

*the health hub.*

MEAL PREP PROGRAM

*Snacks*





# Recipes

Kale chips

Basic boiled eggs

Avocado and white bean dip

Gooey raw fudge

Acai popsicles

Raw cookie dough balls



# Kale Chips

## INGREDIENTS

- 1 bunch of kale - washed and dried completely
- 1 teaspoon paprika
- Olive oil
- Salt and pepper

## DIRECTIONS

1. Preheat oven to 180 degrees.
2. Tear kale leaves from the stem, break into small pieces and place in a large bowl.
3. Coat with olive oil and massage into the leaves. Add the paprika, salt and pepper and massage some more.
4. Lay kale on a lined baking tray without overlapping and evenly season with paprika, salt and pepper.
5. Bake for 10-15 minutes, until browned but not burnt.



# Basic Boiled Eggs

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- Eggs at room temperature

Place your desired amount of eggs in a saucepan of room temperature water and place over a medium head.

Bring to a simmer and let cook 4 minutes for soft boiled, 5 minutes for medium boiled and 8 minutes for hard boiled.

Use a slotted spoon to remove the eggs from water and store in their shells in the fridge until ready to eat.



# Avocado and White Bean Dip

## INGREDIENTS

- 1 ripe avocado
- 1 tin organic cannellini beans -  
drained and rinsed
- Juice from 1 lime
- Paprika
- 1 clove of garlic
- Salt and Pepper

## DIRECTIONS

- 1. Place avocado flesh, cannellini beans, lime juice, a sprinkle of paprika and garlic in a liquidiser or small blender and blitz until smooth.***
- 2. Taste for seasoning and add salt and pepper as needed.***



# GOOEY RAW FUDGE

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- 1 cup raw cashews - soaked for 10 minutes in hot water
- 10 medjool dates - pitted
- 2 tablespoons coconut oil
- 1 teaspoon vanilla
- 1 tablespoon raw cacao powder (for a caramel alternative, use maca powder)

- 1** Drain cashews and add together with remaining ingredients in a food processor.
- 2** Blend for a full minute, possibly longer depending on the power of your blender. The mixture should come together and be smooth and sticky.
- 3** Line a loaf tin or tupperware container with baking paper and scrape mixture in. To flatten, use another piece of baking paper and press down with your fingers. into cubes and store in the fridge.
- 4** Set in fridge for at least on an hour, slice

# ACAI POPSICLES



## INGREDIENTS

- Frozen packet of pure Acai
- 1 frozen banana
- 1 cup apple juice

## DIRECTIONS

***1. Place all ingredients into a small blender and blitz to combine completely.***

***2. Add in your favourite mixers from the list below:***

***Blueberries***

***Mango slices***

***Paleo Muesli***

***Kiwi Fruit***

***Chia Seeds***

***Goji Berries***

***3. Pour into ice pole moulds and set in freezer until completely frozen.***



# RAW COOKIE DOUGH BALLS

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- 1 cup organic gluten free oats
- 1 cup raw cashew nuts
- 1 teaspoon organic vanilla extract
- 1 tablespoon coconut oil
- 2 tablespoons honey
- 50g 85% dark chocolate

**1** First, blend together the oats and cashews in a food processor until they resemble a flour or fine meal.

**2** Add the vanilla, coconut oil and honey and blend again until completely combined.

**3** Chop the chocolate into small squares and stir through the mixture.

**4** Roll tablespoon sized balls in your hands and set in the fridge for an hour.