

# Chocolate Chia Pudding

Recipe makes: 6 portions

Preparation time: 10 minutes

Chilling time: 4 hours (minimum)

Nutritional Information	1 Portion	
Energy	180kcals	
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)
- I tbsp unsweetened cocoa powder
- 1/2 tsp erythritol (or other suitable artificial sweetener that is equivalent to 1/2 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 I tbsp instant coffee at step I for a mocha flavoured pudding.





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# **Courgette Bowl**

**Recipe makes:** I portion

Preparation time: 10 minutes

Nutritional Information	1 Portion
Energy	313kcals
Carbohydrates of which sugars	6.7g 5.3g
Protein	.8g
Fat	26.6g

# Ingredients:

- I l 0g courgette, spiralized
- 20g raw broccoli, chopped
- I4g reduced-fat mozzarella, shredded
- 22g cherry tomatoes, halved
- 10g yellow pepper, sliced
- 2 tbsp pesto
- I tbsp flaked almonds
- Salt and pepper to taste

### Method:

- I. 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.

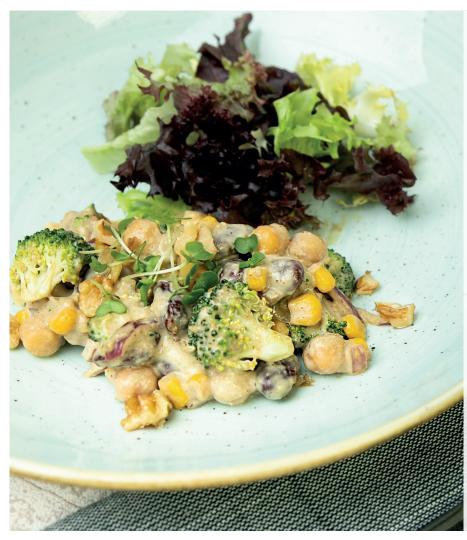
# Chef's Tips:

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



# Curry Bean Salad

Recipe makes: 5 portions (470g)

Preparation time: 10 minutes

	1 Portion (94g)
Energy	132kcals
Carbohydrates	9.4g
of which sugars	1.9g
Protein	5.7g
Fat	7.9g

### Ingredients:

- II4g tinned kidney beans
- II4g tinned chickpeas
- 57g tinned sweetcorn
- 45g small florets of raw broccoli
- <sup>1</sup>/<sub>4</sub> finely chopped medium onion
- <sup>1</sup>/<sub>4</sub> tsp ground curry powder
- 75g Curried tahini sauce (see separate recipe card)
- Salt and ground black pepper to taste
- I 4g walnuts, chopped

### Method:

- I. 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	54kcals
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
- I tbsp olive oil
- 40ml water
- 60g tahini (sesame) paste
- I tsp erythritol (or another suitable sweetener that is equivalent to I tsp sugar)
- 1/4 tsp sea salt
- 1/2 tsp ground black pepper
- 1/2 tbsp curry sauce, prepared with a little water
- 10ml rice vinegar

# Method:

- I. 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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