



Mix it, flip it, love it!



This **Pancake Tuesday**, flip the focus to self-care and treat yourself to delicious, love - filled recipes that you, your friends and family will enjoy ❤️

Pancakes, Pancakes, Pancakes!

American-Style Pancakes 🥞 Makes 6 | FREE

Blitz 60g oats, 2 eggs, 1 tsp baking powder and 140g fat-free Greek yogurt. Cook in batches over low heat, flipping when bubbles form. Serve warm with fruit or one of sweet toppings!

Classy Crêpes 🥞 Makes 10 | 0.5 Bite per crêpe

Sift 120g flour, whisk in 2 eggs and 300ml skimmed milk until smooth. Let rest for 30 mins if possible. Spritz a hot pan with low-cal spray, add a ladle of batter, and spread evenly. Flip when dry on top and golden at the edges. Serve warm with sweet or savoury toppings!

🥑 Savoury Fillings:

Cheese & Spinach Delight - 1 Bite

30g low-fat cheese, ham, sautéed spinach & black pepper

Smoked Salmon & Cream Cheese - 1 Bite

30g light cream cheese, smoked salmon, lemon & fresh herbs

Tomato & Mushroom Medley - FREE

Roasted cherry tomatoes, mushrooms & balsamic, served with fresh rocket

🍓 Sweet Fillings:

Fruit & Yogurt Bliss - FREE

No-added-sugar jam & 1 tbsp natural yogurt

Choco-Banana Drizzle - FREE

½ mashed banana, 5g low-cal chocolate sauce & 12 chopped hazelnuts (free daily allowance)

Apple & Cinnamon Warm-Up - 1 Bite

Sautéed cinnamon apple & 1 tbsp low-fat crème fraîche



Toppings

Choc Shot - FREE

Top your pancakes with Sweet Freedom Choc Shot – a natural, low-calorie chocolate syrup made from fruit-based ingredients. Perfect for satisfying your sweet cravings! Available in Health Food Stores 🍫 ✨

Cinnamon Yoghurt - 1 Bite

Stir 2 tbsp Greek yogurt with 2 tsp maple syrup and ½ tsp cinnamon, then pour over your favourite pancake. Enjoy! ✨

Nut Butter - 1.5 Bites

Add 1 tbsp of no-added-sugar nut butter to boost both protein and flavour in your pancake.

Fruity Toppings - FREE

For a burst of fruity flavour, top your pancake with any of these options: a handful of berries, chopped apple, banana slices, nectarine slices, or chopped plums. 🍇 🍓

Have a Sham'rockin day

This St. Patrick's Day, enjoy these wholesome recipes. Perfect for celebrating while staying on track!

Green Goddess Soup Serves 8 | 1 Bite per serving

Spray olive oil in to a pan and heat. Add 1 diced onion, 1 leek, 2 celery stems, and 5 chopped garlic cloves and sauté for 5 minutes. Add 3/4 tsp allspice, cumin, 1.75l water, 200g cubed potato, 1 head broccoli, 1 tsp salt, and 3/4 tsp pepper. Simmer for 7 mins, then add 200g peas, kale, and 300g spinach. Cook until kale softens, then blend with 165g light Philadelphia and juice of 1 lemon. Season and enjoy! 



Guinness Beef Stew Serves 8 | 1/2 Bite per serving

Coat 1.5 kg of trimmed stewing beef in seasoned flour, then brown in batches in a hot pan sprayed with oil. Set the beef aside and sauté 6-8 thickly sliced carrots, 3 chopped onions, 3 chopped cloves of garlic, and 3 chopped sticks of celery in the same pan for a few minutes. Add the beef back in along with 1 can of Guinness, 1 tbsp of tomato purée, Worcestershire sauce to taste, and 2 beef stock cubes. Cover with water, bring to a boil, then simmer on low for 2 hours until the beef is tender. For a thicker stew, mix cornflour with a little water and stir in. Add a splash of gravy browning if desired and season to taste. For easy meal prep, divide into portions and freeze.



Tipplles

Stay hydrated while enjoying a drink to avoid sugar cravings and overeating.

Guinness

Per Pint

B
BITES | 3

Gin & Slimline Tonic

Per 35ml

B
BITES | 1

Beer

Per 330ml

B
BITES | 1.5

Baileys

Per 25ml measure

B
BITES | 2

Vodka/Bacardi

& diet drink
Per drink

B
BITES | 1

Cottage Cheese Oat Bread

60g slice FREE at mealtimes

Ingredients:

200g oats
300g cottage cheese
2 eggs
50g mixed seeds
2 tsp baking powder
1/2 tsp salt
Extra seeds for sprinkling on top



Instructions:

Blitz the oats, cottage cheese, eggs, baking powder, and salt in a food processor, then stir in the seeds. Shape into a loaf and place on a lined baking sheet. Tip: Use wet hands to smooth the dough and shape it. Sprinkle with extra seeds for a little crunch!

Air Fryer Option:

Preheat to 160°C and bake for 35 minutes.

Oven Option:

Preheat to 180°C and bake for 60 minutes.

Let the loaf cool, slice it up, and enjoy!