



DREAM™ CHALLENGE

MEAL PLAN





WELCOME

You're about to join the growing number of people who have already chosen to go dairy-free, either as a lifestyle choice or for health reasons such as lactose intolerance.

This meal plan is simple to follow and packed with tasty recipes to suit any lifestyle. It has something for all palates, with dishes including soya, rice, almond and coconut plant-based milk alternatives.

Deciding which variety of Dream to use in this menu was pretty straightforward. Each flavour is unique and offers a range of sweetness, texture and taste. The Soya Dream and Oat Dream worked nicely in some savoury dishes whereas the Rice Dream and Coconut Dream have a natural sweetness, which complement other dishes such as the Cacao Layered Overnight Oats. Often a common concern when replacing dairy with plant-based milk alternatives is the lack of protein, however I have designed this menu to ensure it is nutritionally balanced and you will get a sufficient amount of protein across the day. The menu will enable you to nourish your body with lots of variety from vegetables to protein, get lots of healthy fats in your diet and ensure you feel energised and healthy without compromising on taste.

Enjoy!

Rhiannon

Rhiannon Lambert

BREAKFAST

LUNCH

DINNER

SNACK

MONDAY



Scrambled Egg with Avocado Pesto and Cherry Tomatoes



Roasted Vegetable Frittata



Chicken Meatballs with Courgetti or Boodles



Avocado Hummus with GG Crispbreads

TUESDAY



Spinach, Beetroot & Turmeric Rainbow Pancakes



Veggie Noodles with Curried Coconut Sauce



Sesame Salmon with Broccoli & Sweet Potato



Crunchy Kale Crisps

WEDNESDAY



Cacao Layered Overnight Oats



Tuscan Style Tuna Salad



Tofu Pad Thai



Protein Muffins

THURSDAY



Summer Berry Dream Porridge



Californian Prawn, Mango and Quinoa Salad



Thai Tofu Curry



Berry Boost Smoothie

FRIDAY



Banana Chia Pudding



Tex Mex Sweet Potato Salad



Pistachio Crusted Cod with Puy Lentil Hash



Green Boost Smoothie

SATURDAY



Apricot and Peach Bircher Muesli



Protein Egg Wraps



Turkey Burgers with Mushroom 'Bun' and Fries



Fajita Spiced Roasted Chickpeas

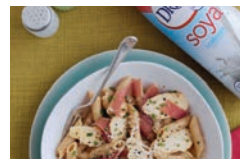
SUNDAY



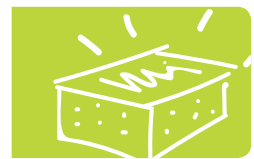
The Full Healthy



Spicy Butternut Squash Laksa Soup



Chicken & Serrano Ham Dairy-Free Carbonara



Banana Oat Bar

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🕒 Total time: 20mins

SCRAMBLED EGG WITH AVOCADO PESTO AND CHERRY TOMATOES

🕒 Prep time: 10mins

Cook time: 10mins

Serves 1

INGREDIENTS

YOU'LL NEED:

- 1 tbsp extra virgin olive oil
- 2 free range eggs
- 1 tbsp Oat Dream
- 2 GG Crackers*
- Handful of cherry tomatoes
- Basil leaves to garnish

PESTO INGREDIENTS:

- 1 large handful fresh basil leaves
- 1/2 large ripe avocado
- 2 cloves garlic
- 2 tbsp pine nuts
- 1 tbsp fresh lemon juice
- 3 tbsp water, plus more if necessary
- 15g dairy free cheese
- Black pepper / chilli flakes to taste (optional)

STEP BY STEP

1. Put a frying pan on a medium/high heat and add a tablespoon of olive oil.
2. Crack the eggs into a bowl with the Oat Dream and whisk together. Season.
3. Turn the heat in the pan down to low and add the eggs, stirring whilst they cook.
4. Take the eggs off the heat when they are nearly cooked leaving residual heat in the pan to finish them to your ideal texture.
5. Blitz the pesto ingredients in a food processor, this will make 2 servings
6. Arrange the eggs on top of the GG crackers. Slice and scatter the cherry tomatoes on top and dollop with a little pesto.
7. Season with extra salt and pepper to taste. Serve, garnished with basil leaves.

*GG Crispbread are available at Holland and Barrett



TIP: Calcium is important to maintain strong bones and teeth. Vitamin D is also important as it helps our body to absorb the calcium.

MACRONUTRIENTS BREAKDOWN

Carbs: 8.8g

Protein: 22.3g

Fat: 49g

ADDITIONAL EXTRAS

Calcium: 182mg

Vitamins D: 3.8mcg

B12: 3.5mcg

Kcal per serving: 585Kcal pp



🕒 Total time: 60-65mins

ROASTED VEGETABLE FRITTATA

🕒 Prep time: 35mins

🕒 Cook time: 25-30mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 2 tbsp extra virgin olive oil
- 1 onion, cut into quarters
- 1 red pepper, cut into 2-inch pieces
- 1 courgette cut into circular rounds
- 1 small aubergine cut into 1-inch cubes
- 6 large free range eggs
- 2 tbsp Rice Dream
- Pinch of salt and pepper
- Chilli flakes (optional)
- Fresh basil (4 leaves chopped finely), plus extra to garnish

STEP BY STEP

1. Pre-heat oven to 180°C, fan oven 160°C, Gas Mark 4.
2. Lightly oil a square baking dish.
3. In the dish combine the onion, red pepper, aubergine and courgette.
4. Add the olive oil and toss to coat well.
5. Roast in the oven for 25 minutes or until vegetables are tender and slightly charred at the edges.
6. Set vegetables aside to cool. Do not turn off oven.
7. Meanwhile, in a bowl beat together eggs and Oat Dream.
8. Add basil, salt and pepper and chilli flakes (if using).
9. Pour over the vegetables and bake for 25 to 30 minutes until golden brown and set.
10. Serve warm, garnished with basil leaves, or enjoy cold with salad or cook in advance to make a fantastic packed lunch!



TIP: This is a great option for the whole family and is an easy way of getting in your 5 a day.

MACRONUTRIENTS BREAKDOWN

Carbs: 10.15g

Protein: 25.5g

Fat: 29g

ADDITIONAL EXTRAS

Calcium: 161mg

Vitamins D: 10.05mcg

B12: 4.85mcg

Kcal per serving: 404Kcal pp



🕒 Total time: 25mins

CHICKEN MEATBALLS WITH COURGETTI OR BOODLES

🕒 Prep time: 15mins

🕒 Cook time: 10mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 450g minced chicken thigh
- 2 tsp Cajun spice mix
- 2 tsp hot chilli sauce plus a drizzle for dressing
- 1 tbsp chopped parsley
- 1 tsp cornflour
- 2 tbsp plain flour
- 2 peppers (1 red, 1 yellow), sliced into strips
- 2 tbsp extra-virgin olive oil
- 1 packet of fresh 'boodles' (butternut squash noodles) or 'courgetti'
- Fresh coriander, to garnish

STEP BY STEP

1. Add the spice mix, chilli sauce, a little salt, parsley and cornflour to the mince and mix together.
2. Divide into 12-16, roll into meatballs and coat in the flour.
3. Heat the oil in a pan and fry the peppers until they are slightly burnt at the edges.
4. Use a slotted spoon to remove to a plate.
5. In the same pan, fry the meatballs over a medium heat for about 10 minutes, turning, until browned. Return the peppers to the pan with a little water.
6. Cook your vegetable spaghetti according to instructions on pack, or spiralize your own and microwave for 2 minutes.
7. Share between 2 bowls and serve topped with the peppers and meatballs.
8. Garnish with the coriander and drizzle with chilli sauce, if using.



TIP: This low carbohydrate option still provides you with fibre, but allows you to have a high protein meal, which is needed for growth and repair of our tissues, as well as making enzymes and hormones.

MACRONUTRIENTS BREAKDOWN

Carbs: 19.33g

Protein: 40.33g

Fat: 11g

ADDITIONAL EXTRAS

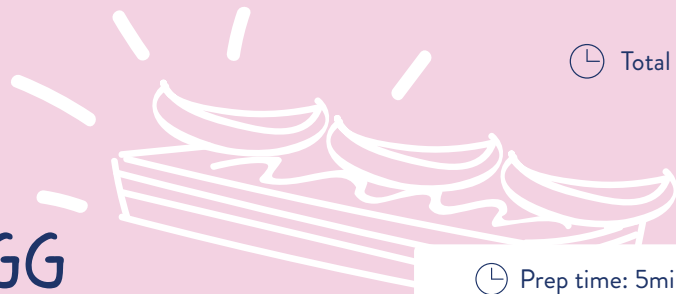
Calcium: 63mg

Vitamins D: 0.3mcg

B12: 0.5mcg

Kcal per serving: 338Kcal pp

AVOCADO HUMMUS WITH GG CRISPBREADS



🕒 Total time: 5mins

🕒 Prep time: 5mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- ½ large ripe avocado
- 1 can chickpeas, rinsed, drained
- 200g tahini, well mixed
- 4 large tbsp/70ml fresh lime juice
- 1 garlic clove, finely chopped
- ¾ tsp salt
- Freshly ground black pepper
- ¼ tsp ground cumin
- Handful of chopped coriander
- 2 tbsp extra-virgin olive oil, plus more for drizzling
- Toasted pumpkin seeds (serving)
- 2 GG Crispbreads

STEP BY STEP

1. Process avocado, chickpeas, tahini, lime juice, garlic, salt, pepper, cumin, and a handful of coriander in a food processor until smooth, about 1 minute.
2. With the motor running, stream in 2 tbsp. oil, then continue to process until hummus is very light and creamy, about 1 minute longer.
3. Taste and season with salt, if needed.
4. Transfer hummus to a shallow bowl. Top with pumpkin seeds and coriander.
5. Serve with GG Crispbread.



TIP: This is a great option for that time between lunch and dinner if you start to feel hungry. It's easy to pack and take to work; the protein and healthy fats will help keep you satisfied.

MACRONUTRIENTS BREAKDOWN

Carbs: 18.4g

Protein: 17.8g

Fat: 48g

ADDITIONAL EXTRAS

Calcium: 322mg

Vitamins D: 0mcg

B12: 0mcg

Kcal per serving: 582.5Kcal pp



🕒 Total time: 25mins

SPINACH, BEETROOT & TURMERIC RAINBOW PANCAKES

🕒 Prep time: 15mins

Cook time: 10mins

Serves 2 (makes 2 of each flavour pancake)

INGREDIENTS

YOU'LL NEED:

- 120g plain flour
- 3 free range eggs
- 60ml Oat Dream
- 3 tsp extra-virgin olive oil
- A handful of wilted Spinach, drained and pureed
- 20g beetroot, pureed
- 1 tsp turmeric

SAVOURY TOPPING (per person)

1 poached egg, 1 slice of smoked salmon, sprinkle of fresh dill, quarter of avocado, salt and pepper to season

SWEET TOPPING (per person)

Heaped tablespoon dairy-free yogurt, teaspoon of honey, mixed fresh berries (blueberries, raspberries, strawberries etc.) (30g)

STEP BY STEP

1. Place the flour, eggs and Oat Dream into a blender and blitz until smooth.
2. Split into three equal parts, adding the spinach to one bowl, the turmeric to the second and the beetroot to the third (Note, this mixture will have a fairly thick consistency)
3. Heat the oil in a small frying pan and cook two small pancakes with each mixture. Fry for 2 -3 minutes on each side.
4. Enjoy with one of your favourite toppings from the left! Best served warm.



TIP: Savoury pancakes also make a delicious lunch option with various fillings like a wrap! The Oat Dream and eggs provide you with Vitamin B12, which is involved in making red blood cells and maintaining a healthy nervous system.

MACRONUTRIENTS BREAKDOWN

Carbs: 48.5g

Protein: 16.85g

Fat: 15.4g

ADDITIONAL EXTRAS

Calcium: 148.5mg

Vitamins D: 2.95mcg

B12: 3.4mcg

Kcal per serving: 394.5Kcal pp



🕒 Total time: 60mins

VEGGIE NOODLES WITH CURRIED COCONUT SAUCE

🕒 Prep time: 50mins

🕒 Cook time: 10mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 3 courgettes
- 1 large carrot
- 100g frozen sweetcorn
- 200g fresh peas or mangetout, sliced diagonally
- 1 large handful of mixed herbs, such as coriander, flat-leaf parsley, rosemary, oregano, thyme
- Shredded chicken breast/turkey/tofu pieces (optional)

CURRIED COCONUT SAUCE

- 1 small shallot, peeled and roughly chopped
- 1 clove of garlic, peeled and roughly chopped
- 1 inch piece of ginger, peeled and roughly chopped
- ½ a fresh green chilli (optional) roughly chopped
- 2 tsp ground turmeric
- Juice of 1 lime
- 200 ml Coconut Dream
- 300 ml un-sweetened coconut water
- 50 g unsweetened desiccated coconut
- 1 tsp medium-hot curry powder

STEP BY STEP

1. First make the sauce: Blitz all the sauce ingredients, except one tablespoon of desiccated coconut, in a food processor until combined. Cook gently for 10 minutes. Season to taste – the sauce should be smooth and creamy.
2. Using a julienne peeler or spiraliser, cut the courgettes and carrot into long noodles (if you don't own a spiralizer you can slice into ribbons or use a vegetable peeler to make long thin strips). Place in a bowl with the rest of the vegetables.
3. Pour over the hot sauce and mix well.
4. Add protein options if you fancy (ensure you have cooked meat/tofu according to instructions)
5. Pick, finely chop and sprinkle over the herbs and reserved tablespoon of desiccated coconut.
6. Leave to marinate for 30 minutes, until the 'noodles' have softened slightly, then serve.



TIP: This meal contains a wide range of vitamins and minerals from the vegetables, ensuring your body is getting all of its required nutrients and helping towards your five a day.

MACRONUTRIENTS BREAKDOWN

Carbs: 36.5g

Protein: 23.6g

Fat: 19.65g

ADDITIONAL EXTRAS

Calcium: 275mg

Vitamins D: 0.9mcg

B12: 0.4mcg

Kcal per serving: 413Kcal pp



 Total time: 30mins

SESAME SALMON, WITH BROCCOLI & SWEET POTATO

 Prep time: 10mins

Cook time: 20mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 1 ½ tbsp sesame oil
- 1 tbsp low-salt soy sauce
- 1 thumb-sized piece ginger
- 1 garlic clove, crushed
- 1 tbsp clear honey
- 2 sweet potatoes scrubbed and cut into wedges (skins on)
- 1 lime, wedges
- 2 boneless skinless salmon fillets
- 250g purple sprouting broccoli
- 1 tbsp sesame seeds
- 1 red chilli, thinly sliced (deseeded if you don't like it too hot)

STEP BY STEP

1. Mix together 1 tbsp sesame oil, the soy sauce, ginger, garlic and honey, to make the marinade. Add the salmon fillets and chill for 10-15 minutes.
2. Put the sweet potato wedges into a glass bowl with the lime wedges.
3. Cover with cling film and microwave on high for 12-14 mins until completely soft.
4. Heat a non-stick frying pan and add a few drops of sesame oil. Add the salmon fillets and cook over a medium-high heat for 2-3 minutes per side.
5. At the same time, cook the broccoli in lightly salted boiling water for 4-5 minutes. Drain well. Alternatively: Spread the marinade over the broccoli and salmon and oven roast for 10-12 minutes.
6. Remove the lime wedges and roughly mash the sweet potato using a fork.
7. Mix in any remaining sesame oil, the chilli and some seasoning.
8. Divide between plates, and top with the broccoli and salmon fillets.
9. Serve sprinkled with sesame seeds.



TIP: Salmon contains omega 3, which is an essential fatty acid that we cannot produce ourselves, so we need to get it from the foods that we eat.

MACRONUTRIENTS BREAKDOWN

Carbs: 52g

Protein: 42g

Fat: 29g

ADDITIONAL EXTRAS

Calcium: 374mg

Vitamins D: 12.55mcg

B12: 8.55mcg

Kcal per serving: 639.5Kcal pp

CRUNCHY KALE CRISPS

(SAVOURY AND SWEET OPTIONS)



🕒 Total time: 10mins

🕒 Prep time: 5mins

🕒 Cook time: 5mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 12 large whole kale leaves (200g)
- 3 tbsp extra-virgin olive oil
- 1/2 tbsp cinnamon (sweet option)
- 1/2 tbsp sea salt
- 1/2 tbsp chilli flakes (savoury)
- 1/2 tsp paprika (savoury)

STEP BY STEP

1. Preheat the oven to 200°C, fan oven 180 °C, gas mark 6.
2. Rinse and dry the kale leaves before removing most of the centre stalk, leaving long, thin pieces of kale.
3. Toss the kale in the oil, then sprinkle with cinnamon and sea salt for the sweet option.
4. For the savoury option, toss with sea salt, paprika, chilli flakes and a drizzle of olive oil.
5. Arrange the leaves in a single layer on a couple of baking trays and bake for 5 minutes, until crisp.
6. Transfer the kale to a rack to cool, then serve.
7. This is great for snacking or a side for lunch, for additional protein try adding a boiled egg and a few cashews or almonds.



TIP: These are a useful snack for the office, the fibre will help keep you full and helps with keeping your digestive tract healthy.

MACRONUTRIENTS BREAKDOWN

Carbs: 1.55g

Protein: 1.25g

Fat: 19.75g

ADDITIONAL EXTRAS

Calcium: 54mg

Vitamins D: 0mcg

B12: 0mcg

Kcal per serving: 187.5Kcal pp



🕒 Total time: Overnight + 5mins prep

CACAO LAYERED OVERNIGHT OATS

🕒 Prep time: 5mins

🕒 Cook time: Overnight

Serves 1

INGREDIENTS

YOU'LL NEED:

- 1 red eating apple, grated
- 30g Rolled Oats
- 1 heaped tsp of unsweetened cacao powder
- 100ml Rice Dream Vanilla
- 5 raspberries (frozen or fresh is fine)
- 1 small banana
- 30g blueberries
- 6-8 unsalted whole almonds

STEP BY STEP

1. Put the grated apple, oats and cacao powder into an empty jar (jam jar or anything of this size will suffice) and add the Rice Dream Vanilla. Mix together well, ensuring there are no lumps.
2. Put half the mixture into the jar, add raspberries the spoon in the other half of the mixture. Cover, refrigerate and leave overnight.
3. Serve with banana, blueberries and almonds.



TIP: This is a breakfast that contains a good mixture of carbohydrates, proteins and fat. It should help to prevent you from feeling hungry again an hour later, which is something that can happen with cereals.

MACRONUTRIENTS BREAKDOWN

Carbs: 43g

Protein: 4.1g

Fat: 5.9g

ADDITIONAL EXTRAS

Calcium: 290mg

Vitamins D: 1.5mcg

B12: 0.8mcg

Kcal per serving: 336Kcal pp



🕒 Total time: 22mins

TUSCAN STYLE TUNA SALAD

🕒 Prep time: 10mins

🕒 Cook time: 12mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 2 free range eggs
- 225g tinned tuna in spring water, drained
- 410g can chickpeas, drained
- 1 small red onion, finely sliced
- 1 small, ripe avocado, sliced
- 20g capers (1 large tbsp)
- 2 tbsp chopped fresh coriander
- 2 tbsp lemon juice
- 2 tbsp white wine vinegar
- 1 tbsp olive oil
- Salt and freshly ground black pepper
- 100g bag rocket
- 4 pieces of GG Crispbread to add as a topping (optional)

STEP BY STEP

1. Hard boil two eggs for 10-12 minutes, then cool them in cold water.
2. Put the tuna into a large bowl and break into flakes with a fork. Add the chickpeas, onion, avocado, capers and coriander.
3. Put the lemon juice, vinegar and olive oil into a small bowl. Season and whisk together.
4. Pour the dressing into the tuna salad, add the rocket and lightly toss everything together.
5. Serve topped with quartered hard boiled eggs. With a handful of broken GG crispbread (if using) for added fibre and crunchy texture!



TIP: This meal contains vitamin D; it is recommended that we achieve an intake of 10mcg a day. It is involved in the maintenance of bone and muscle function. Tuna is also a lean source of protein, which is great if you are watching your weight.

MACRONUTRIENTS BREAKDOWN

Carbs: 43.5g

Protein: 55.5g

Fat: 26.5g

ADDITIONAL EXTRAS

Calcium: 262mg

Vitamins D: 3.05mcg

B12: 5.35mcg

Kcal per serving: 645Kcal pp



🕒 Total time: 35mins

TOFU PAD THAI

🕒 Prep time: 15mins

🕒 Cook time: 20mins

Serves 4

INGREDIENTS

YOU'LL NEED:

- 300g brown rice noodles
- 80g shelled unsalted peanuts
- 1 large shallot, finely chopped
- 1 large garlic clove, finely chopped
- 200g sustainable raw peeled prawns
- 180g firm silken style tofu, drained and cut into cubes
- ½ small bunch fresh chives
- 40g tamarind purée
- 35g brown sugar (or palm sugar)
- 35ml fish sauce (optional)
- Juice ½-1 lime, plus extra wedges
- 2 large free-range eggs
- 1 tsp light soy sauce
- Pinch hot chilli powder (optional)
- 4 spring onions chopped, plus extra to serve
- Small bunch fresh coriander, plus extra to serve
- 1 tbsp Coconut Dream
- A few slices of red chilli to garnish

STEP BY STEP

1. Put the noodles into a large bowl, cover with cold water and set aside.
2. In a jug, beat the eggs with the soy sauce, Coconut Dream and chilli powder (if using).
3. Put the tamarind, sugar, fish sauce and lime juice into a saucepan and place over a low heat, stirring until the sugar has dissolved. Keep on a low heat.
4. In a large wok cook the peanuts in 1 tbsp of oil over a medium heat for 2 minutes. Remove them from the pan and finely chop.
5. Meanwhile cook the noodles in boiling water until just tender (3-4 mins). Drain and rinse with warm water.
6. Add the remaining oil to the wok and stir-fry the shallots and garlic for 2-3 minutes.
7. Increase the heat to medium-high, then add the prawns and cook until just pink. Then add the tofu and chives and cook for 1 minute.
8. Add the egg mixture and stir gently until just set, then turn up the heat and add the noodles.
9. Add the tamarind sauce, spring onions, coriander and half of the peanuts and toss.
10. Serve with the remaining peanuts, beansprouts, coriander and chilli.

MACRONUTRIENTS BREAKDOWN

Carbs: 85.25g

Protein: 29.5g

Fat: 20.5g

ADDITIONAL EXTRAS

Calcium: 109mg

Vitamins D: 1mcg

B12: 1.58mcg

Kcal per serving: 639Kcal pp

PROTEIN MUFFINS



🕒 Total time: 20-23mins

🕒 Prep time: 5mins

🕒 Cook time: 15-18mins

Makes 12 Muffins

INGREDIENTS

YOU'LL NEED:

- 1 red/green pepper
- 3 spring onions
- 4 little cherry tomatoes/one normal tomato
- 1 handful spinach/ green leaves
- 6 free range eggs
- ½ tsp salt
- 4-5 splashes hot sauce (or 1tsp curry powder)
- 1 tsp extra-virgin olive oil
- 50g dairy-free cheddar (optional)

STEP BY STEP

1. Pre-heat the oven to 200°C.
2. Wash and dice the pepper, onions and tomatoes. and put them in a large mixing bowl.
3. Wash the spinach, lightly chop it and add it to the bowl as well.
4. Add the eggs and salt. Mix well.
5. Optionally add some hot sauce or curry powder.
6. Grease the muffin tin with oil and pour the egg mixture evenly into the muffin slots.
7. If you're so inclined, layering some dairy-free cheese over the top of each muffin before they go into the oven is a delicious addition! You can also mix the dairy-free cheese into the batter.
8. Pop the tray into the oven for 15-18 minutes or until the tops are firm to the touch.



TIP: These are a great option for after you have been to the gym, or if you are sat at your desk at work and start to feel hungry at around 3pm. The protein helps to repair any torn muscles after a heavy workout.

MACRONUTRIENTS BREAKDOWN (includes dairy-free cheddar)

Carbs: 0.89g

Protein: 1.49g

Fat: 1.83g

ADDITIONAL EXTRAS

Calcium: 23.75mg

Vitamins D: 0mcg

B12: 0.11mcg

Kcal per serving: 25.67Kcal pp



🕒 Total time: 7mins

SUMMER BERRY DREAM PORRIDGE

🕒 Prep time: 5mins

Cook time: 2mins

Serves 1

INGREDIENTS

YOU'LL NEED:

- 1 small plum, roughly chopped
- 40g rolled oats
- 200ml Oat Dream
- 30g mixed frozen berries (e.g. blackberries, redcurrants and raspberries)
- 1 tbsp almond butter (un-sweetened and no added salt/palm oil)
- A sprinkle of goji berries/dried un-sweetened cranberries (optional)

STEP BY STEP

1. In a bowl mix the porridge oats with the chopped plum and the Oat Dream.
2. Microwave for 2 minutes or simmer on hob in a small pan, continuously stirring for 4 minutes.
3. Add the mixed berries and stir until they begin to soften.
4. Serve with a spoonful of almond butter and a few goji berries or cranberries!

MACRONUTRIENTS BREAKDOWN

Carbs: 36.4g

Protein: 9.3g

Fat: 14.4g

ADDITIONAL EXTRAS

Calcium: 325mg

Vitamins D: 1.5mcg

B12: 3.38mcg

Kcal per serving: 345Kcal pp



🕒 Total time: 35mins

CALIFORNIAN PRAWN, MANGO & QUINOA SALAD

🕒 Prep time: 15mins

🕒 Cook time: 20mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 100g quinoa
- 10g dairy-free butter or spread
- 2 garlic cloves, finely chopped
- 350g raw prawns with tail-shells on
- 2 large ripe tomatoes, cut into wedges
- Bunch of fresh dill, chopped
- Bunch of flat leaf parsley, chopped
- 6 spring onions, finely sliced
- 1 large ripe avocado, halved, stoned, peeled and sliced
- Extra-virgin olive oil for drizzling
- Juice of 1 lemon
- 1 medium sized mango, halved, stoned, peeled and cubed
- Lambs lettuce and rocket to serve
- Fresh chilli to top (optional)

STEP BY STEP

1. Place the quinoa in a large pan and cover with water.
2. Bring to the boil and cook for 20 minutes, until tender.
3. Drain well and set aside.
4. Meanwhile, heat the dairy-free butter in a large frying pan, add the garlic and prawns and cook for 3 minutes, until the prawns are cooked through.
5. Place the prawns in a large bowl and stir in the tomatoes, dill, parsley, spring onions, avocado, mango, olive oil and the lemon juice.
6. Stir in the drained quinoa and season well to taste.
7. Serve with the lambs lettuce and rocket.



TIP: Quinoa is a vegetarian source of complete protein, giving you all the essential amino acids (which our body cannot produce itself). Amino acids are the building blocks to life and therefore it's important that we consume enough.

MACRONUTRIENTS BREAKDOWN

Carbs: 45g

Protein: 42g

Fat: 23g

ADDITIONAL EXTRAS

Calcium: 181mg

Vitamins D: 0.05mcg

B12: 2.3mcg

Kcal per serving: 561.5Kcal pp



🕒 Total time: 35mins

THAI TOFU CURRY

🕒 Prep time: 15mins

Cook time: 20mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 100ml Coconut Dream
- 1 tbsp red Thai curry paste
- 230-250g firm tofu, chopped
- 100g tenderstem broccoli
- 50ml coconut cream (3 tbsp)
- ½ tbsp fish sauce
- ½ tbsp brown sugar (or palm sugar)
- 100g baby spinach
- Lime juice to taste
- 300g wholegrain rice, or similar to serve
- Finely sliced red chilli, to garnish

STEP BY STEP

1. Heat 1 tbsp of the Coconut Dream in a large frying pan over a medium heat, then add the curry paste and cook for 1 minute, stirring.
2. Add the tofu to the pan and stir over a high heat for about 3 minutes.
3. Meanwhile, trim the tenderstem broccoli and pour over boiling water to cover.
4. Leave for a minute or two while the tofu is cooking, then drain well and add to the pan.
5. Add the remaining Coconut Dream, coconut cream, fish sauce and sugar.
6. Bring to the boil, reduce to a simmer and cook for about 5 minutes until the tofu is heated through.
7. Meanwhile, heat the rice according to the packet instructions.
8. Stir the spinach through the curry and cook until wilted, about 1-2 minutes
9. Taste and season with salt, pepper and lime juice, then serve with the rice.
10. Feel free to add extra roasted veg on the side instead of or in addition to the rice.



TIP: Tofu is a vegan option to increase protein intake. It works well as a replacement for meats

MACRONUTRIENTS BREAKDOWN

Carbs: 122g

Protein: 40.5g

Fat: 24.5g

ADDITIONAL EXTRAS

Calcium: 612.5mg

Vitamins D: 0.4mcg

B12: 0.2mcg

Kcal per serving: 851Kcal pp

BERRY BOOST SMOOTHIE



🕒 Total time: 5mins

🕒 Prep time: 5mins

Serves 1

INGREDIENTS

YOU'LL NEED:

- 50g spinach
- A thumb-size piece of fresh ginger
- Juice of 2 lemons
- Juice of 1 orange + flesh
- 50g mixed berries
- Half a banana
- Crushed ice or ice cubes (optional)
- 100ml Rice/Coconut Dream

STEP BY STEP

1. In a blender whizz all of the ingredients except the ice.
2. Blend until the juice is as smooth as you can get it.
3. Add the ice to chill it, if you like. Pour the juice into a jug (depending on how powerful your blender is, you may want to sieve the mixture).
4. Keep in the fridge for up to 2 hours or serve immediately.



TIP: This smoothie contains vitamins, minerals, and antioxidants. This helps to maintain a healthy immune system and well-functioning body

MACRONUTRIENTS BREAKDOWN

Carbs: 27.3g

Protein: 3.1g

Fat: 1.6g

ADDITIONAL EXTRAS

Calcium: 207mg

Vitamins D: 0.8mcg

B12: 0.4mcg

Kcal per serving: 131Kcal pp

INTRODUCING DREAM FRESH CATCH US IN THE CHILLED AISLE

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🕒 Total time: 3-5 hours/Overnight

BANANA CHIA PUDDING

🕒 Prep time: 5mins

Cook time: 3-5 hours

Serves 1

INGREDIENTS

YOU'LL NEED:

- 250ml Coconut Dream
- 1 medium banana, sliced
- 1 tsp honey
- 4 tbsp chia seeds
- 1 tbsp crushed hazelnuts
- 1 vanilla pod / 2 drops vanilla extract
- 40g blueberries

STEP BY STEP

1. Add the Coconut Dream, banana, chia seeds and honey to a jar.
2. Slice the vanilla pod in half and scrape the beans out of the middle, then add these to the jar (or use vanilla extract).
3. Stir everything together.
4. Add a lid to the jar and place it in the fridge overnight (or for 3-5 hours).
5. The chia seeds will expand to form a jelly-like consistency and the liquid will all be absorbed.
6. Top with hazelnuts, blueberries and any other fruit you fancy!



TIP: The chia seeds add a source of protein to your breakfast. Bananas contain potassium which can help to control the balance of fluids in our body, as well as the functioning of our heart muscle.

MACRONUTRIENTS BREAKDOWN

Carbs: 56g

Protein: 4.6g

Fat: 9.3g

ADDITIONAL EXTRAS

Calcium: 370mg

Vitamins D: 1.9mcg

B12: 0.9mcg

Kcal per serving: 320Kcal pp



🕒 Total time: 40mins

TEX MEX SWEET POTATO SALAD

🕒 Prep time: 10mins

Cook time: 30mins

Serves 4

INGREDIENTS

YOU'LL NEED:

- 600g sweet potatoes, peeled and cut into even chunks
- 2 tbsp extra virgin olive oil
- 1 tsp chilli flakes
- 1 tbsp paprika
- 400g can black beans, drained and rinsed
- 198g can sweetcorn (no added salt/sugar)
- 2 avocados, chopped
- 2 large tomatoes, chopped
- 1 small red onion, thinly sliced
- 1 small pack coriander, roughly chopped
- Juice 1 lime

STEP BY STEP

1. Heat oven to 200°C, 180°C fan oven, gas mark 6.
2. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, paprika, sea salt and pepper.
3. Roast for 30 mins until tender.
4. Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well.
5. Mix those ingredients into the sweet potato well but take care to avoid squashing the avocado.



TIP: This meal is easy to take on the go as a pack lunch. The beans provide a source of fibre as well as protein and this meal will help to keep you full due to it containing a variety of nutrients.

MACRONUTRIENTS BREAKDOWN

Carbs: 52.75g

Protein: 13.75g

Fat: 22.5g

ADDITIONAL EXTRAS

Calcium: 119mg

Vitamins D: 0mcg

B12: 0mcg

Kcal per serving: 473Kcal pp



🕒 Total time: 35mins

PISTACHIO CRUSTED COD WITH PUY LENTIL HASH

🕒 Prep time: 15mins

Cook time: 20mins

Serves 4

INGREDIENTS

YOU'LL NEED:

- 75g fresh wholemeal breadcrumbs
- 50g un-salted pistachio nuts
- ½ x 25g pack parsley, roughly chopped
- Finely grated zest ½ lemon
- 3 medium free range eggs
- 3 tbsp tomato purée
- 50g plain flour
- 2 x 240g cod fillets
- 1 tbsp olive oil
- 1 onion, peeled and diced
- 1 carrot, peeled and diced
- 3 sticks celery, trimmed and diced
- 16 cherry tomatoes on the vine, cut into 4's
- 2 x 250g packets cooked puy lentils
- 50g olive tapenade
- Basil leaves to garnish

STEP BY STEP

1. Preheat the oven to 220°C (Fan oven 200°C, gas mark 6) and line a large roasting tray with baking parchment.
2. Place the breadcrumbs, pistachios, parsley and lemon zest in a food processor, and blitz to make fine crumbs. Tip into a shallow bowl.
3. Crack the egg into another shallow bowl and add 1 tbsp of the tomato purée. Whisk until combined. Tip the flour into a third shallow bowl.
4. For each fillet, season, lightly coat in flour, then dip into the egg mixture and roll in the crumbs. Dip the cod in the egg again and then the breadcrumbs to give the fillet a double coating and place onto the baking tray. Repeat the process with all the fillets and set aside.
5. Add the oil, onion, carrot and celery to a frying pan and cook over a medium heat.
6. Meanwhile, roast the fish in the oven for 10 minutes then add the tomatoes to the tray and cook for a further 5 minutes, until the fish is cooked through and the tomatoes are just softening.
7. Stir in the remaining tomato purée to the onion carrot and celery. Increase the heat then add the lentils and 100ml water and cook for 2 minutes, or until piping hot.
8. Remove from the heat, then stir in the tapenade. Serve with the cod and tomatoes, garnished with basil leaves.

MACRONUTRIENTS BREAKDOWN

Carbs: 49.5g

Protein: 67.5g

Fat: 31g

ADDITIONAL EXTRAS

Calcium: 274.5mg

Vitamins D: 2.75mcg

B12: 5.9mcg

Kcal per serving: 748.5Kcal pp

GREEN BOOST SMOOTHIE



🕒 Total time: 5mins

🕒 Prep time: 5mins

Serves 1

INGREDIENTS

YOU'LL NEED:

- 50g spinach
- A thumb-size piece of fresh ginger
- 1 cucumber, cut into chunks
- A small bunch of fresh mint leaves
- Juice of 2 limes
- Half an avocado
- 100ml Rice Dream
- Crushed ice or ice cubes (optional)

STEP BY STEP

1. In a blender, whizz the spinach with the ginger, cucumber, mint leaves, lime juice, avocado and Rice Dream to get the blender going.
2. Blend until the juice is as smooth as you can get it.
3. Add the ice to chill it, if you like.
4. Pour the juice into a jug (depending on how powerful your blender is, you may want to sieve the mixture).
5. Keep in the fridge for up to 2 hours or serve immediately.



TIP: This smoothie works well as a snack between lunch and dinner, where you may need a slight pick me up. The avocado provides you with fats to keep you feeling full and an antioxidant Vitamin E.

MACRONUTRIENTS BREAKDOWN

Carbs: 17g

Protein: 9.1g

Fat: 18.6g

ADDITIONAL EXTRAS

Calcium: 326mg

Vitamins D: 0.8mcg

B12: 0.4mcg

Kcal per serving: 273Kcal pp



🕒 Total time: 1 hour/Overnight

APRICOT & PEACH BIRCHER MUESLI

🕒 Prep time: 5mins

Cook time: 1hr minimum

Serves 1

INGREDIENTS

YOU'LL NEED:

- 1 large red eating apple, grated
- 30g rolled oats
- 100ml Almond Dream
- 100g dairy-free yoghurt
- 6 dried, un-sweetened apricot pieces (25g)
- 1 fresh peach or nectarine, roughly chopped
- Pinch of ground cinnamon (optional)
- 1 tsp pumpkin seeds
- 30g blueberries

STEP BY STEP

1. Mix the grated apple, oats, Almond Dream, yoghurt, apricots and peach until well combined (add the cinnamon if using).
2. Cover and place in the fridge for 1-2 hours or overnight.
3. Top with pumpkin seeds, blueberries and enjoy!



TIP: Instead of the added sugars in your usual muesli, this naturally sweet one is a great alternative, which you can store in your fridge for mornings where you may not have time to make breakfast.

MACRONUTRIENTS BREAKDOWN

Carbs: 70g

Protein: 12.1g

Fat: 8.3g

ADDITIONAL EXTRAS

Calcium: 325mg

Vitamins D: 1.5mcg

B12: 0.8mcg

Kcal per serving: 399Kcal pp



🕒 Total time: 10mins

PROTEIN EGG WRAPS

🕒 Prep time: 5mins

Cook time: 5mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 1 tbsp extra virgin olive oil
- 4 free range eggs (will make 2 wraps each)
- 4 tbsp Rice Dream
- Optional seasonings: salt, pepper, paprika, cayenne pepper, basil, oregano, etc.
- Optional fillings: turkey, avocado, hummus, fruit, etc.

STEP BY STEP

1. Heat a tsp of the oil in a small non-stick frying pan over a medium heat.
2. In a bowl, crack one egg, add 1 tbsp Rice Dream and mix well with a fork.
3. Pour into the hot pan and tilt to spread the egg into a large circle on the bottom of the pan.
4. Let cook for 30 seconds. (Sprinkle with seasonings such as chilli flakes, salt and pepper, paprika, fresh herbs, if desired)
5. Carefully flip with a large spatula and let cook for another 30 seconds.
6. Remove from the pan and repeat for the second serving.
7. Let egg wraps cool slightly (or fully), top as desired with fillings, roasted veg, salad. Roll and serve warm or cold.



TIP: As these can be cooked beforehand and taken on-the-go, it's an ideal option for after exercising if going in your lunch break. It has a good protein content, as well as providing you with healthy fats to replenish your body.

MACRONUTRIENTS BREAKDOWN

Carbs: 0.2g

Protein: 24.5g

Fat: 25g

ADDITIONAL EXTRAS

Calcium: 200mg

Vitamins D: 4.5mcg

B12: 3.83mcg

Kcal per serving: 369Kcal pp



🕒 Total time: 50-55mins

TURKEY BURGERS WITH MUSHROOM 'BUN' & FRIES

🕒 Prep time: 20mins

🕒 Cook time: 30-35mins

Serves 4

INGREDIENTS

YOU'LL NEED:

- 4 tbsp extra-virgin olive oil
- 1 small onion, finely diced
- 1 garlic clove, crushed
- 75g fresh wholemeal breadcrumbs
- Handful fresh flatleaf parsley, finely chopped
- 500g minced turkey
- 100g dried, ready-to-eat apricots, finely chopped
- 900g sweet potatoes, unpeeled and cut into wedges
- 8 portobello mushrooms
- 1 aubergine, cut into slices
- 1 courgette, cut into slices
- Little gem lettuce leaves, tomato slices and burger relishes, to serve
- Guacamole/salsa to top (optional)

STEP BY STEP

1. Heat 1 tbsp oil in a frying pan. Add the onion and cook for 5 minutes until softened, then add garlic for 1 minute.
2. In bowl combine the breadcrumbs, parsley, onions, mince and apricots. Form into burgers and chill for 20 mins.
3. Preheat the oven to 200°C, 180°C fan oven, gas mark 6.
4. Toss the sweet potatoes with remaining oil, season and bake for 25-30mins in a large roasting tin. Add the mushrooms for the last 5 minutes
5. Heat a griddle or large frying pan over a medium-high heat, lightly chargrill the aubergines and courgettes then set aside. Add the burgers and cook for 7-8 minutes each side or until charred and cooked through.
6. Serve burgers between the mushroom 'buns' with lettuce, tomatoes, courgette and aubergine with the wedges on the side.



TIP: A great option when hosting. This meal will help you to achieve your 5 a day, whilst also providing you with fibre and micronutrients. Turkey is often forgotten about and is just as tasty as a chicken burger.

MACRONUTRIENTS BREAKDOWN

Carbs: 70.1g

Protein: 41g

Fat: 41.05g

ADDITIONAL EXTRAS

Calcium: 160.78mg

Vitamins D: 1.05mcg

B12: 1.3mcg

Kcal per serving: 855.75Kcal pp

FAJITA SPICED ROASTED CHICKPEAS



⌚ Total time: 25-35mins

⌚ Prep time: 5mins

⌚ Cook time: 20-30mins

Serves 2-3

INGREDIENTS

YOU'LL NEED:

- 2 cans chickpeas
- 2 tbsp extra-virgin olive oil
- ½ tsp salt
- 2 to 4 tsp spices or finely chopped fresh herbs, like chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, or other favourite spices and herbs

STEP BY STEP

1. Heat the oven to 200°C, fan oven 180°C, gas mark 6.
2. Drain the chickpeas and rinse thoroughly under running water. They should look matte and feel dry to the touch.
3. Spread the chickpeas out in an even layer on the baking sheet. Drizzle with olive oil and sprinkle with salt. Stir to make sure the chickpeas are evenly coated.
4. Roast the chickpeas in the middle of the oven for 20 to 30 minutes: Stir the chickpeas or shake the pan every 10 minutes. A few may pop – that's normal.
5. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
6. Sprinkle the spices and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming chewy.



TIP: These tasty snacks are great for on the go, and can be roasted ahead of when you need them. They're great for either between breakfast and lunch if you get hungry, or even if you have friends coming over as nibbles before dinner.

MACRONUTRIENTS BREAKDOWN

Carbs: 22g

Protein: 11.17g

Fat: 12.97g

ADDITIONAL EXTRAS

Calcium: 74mg

Vitamins D: 0mcg

B12: 0mcg

Kcal per serving: 254.67Kcal pp



🕒 Total time: 20mins

THE FULL HEALTHY

🕒 Prep time: 10mins

Cook time: 10mins

Serves 2

INGREDIENTS

YOU'LL NEED:

- 1 tbsp olive oil
- 1 small onion
- ½ small red pepper, thinly sliced into strips
- 1 garlic clove, halved
- 227g can chopped tomatoes
- ½ tsp smoked paprika
- 2 tsp red wine vinegar
- 210g can butter/haricot beans
- ¼ tsp sugar (optional)
- 1 slice wholemeal/rye bread
- 4 veggie/lean meat sausages (chicken, pork, turkey)
- 6 cherry tomatoes
- 2 large Portobello mushrooms
- large handful of fresh spinach
- 2 poached eggs (optional)

STEP BY STEP

1. Heat the oil in a small pan, add the onion and pepper. Fry gently until soft, about 10-15 mins.
2. Crush half the garlic and add this to the pan along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning.
3. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.
4. Meanwhile, cook veggie/meat sausages according to instructions on pack
5. Whilst sausages are cooking, grill the mushrooms and tomatoes for 5 minutes (turning over half way through) until browned off on top. Wilt the spinach in a little boiling water.
6. Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast.
7. Poach the eggs for 4-5 minutes or alternatively scramble the eggs with a little Oat Dream in a pan on a low heat. Serve immediately.



TIP: Homemade baked beans are a great alternative to store baked beans, due to the reduced sugar and salt content, but still with maximum flavour.

MACRONUTRIENTS BREAKDOWN

Carbs: 46g

Protein: 34g

Fat: 18.75g

ADDITIONAL EXTRAS

Calcium: 138,5mg

Vitamins D: 2.1mcg

B12: 2.4mcg

Kcal per serving: 498.5Kcal pp



🕒 Total time: 50mins

SPICY BUTTERNUT SQUASH LAKSA SOUP

🕒 Prep time: 10mins

🕒 Cook time: 40mins

Serve 4

INGREDIENTS

YOU'LL NEED:

- 1 small butternut squash, halved, deseeded and cut into 8 (skin on)
- A pinch of sea salt
- A pinch of freshly ground black pepper
- 1 tsp chilli flakes
- 3 tbsp olive oil
- 2-3 fresh red chillies, deseeded (optional, use less if you prefer a milder soup)
- 3 cloves garlic
- 1 thumb-sized piece fresh ginger, peeled
- 1 large bunch fresh coriander, leaves picked, stalks reserved
- 1 tbsp sesame oil
- 2 limes, zested and halved
- 2 tbsp fish sauce (optional)
- 800 ml Coconut Dream
- 300 ml organic vegetable stock
- 200g brown rice noodles
- 1 red chilli, deseeded and sliced (optional)

STEP BY STEP

1. Preheat the oven to 200°C, 180°C fan oven, gas mark 6.
2. Put the butternut squash into a roasting tray, season, and sprinkle with chilli flakes. Drizzle with 1 tbsp olive oil and bake for 25-30 minutes.
3. Finely chop or blend the chillies, garlic, ginger and coriander stalks in a food processor. Add the sesame oil, lime juice, zest and fish sauce and whizz to a thin paste.
4. Heat a large pan or wok. Pour in 2 tbsp of olive oil and quickly stir in the paste. Cook for about a minute before adding the Coconut Dream and stock.
5. Turn the heat down and simmer for about 15 minutes. Taste – you may need to add fish sauce, lime juice or a little salt and pepper.
6. Add the noodles to the soup, simmer for a few minutes, then divide between 4 bowls. Add 2 pieces of squash to each bowl. If you like, top with sliced red chilli and any leftover coriander.
7. Keep any extra in an air-tight container in the fridge and take to work as a packed lunch!



TIP: Squash contains beta-carotene (vitamin A), which helps our immune system to function properly and keeps your eyes and skin healthy. By including brown rice noodles into the meal, it will also help keep you fuller for longer.

MACRONUTRIENTS BREAKDOWN

Carbs: 75g

Protein: 9.18g

Fat: 9.98g

ADDITIONAL EXTRAS

Calcium: 371.5mg

Vitamins D: 1.5mcg

B12: 0.8mcg

Kcal per serving: 423.5Kcal pp



🕒 Total time: 35mins

CHICKEN & SERRANO HAM DAIRY-FREE CARBONARA

🕒 Prep time: 15mins

🕒 Cook time: 20mins

Serves 2-3

INGREDIENTS

YOU'LL NEED:

- 2 handfuls wholewheat pasta
- 1 tbsp extra-virgin olive oil
- 1 large garlic clove, chopped finely
- 2 cooked chicken breasts, sliced
- 2 free range eggs, beaten
- 125ml Soya Dream
- 50g grated dairy-free mozzarella cheese / cheddar
- 2 slices of good quality serrano ham, chopped
- Pepper
- Handful of chopped chives

STEP BY STEP

1. Boil a saucepan of water (add a little salt if you wish to), add the pasta and cook according to packet instructions.
2. Whilst the pasta is cooking, heat the oil in a large pan and add the garlic until you start to smell it (less than a minute). Add the chicken breasts and heat through for 2 to 3 minutes.
3. In a jug beat the eggs and Soya Dream together.
4. Add some of the grated dairy-free cheese to the mixture too and season with pepper.
5. Add the ham then the egg mixture and stir thoroughly to make it smooth.
6. Don't have the pan too hot or the eggs might scramble. Cook for 4-5 minutes to ensure the eggs are cooked through.
7. Add extra dairy-free cheese to taste if you wish.
8. Add the cooked pasta to the chicken mixture. Make sure the pasta gets thoroughly coated then reheat for a few moments. Serve sprinkled with chives.



TIP: Whole wheat pasta is a better alternative to white pasta, it is a complex carbohydrate and provides you with fibre, protein, and vitamins and minerals.

MACRONUTRIENTS BREAKDOWN

Carbs: 25.67g

Protein: 41.33g

Fat: 17g

ADDITIONAL EXTRAS

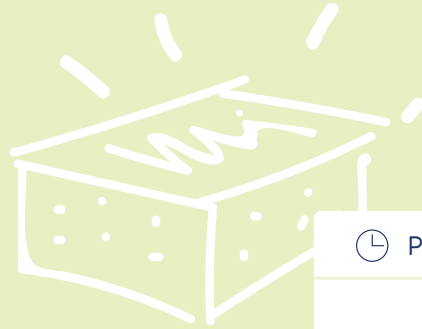
Calcium: 161.33mg

Vitamins D: 1.8mcg

B12: 1.6mcg

Kcal per serving: 423Kcal pp

BANANA OAT BAR



🕒 Total time: 35mins

🕒 Prep time: 15mins

🕒 Cook time: 20mins

Makes 6 Bars

INGREDIENTS

YOU'LL NEED:

- 1 tbsp extra-virgin olive oil
- 2 large, very ripe bananas
- 1 tsp vanilla extract (optional)
- 1 heaped tbsp vanilla protein powder (optional)
- 180g oats
- 1/2 tsp salt
- 10 chopped dates
- 60g chopped nuts — such as walnuts, hazelnuts, or pecans
- 2 tbsp Oat Dream
- Grated nutmeg or cinnamon (optional)

STEP BY STEP

1. Heat the oven to 180°C, fan oven 160°C, gas mark 4 and lightly grease a 9x9-inch square baking dish with olive oil.
2. Peel the bananas and mash thoroughly in a medium mixing bowl until no large chunks remain.
3. Stir in the vanilla and protein powder, if using. Add the oats and stir them in, followed by the salt, dates, and nuts.
4. Finally add the Oat Dream and mix well.
5. Pat the thick mixture evenly into the baking dish. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake for 20 minutes or until the edges just begin to crisp up.
6. Place the baking dish on a rack to cool. When the dish is mostly cool, cut into 6 bars and enjoy!
7. Store leftover bars at room temperature. They will keep for about 5 days.



TIP: These are amazing with a cup of tea and great for after breakfast. The protein powder in it provides an extra boost of protein, helping you feel satisfied and keep you going through the day.

MACRONUTRIENTS BREAKDOWN

Carbs: 37g

Protein: 10.5g

Fat: 9.67g

ADDITIONAL EXTRAS

Calcium: 39.17mg

Vitamins D: 3.05mcg

B12: 0.15mcg

Kcal per serving: 276.35Kcal pp

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