



Chocolate Chia Pudding

Recipe makes:

6 portions

Preparation time:

10 minutes

Chilling time:

4 hours (minimum)

Nutritional Information

1 Portion

Energy	180kcal
Carbohydrates of which sugars	1.8g 0.65g
Protein	19g
Fat	10.8g

Ingredients:

- 1440ml unsweetened almond milk
- 65g unflavoured and unsweetened whey protein (Fitness Labs)
- 1 tbsp unsweetened cocoa powder
- ½ tsp erythritol (or other suitable artificial sweetener that is equivalent to ½ tsp sugar)
- 120g chia seeds

Method:

1. In a blender combine almond milk, whey protein powder, cocoa powder and sweetener, and blend until smooth.
2. Mix in the chia seeds.
3. Divide the mixture between 6 tumblers or dessert bowls and cover each portion with cling film.
4. Refrigerate for at least 4 hours (or overnight), mixing once after 2 hours to get an even consistency.

Chef's Tip:

- Add 1 tbsp instant coffee at step 1 for a mocha flavoured pudding.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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Courgette Bowl

Recipe makes:

1 portion

Preparation time:

10 minutes

Nutritional Information

1 Portion

Energy	313kcal
Carbohydrates of which sugars	6.7g 5.3g
Protein	11.8g
Fat	26.6g

Ingredients:

- 110g courgette, spiralized
- 20g raw broccoli, chopped
- 14g reduced-fat mozzarella, shredded
- 22g cherry tomatoes, halved
- 10g yellow pepper, sliced
- 2 tbsp pesto
- 1 tbsp flaked almonds
- Salt and pepper to taste

Method:

1. Wash and prepare the courgette, broccoli, tomatoes and yellow pepper.
2. Place the spiralized courgette in a bowl and top with the vegetables.
3. Sprinkle the mozzarella and almonds on top.
4. Spoon pesto on top and mix well.
5. Add a pinch of salt and pepper to taste.

Chef's Tips:

- Add herbs to taste or substitute almonds for other options such as walnuts.
- Great with Marinara sauce (see separate recipe card).

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Curry Bean Salad

Recipe makes:
5 portions (470g)

Preparation time:
10 minutes

Nutritional Information

1 Portion (94g)

Energy	132kcal
Carbohydrates of which sugars	9.4g 1.9g
Protein	5.7g
Fat	7.9g

Ingredients:

- 114g tinned kidney beans
- 114g tinned chickpeas
- 57g tinned sweetcorn
- 45g small florets of raw broccoli
- ¼ finely chopped medium onion
- ¼ tsp ground curry powder
- 75g Curried tahini sauce (see separate recipe card)
- Salt and ground black pepper to taste
- 14g walnuts, chopped

Method:

1. Rinse and drain the tinned beans and chickpeas. Add into a medium bowl.
2. Add remaining ingredients except walnuts to the bean mix. Stir well.
3. Top with walnuts and toss lightly.

Chef's Tips:

- Serve chilled. Garnish with parsley or other herbs if desired.
- Use as filling with flat breads (see separate recipe card).

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Curried Tahini Sauce

Recipe makes:
9 portions (130g)

Preparation time:
5 minutes

Nutritional Information	1 Portion (14g)
Energy	54kcal
Carbohydrates of which sugars	0.3g 0.1g
Protein	1.4g
Fat	5.2g

Ingredients:

- 2 cloves of garlic, minced
- ½ tbsp freshly squeezed lemon juice
- 1 tbsp olive oil
- 40ml water
- 60g tahini (sesame) paste
- 1 tsp erythritol (or another suitable sweetener that is equivalent to 1 tsp sugar)
- ¼ tsp sea salt
- ½ tsp ground black pepper
- ½ tbsp curry sauce, prepared with a little water
- 10ml rice vinegar

Method:

1. Place ingredients into a blender, and blend into a smooth paste.
2. Pour the paste into a clean jar or a food container and chill until ready to use.

Chef's Tips:

- Use in the Curry Bean Salad (see separate recipe card).
- Also great with fish or meat dishes.

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