#### THE CHARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

# THE CHARITY RUNNER

@ P H I L R O B E R T O N

# **THE CHARITY RUNNER**



"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

Phil Roberton

#### **Phil Roberton**

Coach

#### THE CHARITY RUNNER

# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

# CONTENTS

#### **BREAKFASTS**

Rasp-Apple Smoothie 8 Good Morning Smoothie 10 Chia Breakfast Bowl 12 Egg Toast 14 Green Protein Pancakes 16 Breakfast Sausage Burrito 18

#### **SIDES & SMALL PLATES**

Roasted Carrots 22 Tomato Bisque 24 Ham and Corn Savoury Muffins 26 BBQ Corn 28 Satay Dipping Sauce 30 Chicken Meatballs 32 Hasselback Potatoes 34 Parmesan Courgette 36 Lamb with Houmous 38

#### MAINS

Red Lentil Soup 42 Courgetti with Chicken and Lemon 44 Turkey Salad with Mango 46 Soba Noodle Slaw 48 Rich Tomato & Tuna Pasta 50 Healthy Hamburgers 52 BBQ Lamb 54 Barley & Mushroom Soup 56 Tuna & Quinoa Sushi 58 Seafood Paella 60 Broccoli Noodle Bowl 62

#### DESSERTS

Coco Raspberry Bites 66 Banana Almond Sweet Sandwiches 68 Honey Baked Pears 70 Chocolate Nice Cream 72



# BREAKFASTS





The blender was invented in 1922 by Stephen J. Poplawski

8

# RASP-APPLE Smoothie

SERVES: 1 Total Time: 5 minutes

#### INGREDIENTS

1 green **apple** 80g frozen **raspberries** 100g **Greek yoghurt** 125ml **almond milk** 1 tbsp **psyllium husk** 5 **ice cubes** 

#### INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.

# CALORIES 216 PROTEIN

CALORIE2	210	PRUTEIN	
CARBS	28	FATS	7
FIBRE	11		

11



# GOOD MORNING Smoothie

SERVES: 1 Total Time: 5 minutes

#### INGREDIENTS

125ml orange juice
100g tinned pineapple
1 frozen banana
1 x 2cm piece ginger, peeled
1/2 lime, juiced

# INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.

MACROS PER PORTION				
CALORIES	219	PROTEIN	3	
CARBS	53	FATS	1	
FIBRE	4			



Sunflower seeds are especially high in vitamin E and selenium.

#### CHIA BREAKFAST Bowl

#### **SERVES: 2**

#### TOTAL TIME: 10 MINUTES (PLUS 8 Hours Refrigeration)

#### INGREDIENTS

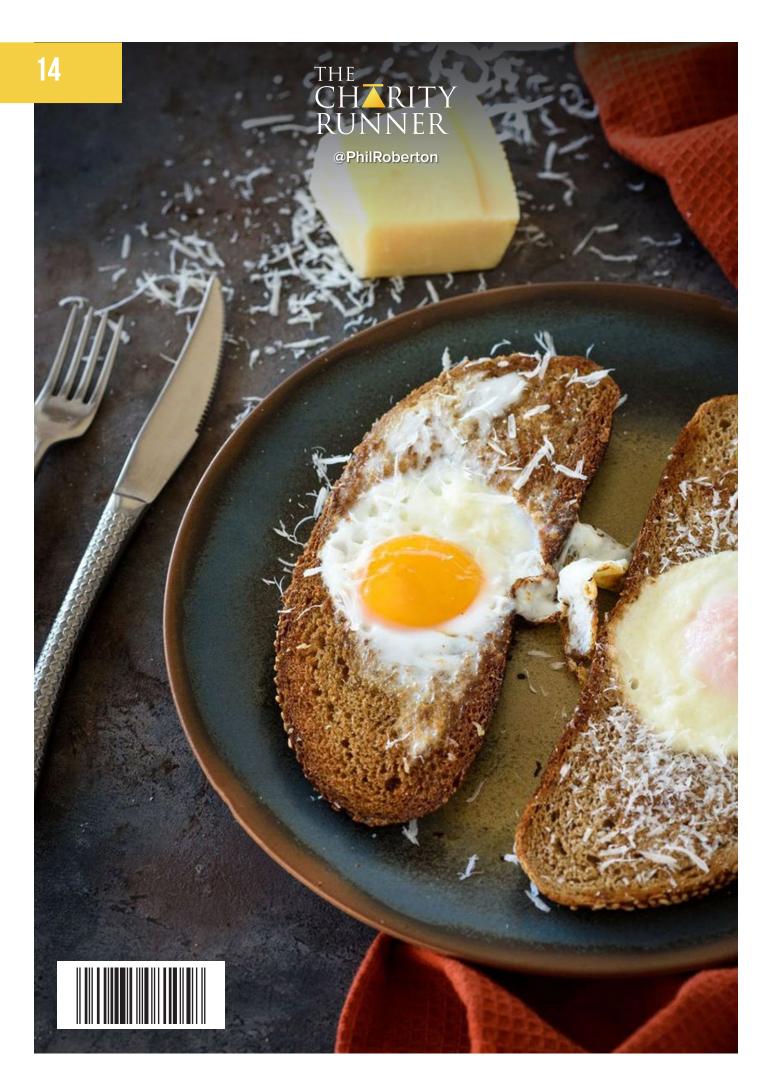
- 6 tbsp **chia seeds**
- 2 tbsp sunflower seeds
- 2 tsp cinnamon
- 220ml almond milk
- 2 tbsp **almonds**, chopped
- 6 **dates**, chopped
- 6 slices orange

# INSTRUCTIONS

Divide the chia seeds, sunflower seeds, cinnamon and almond milk between two bowls or jars and mix well to combine. Place in the fridge overnight.

In the morning, top each bowl with almonds, prunes and slices of orange.

CALORIES	586	PROTEIN	18
CARBS	59	FATS	29
FIBRE	22		



# EGG TOAST

#### SERVES: 2 Total Time: 10 minutes

#### INGREDIENTS

- 2 slices wholemeal bread (gluten-free if required)
- 2 tsp **butter**

2 **eggs** 

60g cheddar cheese, grated

# INSTRUCTIONS

Using a cookie cutter or glass, cut a hole in each slice of bread.

Heat the oil in a large, non-stick skillet and cook the bread for 2 minutes or until golden.

Flip the bread, crack the egg in the hole and sprinkle with cheese. Cook for another 3-4 minutes or until the egg is cooked to your liking.

Season with salt & cracked pepper and serve.

# MACROS PER PORTIONCALORIES326PROTEIN18CARBS18FATS21FIBRE22



Buckwheat consumption is linked to improved blood sugar control and heart health.



# **GREEN PROTEIN PANCAKES**

#### SERVES: 3 Total Time: 35 minutes

# INGREDIENTS

200g spinach
280ml buttermilk
1 egg, beaten
2 tbsp plain protein powder
175g buckwheat flour
1 tsp baking powder
1 tsp salt
2 tbsp Avocado oil
1 avocado

# INSTRUCTIONS

Firstly, place the spinach in a colander and pour over boiling water. Squeeze out excess liquid then place spinach in a food processor. Add the buttermilk and egg and blitz until smooth.

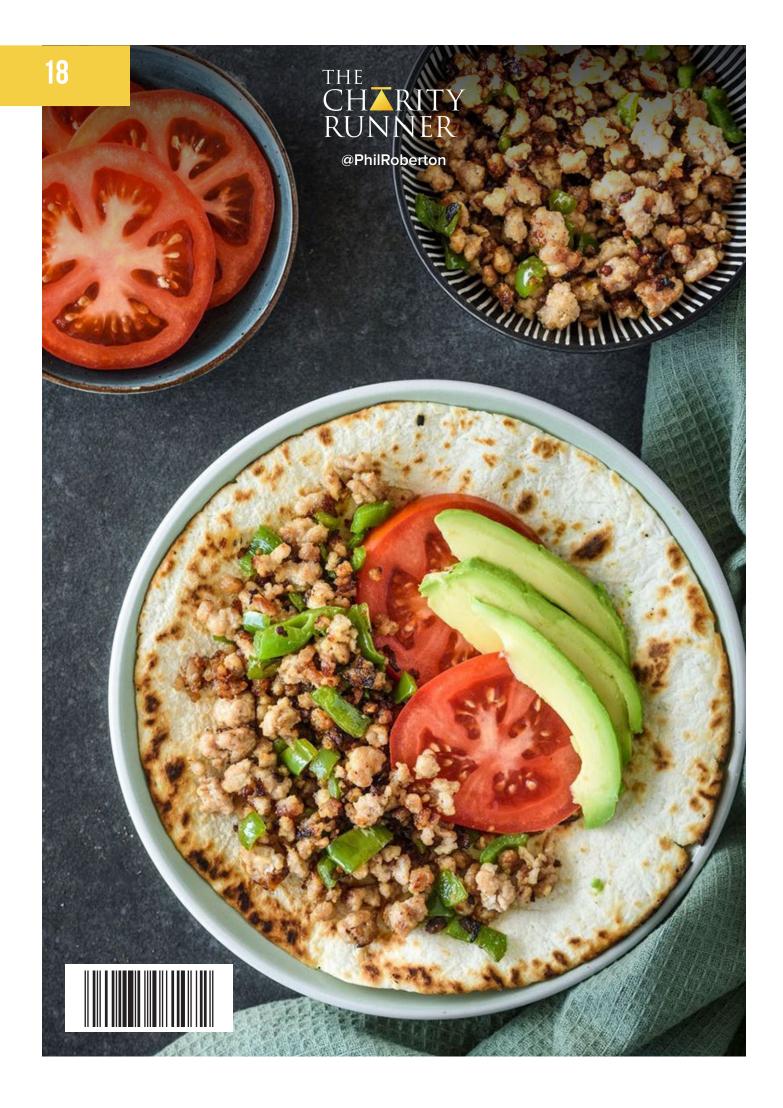
Mix all the dry ingredients in a large bowl. Pour the wet ingredients into the dry and mix to combine.

Heat the avocado oil in a large skillet over medium heat. Spoon the pancake mixture into the pan, one ladle at a time. Cook each pancake for 2-3 minutes or until bubbles appear. Flip and cook for another minute.

Transfer cooked pancakes to a plate and cover with aluminium foil to keep warm.

Serve with sliced avocado.

CALORIES	401	PROTEIN	30
CARBS	32	FATS	17
FIBRE	6		



# BREAKFAST Sausage Burrito

#### SERVES: 3 Total Time: 20 minutes

#### INGREDIENTS

2 tsp **olive oil** 

1 brown onion, diced

250g breakfast sausage

1 green bell pepper, diced

3 tortillas (gluten-free if required)

1/2 avocado, sliced

1 large **tomato**, sliced

#### INSTRUCTIONS

Add the olive oil to a large skillet and cook onion for 5 minutes or until translucent.

Add the sausage and green bell pepper and cook for about 7 minutes or until meat is fully cooked.

Heat the tortillas in the microwave for 40 seconds.

Spoon sausage mixture into the tortillas and top with avocado and cheese.

CALORIES	491	PROTEIN	15
CARBS	38	FATS	31
FIBRE	4		







The domesticated carrot that we know today originated from the wild carrot called Daucus carota which was native to Europe and south western Asia.



# ROASTED CARROTS

#### SERVES: 4 Total Time: 45 minutes

# INGREDIENTS

8 **carrots**, sliced 1 **red onion**, diced 1 tbsp **olive oil** 1/2 tsp **cumin** 40g **raisins** 10g **fresh parsley** 

#### INSTRUCTIONS

Preheat oven to  $180^{\circ}C/350^{\circ}F/gas 5$ . Line a baking tray with baking paper.

In a large bowl toss together the carrot, onion, olive oil and cumin. Lay on the tray, place in the oven and cook for 20-25 minutes.

Transfer carrots to a serving plate and allow to cool.

Once cooled, toss through the raisins and sprinkle with fresh parsley.

CALORIES	124	PROTEIN	2
CARBS	20	FATS	4
FIBRE	5		



# TOMATO BISQUE

#### SERVES: 4 Total Time: 60 minutes

# INGREDIENTS

2 tbsp **olive oil** 3 sprigs **spring onion**, diced

1 **clove garlic**, finely chopped

1 **carrot**, chopped

1 stalk **celery**, chopped

1/2 tsp **salt** 

1/2 tsp cracked pepper

1 tsp dried **parsley** 

1 tsp dried **thyme** 

1 bay leaf

1L vegetable stock

800g crushed **tomatoes** 250ml heavy **cream** 

# INSTRUCTIONS

Add the olive oil to a large saucepan over high heat. Add the spring onion and garlic and cook, stirring continuously for 3-4 minutes. Add the carrot and celery and cook for another 5 minutes.

Next, add the salt & cracked pepper, parsley, thyme, bay leaf, vegetable stock, and tomatoes. Reduce the heat and simmer for 30-40 minutes.

Transfer to a blender (or use a stick blender) and blitz until smooth.

Finally, stir through the cream.

Divide between 4 bowls and season with salt & cracked pepper.

CALORIES	253	PROTEIN	5
CARBS	14	FATS	20
FIBRE	3		



Ham production is of French origin. It was the Gauls who first became known for the salting, smoking, and curing of pig about 2000 years ago.

#### HAM AND Corn Savoury MUFFINS

**SERVES: 12** 

#### **TOTAL TIME: 40 MINUTES**

#### INGREDIENTS

300g **self raising flour** 100g shaved **ham** 1/4 tsp **salt** 175ml **milk** 1 **egg**, beaten 60ml **olive oil** 100g tasty **cheese** 100g **creamed corn** 

#### INSTRUCTIONS

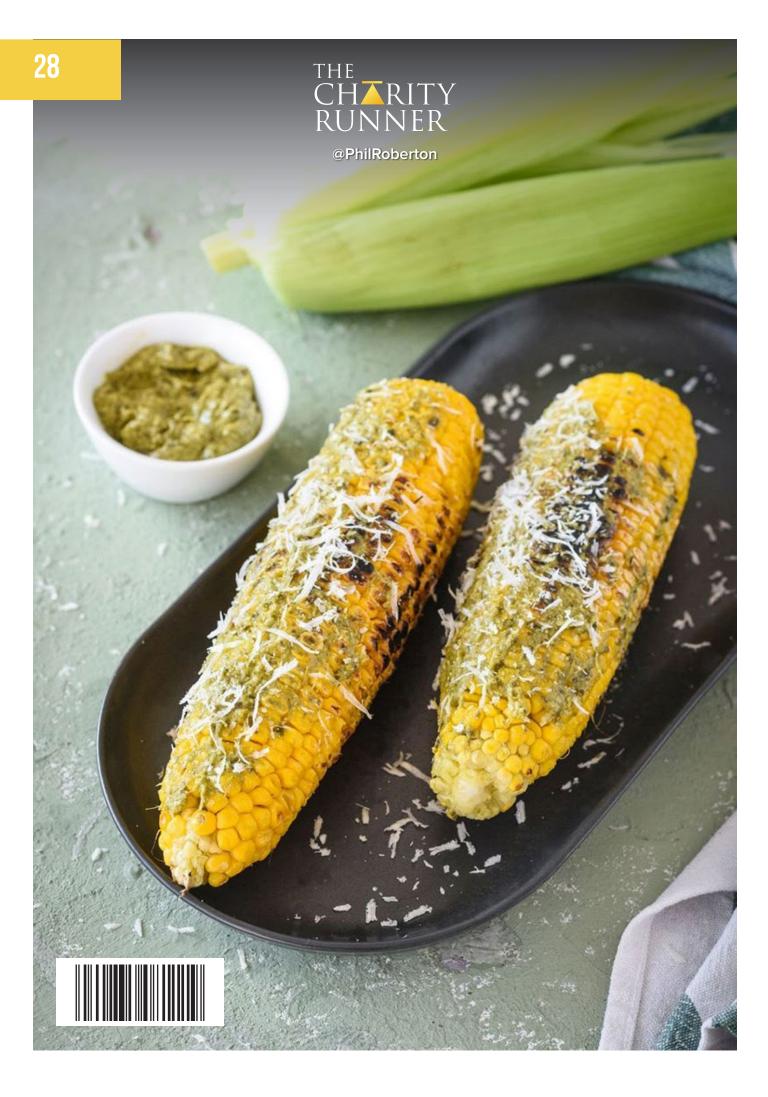
Preheat oven to 180°C/350°F/gas 5. Grease a 12-case muffin tray with olive oil cooking spray.

In a large bowl, mix together the flour, ham and salt. Make a little well and pour in the milk, egg, olive oil, cheese and corn. Gently stir to combine.

Spoon the mixture into the muffin trays, place in the oven and cook for 17-20 minutes.

Allow to cool for 5 minutes before serving.

CALORIES	197	PROTEIN	7
CARBS	20	FATS	10
FIBRE	1		



# **BBQ CORN**

#### SERVES: 4 Total Time: 20 minutes

#### INGREDIENTS

4 corn cobs

4 tbsp **pesto sauce** 

60g cheddar cheese

60g Parmesan cheese

Salt & cracked pepper

# INSTRUCTIONS

Preheat grill to high heat. Add corn and cook, turning regularly, for about 10 minutes or until charred all over.

Spread 1 tbsp of pesto on each cob, sprinkle with cheese and season with salt & pepper.

CALORIES	324	PROTEIN	15
CARBS	25	FATS	18
FIBRE	3		

30



Unlike nuts that grow on trees, peanuts grow underground.

# SATAY DIPPING Sauce

#### SERVES: 4 Total Time: 15 minutes

# INGREDIENTS

60ml **peanut oil** 2 long **red chillies**, sliced 75g peanuts 125ml **rice wine vinegar** 1 large **cucumber**, sliced into matchsticks

# INSTRUCTIONS

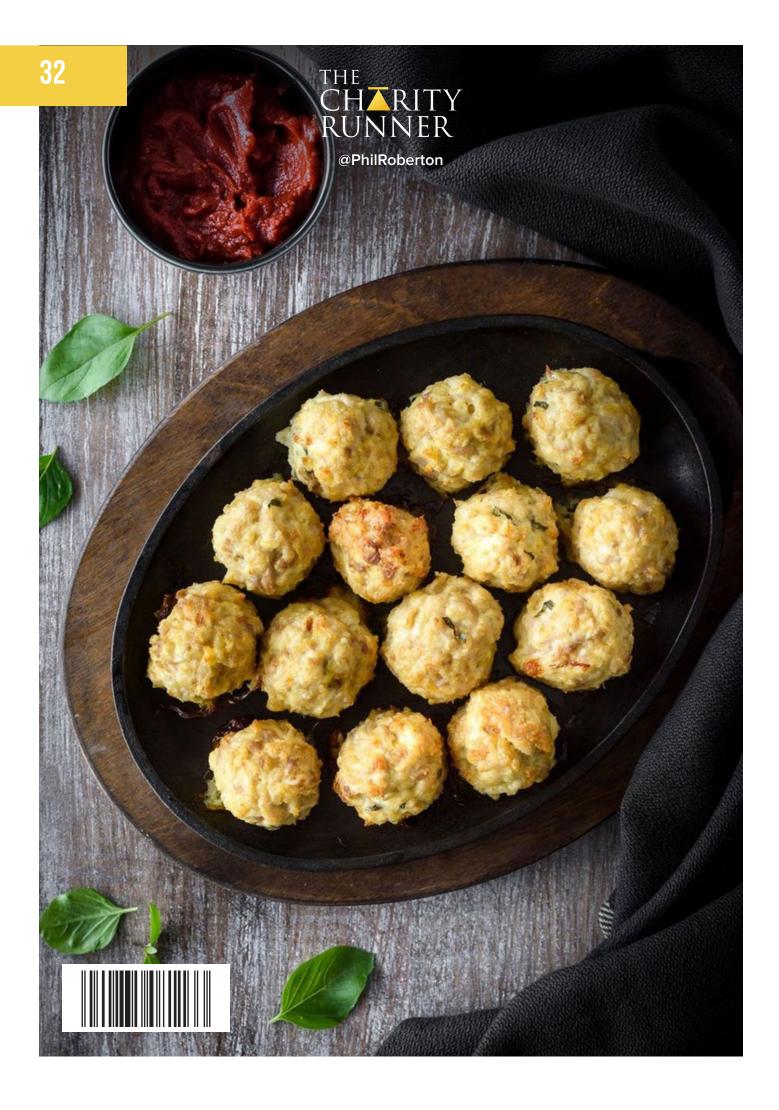
Place the oil in a small saucepan on medium heat. Add the chillies, peanuts and rice wine vinegar and cook stirring continuously for 5 minutes.

Transfer the peanuts and sauce to a blender and blitz until combined.

Serve with cucumber sticks.

MACROS	PER PORTION	

CALORIES	273	PROTEIN	6
CARBS	6	FATS	25
FIBRE	2		



# CHICKEN MEATBALLS

#### SERVES: 15 Total Time: 50 minutes

# INGREDIENTS

500g chicken mince
2 tbsp olive oil
25g sundried tomatoes
10g fresh basil
1 tsp onion powder
1 egg
50g panko crumbs
45g Parmesan cheese, finely grated
Salt & cracked pepper

# INSTRUCTIONS

Preheat oven to  $200^{\circ}$ C/ $400^{\circ}$ F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Mix all the ingredients together in a large bowl.

Roll into bite-sized balls and place on the baking tray.

Place in the oven and cook for 25-30 minutes or until cooked through and golden.

Serve with sweet chilli sauce or chutney.

CALORIES	98	PROTEIN	9
CARBS	3	FATS	6
FIBRE	0		



This Swedish side dish gets its name from Hasselbacken, the Stockholm restaurant where it was first served.

# HASSELBACK Potatoes

SERVES: 4 Total Time: 80 minutes

# INGREDIENTS

1kg desiree potatoes
1 tbsp + 1 tsp olive oil
1 clove garlic, minced
2 tbsp fresh rosemary, chopped
Salt & cracked pepper
20g parmesan cheese
20g breadcrumbs (gluten-free if required)

# INSTRUCTIONS

Preheat oven to  $200^{\circ}$ C/ $400^{\circ}$ F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Cut slices into each potato, 3-6mm apart. The cuts should be deep but not quite all the way through.

Mix together 2 tbsp of olive oil and the garlic in a small bowl. Brush the potatoes with oil, sprinkle with rosemary and season with salt & cracked pepper.

Place in the oven and cook for 60 minutes.

Carefully remove the potatoes from the oven and sprinkle with cheese, breadcrumbs and 1 tsp olive oil. Place back in the oven for 10 minutes.

Allow to cool for 5 minutes before serving.

CALORIES	273	PROTEIN	8
CARBS	45	FATS	7
FIBRE	2		



# PARMESAN Courgette

### SERVES: 2 Total Time: 15 minutes

### INGREDIENTS

1 tbsp olive oil
1 clove garlic
2 courgette, diced
1 tsp dried basil
Salt & cracked pepper
1/2 lemon, juiced
2 tbsp Parmesan cheese, grated

### INSTRUCTIONS

Start by heating the olive oil in a medium-sized skillet. Add the garlic, courgette, basil, salt & cracked pepper and cook for 6-7 minutes or until courgette is tender.

Stir through the lime juice and remove from the heat.

Transfer to serving dish and sprinkle with Parmesan cheese.

CALORIES	155	PROTEIN	9
CARBS	6	FATS	11
FIBRE	3		



Harissa is a Tunisian & Libyan hot chilli pepper paste.

# LAMB WITH Houmous

### SERVES: 4 Total Time: 25 minutes

## INGREDIENTS

tbsp olive oil
 onion, finely chopped
 clove garlic, minced
 500g lean lamb mince
 tbsp Harissa spice
 50g argulu
 tomatoes chopped
 large cucumber
 red onion, diced
 120g houmous

4 wholemeal pittas

## INSTRUCTIONS

Heat oil in a skillet over medium heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, lamb and Harissa and cook for 5-7 minutes or until lamb is cooked.

Place the arugula on a serving plate and top with lamb.

Toss together the tomatoes, cucumber and red onion and serve on the side of the lamb with houmous and pittas.

CALORIES	478	PROTEIN	41
CARBS	39	FATS	16
FIBRE	10		







### **RED LENTIL SOUP** SERVES: 4 TOTAL TIME: 45 MINUTES

### INGREDIENTS

1 tbsp **ground coriander** 1 tsp **cumin** 1 tsp **turmeric** 1/2 tsp **paprika** 375g dried **red lentils** 2L **water** 1 **brown onion**, diced 1 large **carrot**, diced 1 **red bell pepper**, diced 1 **courgette**, diced

### INSTRUCTIONS

Place the coriander, cumin, turmeric and paprika in a deep saucepan and dry roast for 2-3 minutes.

Add all other ingredients and bring to a boil. Cover and reduce to a simmer for 35-40 minutes or until lentils and vegetables are soft.

Divide between 4 bowls.

CALORIES	382	PROTEIN	25
CARBS	68	FATS	2
FIBRE	13		



Courgettes were first brought to the United States in the 1920s by the Italians.

### COURGETTI WITH CHICKEN AND LEMON

SERVES: 4 Total Time: 20 minutes

### INGREDIENTS

2 tbsp **olive oil** 3 **clove garlic**, minced

1 brown onion, diced

250g chicken breast, sliced

2 tsp lemon rind

2 tbsp white wine

3 medium courgettes, spiralised

10g **fresh basil** 

### INSTRUCTIONS

Add the olive oil to a large skillet and bring to mediumhigh heat. Add the garlic, onion and chicken and cook for 7-8 minutes or until chicken is fully cooked.

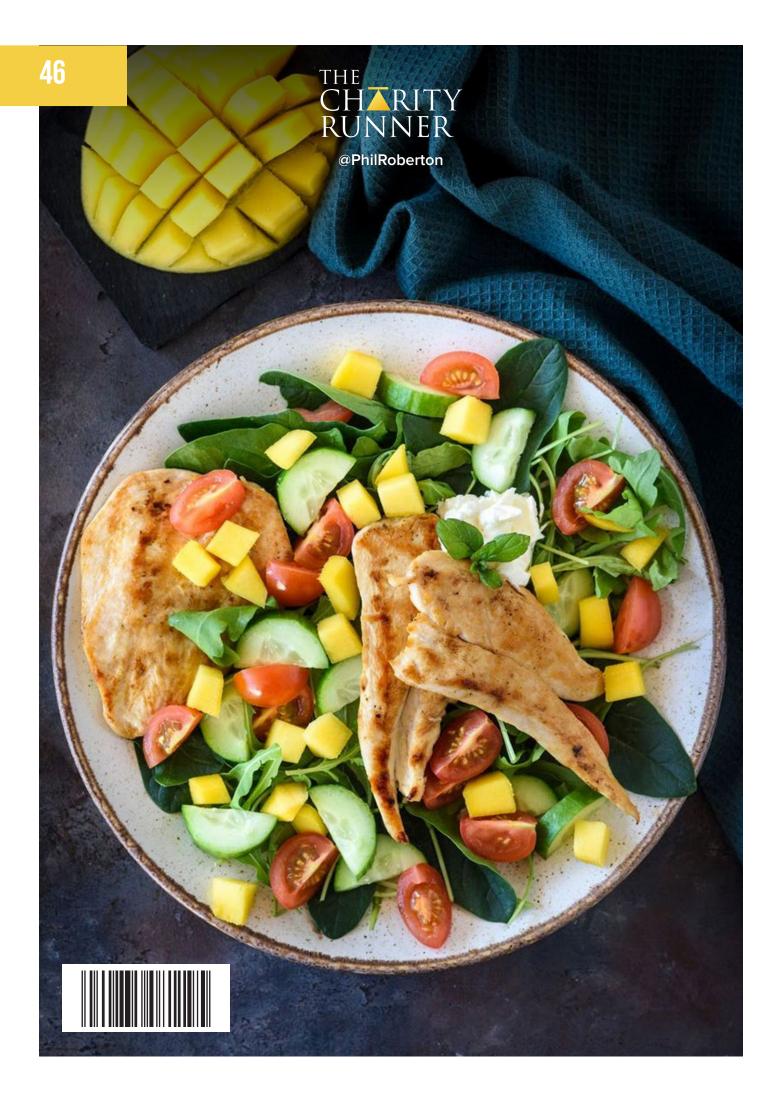
Meanwhile, bring a large pot of salted water to boil. Submerge spiralised courgette in the water and cook for 1 minute. Drain, keeping aside 125ml pasta water.

Add the lemon and white wine to the chicken.

Add the courgette noodles, reserved pasta water and basil to the chicken and stir to heat through for 2-3 minutes.

Divide between 4 bowls and season with salt & cracked pepper.

CALORIES	407	PROTEIN	42
CARBS	15	FATS	18
FIBRE	5		



# TURKEY SALAD WITH MANGO

### SERVES: 2 Total Time: 15 minutes

### INGREDIENTS

60g spinach
60 arugula
250g cherry tomatoes, quartered
2 Lebanese cucumbers, cut into half moons
2 mangos, cut into cubes
5g mint leaves, diced
60g Greek yoghurt
1 tbsp lemon juice
200g turkey breast slices

## INSTRUCTIONS

Toss together the spinach, arugula, cherry tomatoes, cucumber and mango.

In a small bowl, mix together the mint leaves, lemon juice and Greek yoghurt.

Arrange Turkey on top of the salad and drizzle with mint dressing.

MACROS	PER PORTION	

CALORIES	395	PROTEIN	34
CARBS	57	FATS	5
FIBRE	12		



In Japan it's not uncommon to refer to any thin noodle as soba in contrast to udon which are thick noodles made from wheat.

## SOBA NOODLE Slaw

### SERVES: 4 Total Time: 30 minutes

# INGREDIENTS

120g soba noodles (uncooked)
140g red cabbage, shredded
2 large carrots, grated
1 large cucumber, thinly sliced
For the sauce:
100g peanut butter
3 tbsp tamari
2 tbsp honey
1 lime juiced
2 tbsp sesame oil
2 cloves garlic, minced
1/2 tbsp ginger, grated
For garnishing:
40g coriander, leaves picked
1 long red chilli, sliced

# INSTRUCTIONS

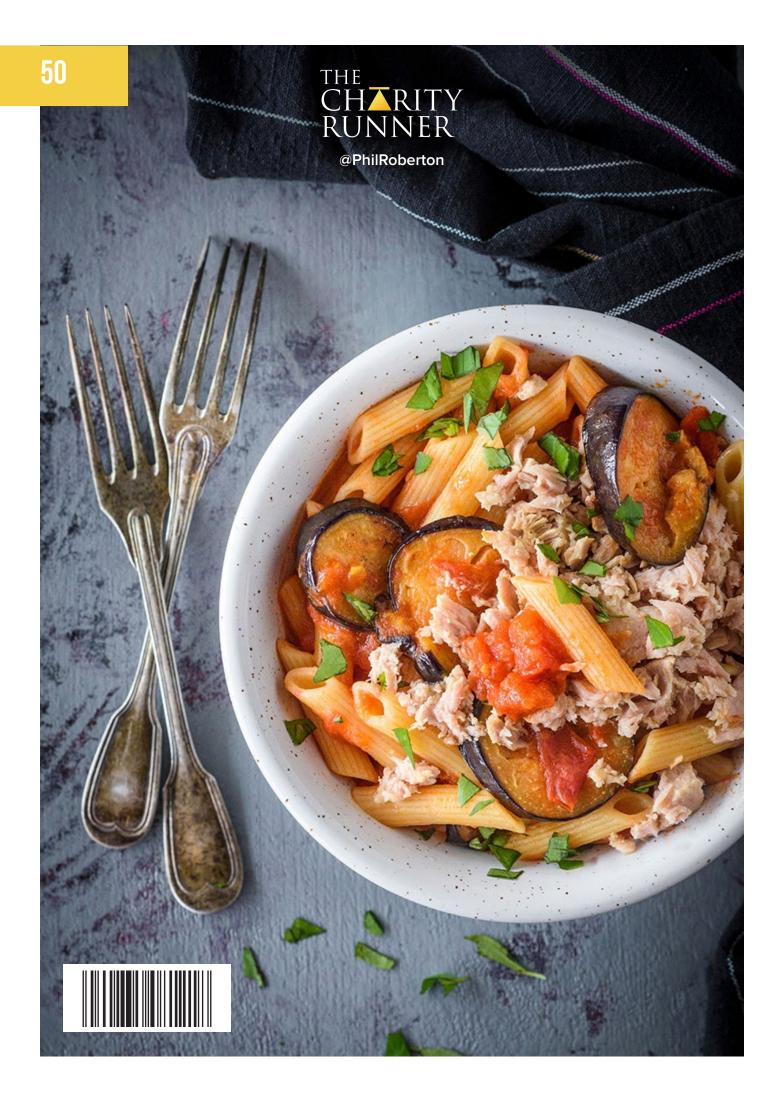
Start by cooking the soba noodles according to packet instructions. Drain and set aside.

In a large bowl, toss together the cabbage, carrots and cucumber.

In a small bowl, whisk together all dressing ingredients. If the sauce is too thick, just add a little water.

Stir the dressing through the salad and top with coriander and fresh red chilli.

CALORIES	352	PROTEIN	14
CARBS	39	FATS	15
FIBRE	5		



# RICH TOMATO & TUNA PASTA

### SERVES: 4 Total Time: 35 minutes

## INGREDIENTS

1 tbsp olive oil
1 onion, diced
500g aubergine, sliced
1 long red chilli, sliced
750g ripe tomatoes, peeled and chopped
125g tinned tuna, drained
40g chopped basil leaves
400g penne pasta (gluten-free if required)

## INSTRUCTIONS

Heat the oil in a large skillet. Add the onion and aubergine and cook, stirring continuously for 10 minutes or until aubergine has softened.

Add the tomatoes and basil, cover and simmer for 15 minutes.

Meanwhile, cook the pasta according to packet instructions. Drain and rinse.

Once the pasta is cooked, stir the tuna through the sauce, followed by the pasta for 1-2 minutes.

Divide between 4 bowls.

# MACROS PER PORTION

UALUNIES	490	PRUTEIN	20
CARBS	86	FATS	7
FIBRE	8		



Americans alone consume approximately 50-billion burgers a year.

# HEALTHY HAMBURGERS

#### **SERVES: 6**

#### TOTAL TIME: 40 MINUTES (PLUS 60 MINUTES REFRIGERATION)

## INGREDIENTS

350g lean mince
1 large carrot, grated
1 courgette, grated
125g breadcrumbs (gluten-free if required)
15g parsley, chopped
2 garlic cloves, minced
1 egg, lightly whisked
1 tbsp Worcestershire sauce
Salt & cracked pepper
6 large iceberg lettuce leaves
6 slices, tinned pineapple
6 slices tomatoes
4 tbsp mayonnaise

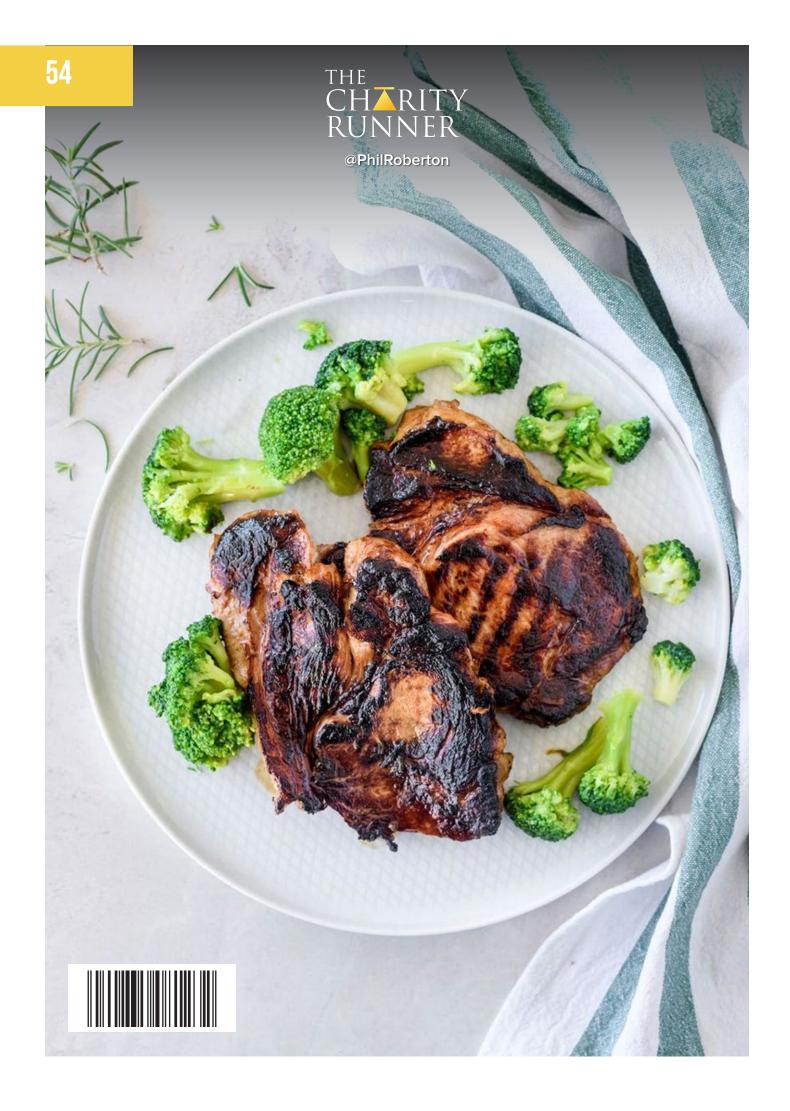
## INSTRUCTIONS

In a large bowl, combine the beef carrot, courgette, breadcrumbs, parsley, garlic, herbs, Worcestershire sauce, salt & cracked pepper. Roll the mixture into 6 patties and place in the fridge for 60 minutes.

Bring the grill plate to medium-high heat and cook patties for 5-6 minutes each side.

Place each pattie inside a lettuce leaf and top sliced pineapple, tomato and mayonnaise.

CALORIES	352	PROTEIN	15
CARBS	25	FATS	21
FIBRE	2		



# **BBQ LAMB**

SERVES: 2 Total Time: 50 minutes

### INGREDIENTS

2 lamb steaks

2 sprigs **rosemary** 

1 tbsp **balsamic vinegar** 

1 bunch **broccolini** 

### INSTRUCTIONS

Start by making little slits in the steaks and insert the fresh rosemary. Drizzle with balsamic vinegar and leave on the kitchen bench for 30 minutes.

Meanwhile, place the broccolini in a saucepan with 3-4 tbsp water. Place a lid on and steam for 4-5 minutes or until tender.

Bring the grill plate to high heat and cook for 3-4 minutes each side or until cooked to your liking.

Serve lamb alongside broccolini.

CALORIES	196	PROTEIN	33
CARBS	3	FATS	6
FIBRE	2		



Beta-glucan fibre found in barley may help feed healthy gut bacteria, increasing their probiotic activity.

### BARLEY & MUSHROOM Soup

### SERVES: 4 Total Time: 85 minutes

### INGREDIENTS

2 tbsp olive oil
1 brown onion, chopped
1 clove garlic, minced
1 carrot, diced
2 celery stalks, diced
400g mushrooms, chopped

200g **pearl barley** 800ml **vegetable stock** 

Cracked pepper

### INSTRUCTIONS

Start by heating the oil in a large saucepan over high heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, carrot and celery and cook for an additional 5 minutes.

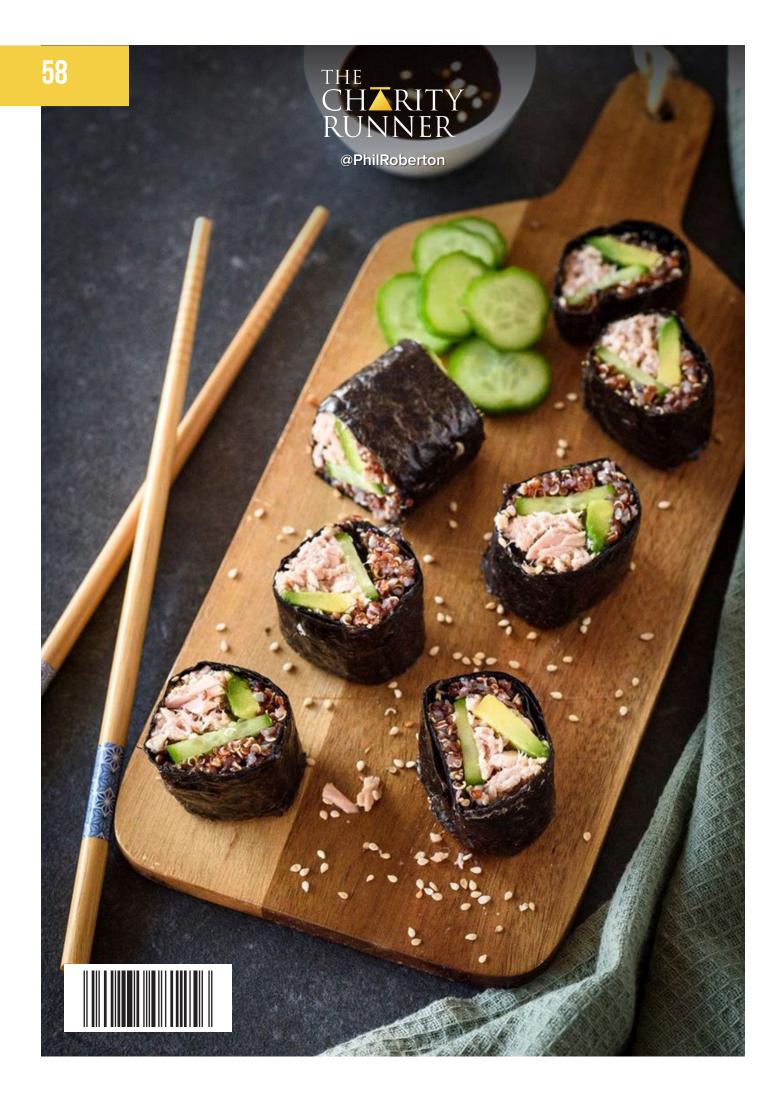
Next, stir through the mushrooms and cook for 2 minutes.

Add the vegetable stock, barley and a generous sprinkling of cracked pepper.

Bring to a boil, reduce to a low simmer and cook for 50-60 minutes or until barley is cooked.

Divide between four bowls and serve with crunchy bread, optional.

CALORIES	293	PROTEIN	9
CARBS	45	FATS	9
FIBRE	10		



### TUNA & QUINOA Sushi

### SERVES: 2 Total Time: 40 minutes

### INGREDIENTS

90g **quinoa** 

4 × nori sheets

1 **avocado**, sliced

1/2 cucumber, sliced

2 x 125g tin **tuna**, drained

2 tsp sesame seeds

### INSTRUCTIONS

Start by cooking quinoa according to packet instructions. Once cooked allow to fully cool.

Lay the nori sheets out on the bench and layer with quinoa, avocado, cucumber, tuna and sesame seeds.

Gently roll the sushi, once you get close to the edge, sprinkle a little water on the end of the nori sheet to help it stick.

Slice into bite-sized pieces or eat whole.

CALORIES	413	PROTEIN	27
CARBS	34	FATS	19
FIBRE	8		





Paella is a Valencian rice dish that originated in its modern form in the mid-19th century.

### **SEAFOOD PAELLA** SERVES: 4 TOTAL TIME: 45 MINUTES

## INGREDIENTS

500ml vegetable stock 175g brown rice 1 tbsp olive oil 1 onion, diced 1 courgette, sliced 1 red bell pepper, sliced 2 large tomatoes, chopped 200g white fish 150g prawns 100g calamari 2 tsp paprika 14g fresh parsley 1 lemon, juiced

# INSTRUCTIONS

Add the rice and stock to a medium-sized pot and cook according to packet instructions.

In a large pan, add the olive oil and bring to high heat. Add the onion and cook for 5 minutes or until translucent.

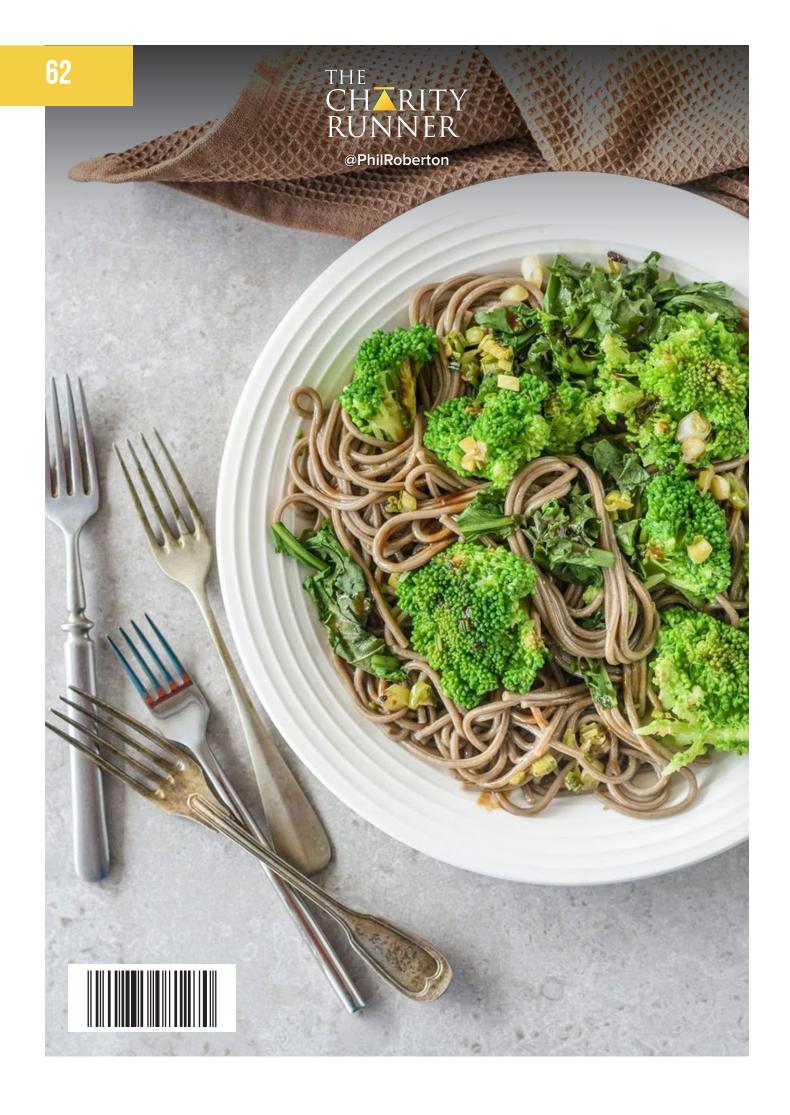
Add the courgette, bell pepper and tomatoes and cook for 5 minutes.

Next, add the seafood and cook for an additional 5-7 minutes or until cooked through.

Add the paprika, parsley, lemon and cooked rice. Gently stir to combine.

Divide between 4 bowls and top with a little extra fresh parmesan.

CALORIES	337	PROTEIN	26
CARBS	43	FATS	7
FIBRE	4		



# BROCCOLI Noodle Bowl

### SERVES: 2 Total Time: 30 minutes

### INGREDIENTS

100g soba noodles
400g broccoli, florets chopped
1/2 bunch kale, stems removed and leaves chopped
2 tsp sesame oil
2 stalks spring onion, diced
For the sauce:
2 tbs tamari
1 tbsp rice wine vinegar
1/2 tbsp maple syrup
2 tsp lemon

## INSTRUCTIONS

Start by cooking the noodles according to packet instructions. Drain and set aside.

Bring a large pot of water to boil. Add broccoli and kale and cook for 4-5 minutes or until tender.

Meanwhile, in a small fry pan, add the sesame oil and spring onion. Cook for 4-5 minutes.

To make the dressing, add all ingredients to a small jar and shake well to combine.

Arrange the noodles, cooked broccoli and kale in two serving bowls. Top with spring onion and drizzle dressing all over.

CALORIES	323	PROTEIN	18
CARBS	46	FATS	9
FIBRE	9		







You can apply coconut oil to your hair to increase shine and protect it from damage.

### COCO RASPBERRY BITES

SERVES: 12

#### TOTAL TIME: 10 MINUTES (PLUS 3 Hours Refrigeration)

### INGREDIENTS

105g **coconut oil**, melted 500g frozen **raspberries** 1 **lemon**, juiced 2 tsp **honey** 

### INSTRUCTIONS

Set aside 12 raspberries, then place all ingredients in your blender, blitz until smooth.

Transfer mixture into a 12 case muffin tin and top each one with a raspberry.

Refrigerate for 3 hours before serving/eating.

CALORIES	98	PROTEIN	1
CARBS	3	FATS	9
FIBRE	3		



### BANANA Almond Sweet Sandwiches

#### SERVES: 6

#### TOTAL TIME: 10 MINUTES (PLUS 8 HOURS OVERNIGHT)

### INGREDIENTS

2 bananas

2 tbsp almond butter

12 digestive biscuits

### INSTRUCTIONS

Mush the bananas up in a medium-sized bowl. Add almond butter and mix to combine.

Lay some aluminum foil on a tray and spread half the Digestive biscuits out.

Dollop a spoonful of banana on each cracker and place another cracker on top.

Place in the freezer overnight.

CALORIES	98	PROTEIN	2
CARBS	16	FATS	3
FIBRE	2		



The Chinese consider the pear, which they call "li," to be a symbol of immortality.



## HONEY BAKED PEARS

### SERVES: 2 Total Time: 40 minutes

### INGREDIENTS

2 pears, peeled, halved and core removed
1 tbsp butter
1 tbsp maple syrup
50g almonds, finely chopped
2 tbsp Greek yoghurt

### INSTRUCTIONS

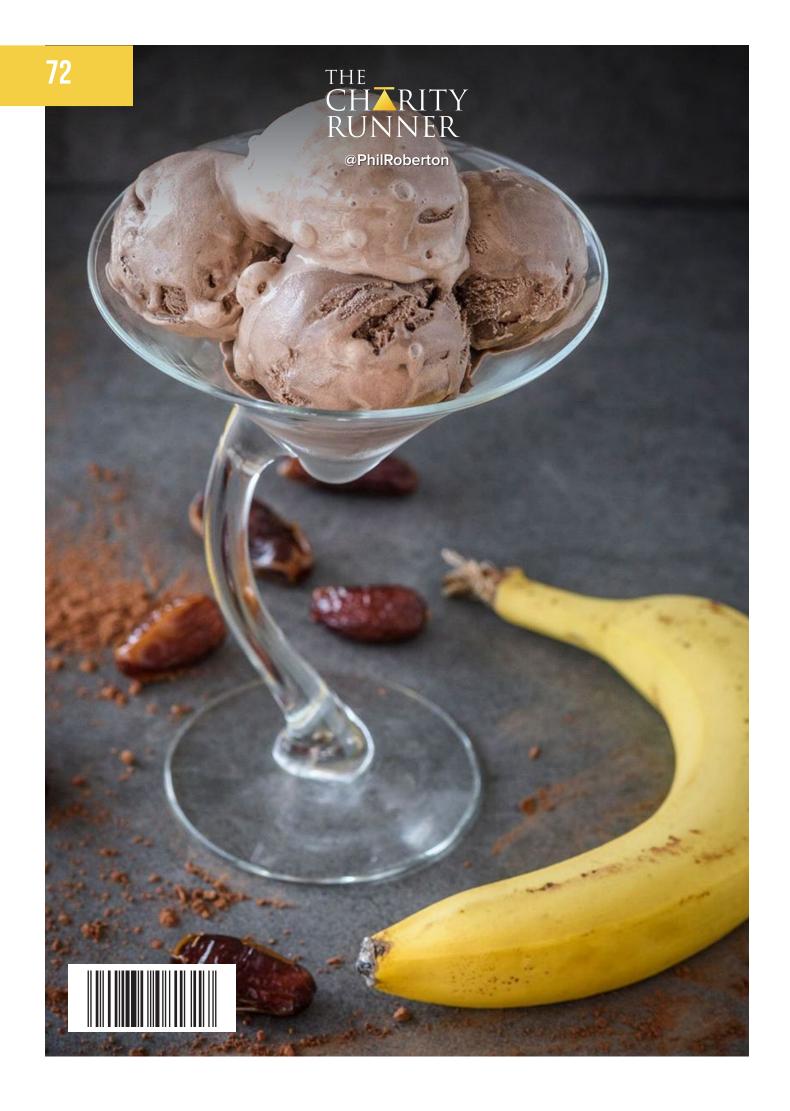
Preheat oven to 180°C/350°F/gas 5. Grease a shallow oven proof tray with butter.

Place the pear halves face down in the tray and drizzle with maple syrup.

Place in the oven and bake for 30 minutes or until the face down sides of the pears have caramelised.

Serve with almonds and Greek yoghurt.

CALORIES	310	PROTEIN	7
CARBS	23	FATS	21
FIBRE	4		



# CHOCOLATE NICE CREAM

#### SERVES: 2

#### TOTAL TIME: 5 MINUTES (PLUS 60 minutes in the freezer)

### INGREDIENTS

3 frozen **bananas** 35g **cocoa powder** 110g **dates** 2 tbsp **almond butter** 

### INSTRUCTIONS

Place all ingredients in a blender or food processor and blitz until very smooth.

Transfer to a freezer safe tray and place in the freezer for at least 60 minutes for before serving.

CALORIES	325	PROTEIN	7
CARBS	58	FATS	9
FIBRE	10		

### THE CHARITY RUNNER

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