm tin)	
Bake 180 degrees for 30 minutes (until risen, golden brown and an inserted skewer comes out clean)	
Serve	

Hummus Dip

1/4 cup tahini 1/4 x	1/4 cup lemon juice 1/4 x
Headphones on 	Blend Scrape sides
  2 tablespoons olive oil 2 x	1 garlic clove
1/2 teaspoon cumin 1/2 x	1/4 teaspoon salt 1/4 x
Blend Scrape sides 	1 tin chickpeas
Blend Scrape sides 	Serve

Seed Crackers

1 cup sunflower seeds 1 x	1/2 cup linseeds 1/2 x
1/2 cup chia seeds 1/2 x	1 cup pepitas 1 x
 4 tsp tamari sauce 4 x	 1.5 cups water 1.5 x
Stir 	 Line 2x baking trays with paper
Spread on 2x baking trays 	Bake 30 mins at 180 degrees
Cut into 16 squares 	Turn over
Bake 15-20 mins until brown at the edges	