



COOK  
EAT  
ENJOY

# CASHEW & GINGER BALLS

GREAT HOME MADE PROTEIN BALL SNACK  
MAKES 20

- 200g cashews
- 200g dates (medjool if possible)
- 2 tsp ground ginger

**1** Add all the ingredients to the mixer and blitz until a fine paste is formed.

**2** Form into approx 20 balls.

**3** Store in an airtight container in the fridge for 2-3 days.

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# COCONUT BALLS

MAKES APPROX 12

- 2 Tbsp boiling water
- 100g dates (medjool if possible)
- 3 Tbsp Cacao powder
- 3-4 Tbsp Oats
- 2 Tbsp Dessicated Coconut
- 12 Almonds

## OPTION

Make balls around a single almond and roll in dessicated coconut.

- 1** Add boiling water to dates and set aside for 10 minutes. Blitz until smooth in a power blender.
- 2** Mix Cacao powder and oats in a bowl and mix in the blitzed dates, and form into rough balls - the mixture needs to be a bit stick to pick up coconut mixture, however if it is too wet ad a few more oats.
- 3** Chop almonds and mix with coconut onto a plate.
- 4** Roll balls in coconut mixture, you may need to push nuts into mixture. Chill in fridge.



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# PINEAPPLE BANANA & GINGER SMOOTHIE

MAKES ONE LARGE SMOOTHIE - GREAT POST-WORKOUT TO REHYDRATE

- half chopped pineapple
- 1 large banana
- thumb sized peice ginger
- 250ml coconut water

**1** Peel and chop ginger.

**2** Add all ingredients to blender and blend until very smooth.

Quantities are all approximate

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# MANGO AND SPINACH SMOOTHIE

MAKES 1 LARGE SMOOTHIE, GREAT PRE-WORKOUT

- handfull frozen chopped mango
- two large handfulls baby spinach
- 250ml milk

**1** Add all the ingredients to the blender jug and blend until very smooth.

**2** thats it!

You can use any kind of milk, either dairy or nut milk - we used hazelnut

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# BEETROOT AND GINGER JUICE

- 2 large beetroot
- large piece fresh ginger
- 2 sticks celery
- 1 -2 apples
- thumb piece turmeric
- grate fresh pepper

**1** Juice all ingredients.

**2** Mix well, add grated pepper and drink!

You need a good juicer for this recipe.