



Delicious!

Recipe inspiration for your Phytality green powders!



Get in touch!



CHOCO-BERRY SMOOTHIE

250ml of coconut milk
1 cup of frozen blueberries & strawberries
1 fresh banana
10 cashews
1 tbsp raw cacao
1 tsp of **PO&M**

BLITZ FOR 60 SECONDS

GREEN SMOOTHIE

250ml of coconut milk
1 cucumber
1 handful of spinach leaves
1 green apple (sliced)
1 tsp of **FC**

BLITZ FOR 60 SECONDS

TROPICAL SMOOTHIE

250ml of coconut milk
50gr frozen pineapple
1 handful of spinach leaves
Juice of 1 lime
25g cashews
1 tsp of **PSG**

BLITZ FOR 60 SECONDS

BEAUTY GLOW SMOOTHIE

100ml Orange Juice
1 banana
12 strawberries
1/2 cup blueberries
1 slice of melon
1 tsp of **FC**

BLITZ FOR 60 SECONDS

CINNAMON & SPICE SMOOTHIE

1 jazz apple
1 handful of gluten free oat
150g of almond yogurt
1tbs of almond butter
120ml almond milk
1/2 tsp of cinnamon
Pinch of ground nutmeg
1 tsp of vanilla extract
1 tsp of **FC**

BLITZ FOR 60 SECONDS

PEACHY SMOOTHIE

170g of peach nectar
1 banana halved
2 fresh or frozen peaches
1/2 fresh mango
170gr vanilla vegan yogurt
1 tsp of **PSG**
Fresh peaches and mint sprigs (for garnish)

BLITZ FOR 60 SECONDS





PHYTO-CHOC OAT BARS

- 275g rolled oats
- 250g nut butter of choice
- ½ cup shredded coconut
- 1 tbs coconut oil
- 2 tbs maple syrup
- 2 tbs almond milk
- 1 tbs cacao powder
- 1 cup cacao nibs
- 1 tbs of **PO&M** or **PSG**

Line a small baking tray with baking paper. Combine nut butter, coconut oil, and maple syrup in a pan over low heat. In a large mixing bowl add oats and pour over saucepan ingredients, adding green powder of choice, cacao powder and almond milk to form a thick chunky batter. Mix well and press firmly into lined pan. Top with cacao nibs and refrigerate for 30 min or until firm. Cut in to bars!

ENERGY BAR

- 275g gluten free rolled oats
- 250g smooth almond butter
- 15ml maple syrup
- Almond milk or water as needed
- 1 cup pumpkin seeds
- 1 tbs of **PO&M**

Line a small baking tray with parchment paper and set aside. In a large mixing bowl, put your rolled oats and set aside. Combine almond butter and maple syrup in a small pan and melt at low heat. Mix the almond butter/maple in to the oats and add your PO&M - mix thoroughly. If needed, add some almond milk or water to form a thick batter. Pour the batter into the lined baking tin and press firmly in place. Press the pumpkin seeds on top. Refrigerate for 30 minutes, or until firm, then slice into 25 bars.

RAW DELICIOUS FLAPJACKS

- 175g of coconut butter
- 175g of agave syrup
- 175g coconut sugar
- 100g of raw cacao powder
- 350g of gluten free porridge oats
- ½ unwaxed lemon, finely grated zest only (optional)
- 50g of dry cranberries or raisin
- 1 tsb of **PO&M**

Line a small baking tin with parchment paper. Melt the coconut butter in a medium pan over a low heat. Add agave syrup, and coconut sugar and heat gently. Once all the ingredients are dissolved, add the butler and remove the pan from the heat. Stir in the porridge oats, lemon zest and raw cacao powder. Mix well and then add your PO&M, the dry cranberries, and stir to incorporate. Pack the mixture into the baking tin and squash down. Refrigerate for 40 minutes, or until firm then slice into small squares.

PHYTO-CHOC OAT BARS

200g firm tofu
1 tin black beans drained and rinsed
3/4 cup of dates
60g chocolate hemp protein powder
1 tbs of **PO&M**
20g cacao

2 tbs chia seeds
2 tbs hemp seeds
2 tbs rolled oats
Dash of vanilla essence
Desiccated coconut
Dark chocolate

Blitz the first 3 ingredients in a blender until smooth then add the remaining ingredients.

Once combined, use your hands to roll into balls.

Melt some dark chocolate and coat the balls evenly. When slightly set (but not quite!) Roll through coconut.

Put in the fridge to fully set the chocolate and then enjoy!



ZUCCHINI A LA PESTO

250g fettuccine
3 medium zucchini
1 large bunch of fresh basil
150g of rocket leaves
25g of pine nuts or cashew nuts
1 tsp of **PO&M**
1 clove garlic, roughly chopped
4 tbsp of Extra Virgin Olive Oil
1 lemon
Salt & pepper for seasoning
1 handful of cherry tomatoes

Using a spiralizer, turn the courgette into "spaghetti strips" and transfer in a serving bowl.

Combine basil, rocket leaves, pine nuts, garlic and lemon juice in a food processor (or in a mortar and pestle).

Pulse until well combine. Add the PO&M season the pesto with salt and pepper and stir until blended.

Toss the pesto into the courgette strips.

Cook fettuccine as per packet instructions - when draining keep a few tablespoons of cooking water to stir through at the end.

Mix zucchini strips through cooked pasta (add a touch of the cooking water).

Decorate with the cherry tomato, some fresh basil leaves, and serve.





We'd love to see your creations!

Take a pic and post to social media. Don't forget to tag us! @phytalitynutrition

