



Contact

Scott Donovan Dip P.T.

Jessica Donovan N.D.

Phone : 0430 390 807

www.bounceoptimumhealthandwellbeing.com

info@bounceoptimumhealthandwellbeing.com

Snacks

Tamari Almonds

1 cup raw unsalted almonds

2 teaspoons tamari

Coat almonds in tamari and roast in the oven for 10 minutes on 180 degrees.

Tuna, Cheese & Celery Sticks

90g cottage cheese

150g can of salmon or tuna

2 large celery sticks

3 Tablespoons nut meal

1 Tablespoon chives

1 Tablespoon parsley

Mix cheese with fish, nut meal, chives and parsley. Stuff mixture into celery sticks.

Banana & Carrot Muffins

1 large carrot, grated
2 bananas, mashed
1 Tablespoon fructose
2 eggs
¼ cup plain yoghurt
1 teaspoon cinnamon
1 1/3 cups whole meal flour
2 teaspoons baking powder
½ cup unprocessed bran

Mix together grated carrot, mashed banana, fructose, eggs, yoghurt and cinnamon, mix well. Add flour and baking powder, mix well. Add bran and mix quickly. Place into greased muffin tin and bake at 200 degrees for 20 minutes.

Deserts

Strawberries with Cashew Cream

1 Punnet Strawberries
1 cup raw, unsalted cashews
½ cup water

Put cashews and water in a food processor or blender and blend until fluffy. Pour over sliced strawberries.

Blueberry & Ricotta Crepes

1 egg
1 Tablespoon of cream
1 tablespoon of oil
¼ teaspoon fructose
3 drops vanilla extract
95g Ricotta
½ cup blueberries

Mix together egg, cream, fructose and vanilla. Heat a non stick pan and add mixture, swirl to coat pan. Cook on medium heat until looks dry then flip and cook for a few more minutes. Fill with ricotta and blueberries.

Flourless Orange Cake

Juice and zest of 1 large orange
5 eggs
150g almond meal
2 Tablespoons fructose
2 Tablespoons Olive Oil
1 Tablespoon ground cinnamon
200g raisins
1 teaspoon vanilla extract
2 raw grated beetroots
Zest of 2 oranges

Beat the eggs with the fructose, mix in the olive oil. Fold in the almond meal, cinnamon and orange zest. Mix in the orange juice and raisins. Pour mixture into an oiled loaf tin and bake for 30-40 minutes at 180 degrees. Variations of this cake include

- Lemon and coconut- Use the zest and juice of a lemon instead of orange and replace raisins with unsweetened coconut.
- Orange and chocolate- Add 55g of grated dark chocolate and 1 dessertspoon of cocoa when folding in the almond meal.
- Banana- Replace orange juice and zest with 2 mashed bananas.
- Carrot and Walnut- Replace orange juice and zest, with 2 grated carrots and ½ cup walnuts.

Power Spheres

Pop a power sphere as a morning or afternoon snack, after a workout or into the kids lunch box. They do contain some dried fruit for sweetness, but the nut and seed content reduces the GI of this nutritious snack.

3/4 cup dried apricots
3/4 cup dried apple
4 brown rice cakes
1 cup unsweetened coconut
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/3 cup sesame seeds
1/2 cup mixed raw nuts
1/2 cup rolled oats
3/4 cup natural peanut butter
3/4 cup tahini

Pulse apricots, apples and rice cakes to a fine texture in a food processor, transfer to a bowl.

Next pulse the seeds, nuts and coconut coarsely and add to the fruit mixture.

Warm the peanut butter and tahini slightly in a saucepan and add to the fruit and nut mixture. Mix everything until well combined. Cover and chill for 1 hour.

Roll the dough into balls, and roll in sesame seeds to coat, store in the fridge until ready to eat.

Date, apple and pecan loaf

1 cup dates, pitted
2 tablespoons honey
1 teaspoon bicarb soda
1 cup apple juice
1 cup grated apple
1/2 cup pecans or walnuts
1 1/2 cups wholemeal flour

In a saucepan place dates, honey, bicarb soda and apple juice. Bring to the boil, simmer for 2 minutes, cover and leave to cool.

Stir in remaining ingredients and spoon into a greased non stick 14 x 21 cm loaf pan. Bake in a moderate oven (180 degrees) for 40 mins. Turn out and cool.

Makes 1 loaf (18 slices)