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# THE NOURISHMENT ACADEMY

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# SNACKS

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*2024 Edition*

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# Coffee truffles



**225g dark chocolate (minimum 75% cocoa), or good quality milk chocolate, chopped 60ml unsweetened almond milk (or use milk of your choice) for the flavouring: 1 tsp vanilla extract 1/2 tsp almond extract 1/4 tsp ground cinnamon 1/2 tsp instant espresso powder or coffee granules dissolved in 1 tsp water 1/4 tsp cocoa powder for the coating: 15g hazelnuts, roughly chopped**

**MAKES 12 TRUFFLES**

Place the chocolate in a large bowl.

Place the milk in a saucepan over a medium/low heat. Simmer gently, stirring.

Add the flavourings, stirring continuously for 1 minute.

Pour the milk over the chocolate. Leave to stand for a few minutes, then stir until smooth.

Allow to cool, and then place in the refrigerator or freezer, until firm.

Line an oven tray with baking paper. Spread the chopped nuts onto a large plate or chopping board.

Roll the mixture into 12 balls then roll each truffle in the chopped nuts, to coat.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*



**PER TRUFFLE:**  
**108 Calories**  
**8g Carbs**  
**1g Protein**  
**8g Fat**



# Mint choc energy bars



**for the bars:**

**90g ground almonds**

**40g vanilla flavour whey or rice  
protein powder**

**120g cashew or almond butter**

**1 tbsp maple syrup**

**1/4 tsp peppermint extract**

**15g cacao nibs**

**for the coating:**

**30g coconut oil, melted**

**4 tbsps cocoa powder**

**2 tbsps maple syrup**

**MAKES 8 BARS**



**PER BAR:**  
**254 Calories**  
**11g Carbs**  
**12g Protein**  
**18g Fat**

Line an oven tray with baking paper.

Place all of the bar ingredients, except for the cacao nibs, in a food processor or high speed blender. Blend until well combined.

Transfer to a large bowl and form the mixture into a dough. Add a splash of cold water if the mixture is crumbly. Stir well. Taste and add more peppermint, if required. Stir in the cocoa nibs.

Transfer to the oven tray. Shape into a sausage. Using a spatula or slice, neaten the top and sides to form a long rectangle. Freeze for 30 minutes or until firm.

Combine the coating ingredients in a bowl and stir well. If the mixture is too thick, add a splash of water and stir well. Allow to cool for 5 minutes. Cover the bars in the chocolate.

Freeze until the chocolate has set. Cut into 8 bars. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Coconut chocolate cups



**for the filling:**

**60g unsweetened coconut flakes**

**30g vanilla flavour whey or rice**

**protein powder**

**a small pinch of sea salt**

**1 1/2 tbsps coconut cream (use the fat**

**part from a tin of coconut milk)**

**for the chocolate:**

**180g dark chocolate (minimum 70% cocoa)**

**1 tbsp coconut oil**

**1 tbsp maple syrup**

**10g cocoa powder**

**a sprinkle of desiccated coconut**

**MAKES 8 CUPS**

Place the coconut flakes in a food processor and blend well for 10 minutes, or until it achieves a buttery consistency. Add the remaining filling ingredients and blend well to form a paste.

Melt the chocolate and coconut oil in a saucepan over a low heat. Remove from heat. Add the maple syrup and cocoa powder. Stir well until smooth.

Line a tray with 8 small paper cake cases (approximately 5cm diameter base). Pour 5mm chocolate into the base of each case. Refrigerate for 20 minutes, or until set.

Meanwhile, place the filling on a board and roll out to around 5mm thickness. Using a small cutter, cut the mixture into 8 circles. Place each circle over the set chocolate bases.

Cover the filling with a layer of chocolate. Top with a sprinkle of desiccated coconut. Refrigerate for 20 minutes, or until set. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



**PER CUP:**

**222 Calories**

**19g Carbs**

**5g Protein**

**14g Fat**



# Hazelnut energy balls



**225g pitted dates**  
**90g hazelnuts**  
**40g almonds**  
**25g cocoa powder**  
**45g coconut oil, melted**  
**30g chocolate or vanilla flavour**  
**whey or rice protein powder**

**MAKES 12 ENERGY BALLS**

Place all of the ingredients in a high speed blender or food processor. Blend well to form a sticky paste. Add a splash of cold water if the mixture is too dry.

Roll into 12 balls and place on a plate. Cover and refrigerate for one hour, or until firm.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



**PER BALL:**  
**174 Calories**  
**16g Carbs**  
**5g Protein**  
**10g Fat**



# Passion fruit cheesecake



**for the base:**

**70g soft pitted dates**

**170g walnuts**

**30g oats (use gluten free if preferred)**

**2 tbsps maple syrup**

**for the filling:**

**250g cream cheese (use dairy free if preferred)**

**140g Greek yoghurt (use dairy free if preferred)**

**1 egg**

**40g vanilla flavour whey or rice protein powder**

**the seeds of 2 passion fruit**

**for the topping (optional):**

**seeds of 1 passion fruit**

**60ml recently boiled water**

**1 tsp gelatine powder**

Preheat oven to 180°C/350°F. Line the base of an 18cm diameter round cake tin with baking paper.

Place the base ingredients in a blender or food processor and blend until finely ground. Transfer to the tin and press down firmly to compact.

Place the cream cheese, yoghurt, protein powder and egg in a large bowl. Blend well using an electric hand mixer, until all lumps are removed. Stir in the passion fruit seeds.

Pour the mixture over the base layer. Gently shake the tin from side to side, to distribute the topping evenly over the base. Bake for 15-20 minutes, or until the centre is still slightly soft. Allow to cool in the tin.

Stir the water and gelatine in a jug, until dissolved. Stir in the passion fruit seeds. Spread evenly over the cheesecake and refrigerate for 30 minutes, or until set.

**SERVES 8**



**PER SERVING:**  
**380 Calories**  
**19g Carbs**  
**13g Protein**  
**28g Fat**

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



# Pecan & maple shooters



**for the pecan & maple brittle:**

**2 tbsps maple syrup**

**12 pecan halves, chopped**

**a sprinkle of sea salt**

**for the cream:**

**150g Greek yoghurt (use dairy free if preferred)**

**150g cream cheese, softened (use dairy free if preferred)**

**30g vanilla flavour whey or rice**

**protein powder**

**1 tsp vanilla extract**

**MAKES 4 SHOOTERS**

Preheat oven to 180 °C/350 °F. Line a baking tray with baking paper. Drizzle a small amount of the maple syrup into the base of 4 shot glasses.

Place the pecans on the tray. Drizzle the remaining maple syrup over the pecans. Season with sea salt. Bake for 8-10 minutes, or until the pecans are golden brown and the syrup has caramelised. Allow to cool then break into small pieces.

Place the cream ingredients in a large bowl and blend well with an electric mixer.

Transfer the mixture into a piping bag or large ziplock bag with the end cut off. Pipe the mixture into the shot glasses, until around three quarters full.

Refrigerate until ready to serve. Top with the brittle just before serving.

*Refrigerate any leftover cream mixture for up to 2 days. Store any leftover brittle in an airtight container for up to 1 week.*



**PER SHOOTER:**

**245 Calories**

**11g Carbs**

**12g Protein**

**17g Fat**



# Dreamy chocolate protein mousse



**for the mousse:**

**60g ripe banana, mashed well**

**200g Greek yoghurt (use dairy free if preferred)**

**40ml tinned unsweetened coconut milk**

**30g chocolate or vanilla flavour whey or rice protein powder**

**2 heaped tsps cocoa powder**

**for the topping:**

**1/2 tsp dark chocolate (minimum 70% cocoa), finely grated**

**30g fresh blueberries, raspberries or strawberries**

Place the mousse ingredients in a large bowl. Mix well using an electric hand blender, until smooth and creamy.

Refrigerate for 1 hour or more.

Serve topped with dark chocolate and fresh berries.

*Cover any leftovers and refrigerate for up to 2 days.*



**PER SERVING:**

**246 Calories**

**18g Carbs**

**21g Protein**

**10g Fat**





# Chocolate orange bars



**100g oats (use gluten free if preferred)**  
**40g vanilla or chocolate flavour whey or rice protein powder**  
**20g cocoa powder**  
**25g almonds, finely chopped**  
**the juice of 1 navel orange**  
**20ml unsweetened almond milk (or use milk of your choice)**  
**50g dark chocolate (minimum 70% cocoa)**  
**2 tsps orange zest, finely grated**



PER BAR:  
**172 Calories**  
**15g Carbs**  
**10g Protein**  
**8g Fat**

Line a baking tray with baking paper.

Place the oats in a blender and blend until finely ground.

Combine the oats, protein powder, cocoa powder, almonds and orange juice in a bowl.

Add half of the milk and mix well. Add more milk if required, until the mixture resembles a bread dough.

Shape the mixture into 6 bars on the tray. Covering the bars with clingfilm before shaping, makes this step easier.

Place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water. Stir well until melted. Carefully remove the saucepan from the water and allow the mixture to cool for 10 minutes.

Coat the protein bars with the melted chocolate. Sprinkle the orange zest over the top. Freeze until firm.

*Store any leftovers in an airtight container and freeze for up to 3 weeks.*



# Peanut & coconut energy balls



**220g crunchy peanut butter**  
**5 pitted Medjool or Deglet Nour dates**  
**50g shelled hempseed**  
**40g chia seeds**  
**3 tbsps vanilla flavour whey or rice protein powder**  
**5 tbsps desiccated coconut**

**MAKES 18 BALLS**

Place the peanut butter, dates, hempseed, chia seeds and protein powder in a food processor. Blend well to form a dough.

Using a tablespoon, scoop out some of the mixture and roll into a ball.

Repeat step with the remaining mixture.

Roll the balls in desiccated coconut.

Freeze the balls for 25 minutes, or until firm. Serve.

*Store any leftovers in an airtight container and refrigerate for up to one week or freeze on same day.*



**PER BALL:**  
**129 Calories**  
**7g Carbs**  
**5g Protein**  
**9g Fat**

# Buckwheat, cranberry & pistachio bites



**100g cacao butter**  
**30g maple syrup**  
**80g cashew butter**  
**a pinch of sea salt**  
**70g dried cranberries**  
**35g pistachios, chopped**  
**60g buckwheat groats**

**MAKES 16 BITES**



Line the base of a 15x15cm baking tin with baking paper.

Place the cacao butter in a small bowl. Place in a shallow basin of water over a medium heat. Stir gently until completely melted. Carefully remove from the heat.

Add the maple syrup, cashew butter and salt and stir well.

Stir in the remaining ingredients.

Pour the mixture into the tin and allow to cool. Refrigerate for one hour.

Cut into 16 pieces.

*Store any leftovers in an airtight container and freeze on same day. Remove from freezer 5 minutes before serving.*



**PER BITE:**  
**138 Calories**  
**10g Carbs**  
**2g Protein**  
**10g Fat**

# Chocolate caramel bites



**for the caramel filling:**

**160g pitted Medjool or Deglet Nour dates**

**40g almond or cashew butter**

**1 tsp vanilla extract**

**40ml unsweetened almond milk**

**a small pinch of sea salt**

**for the chocolate coating:**

**30g cocoa butter**

**11/2 tbsps cocoa powder**

**1 tbsp maple syrup**

**a small pinch of sea salt (optional)**

Combine the caramel filling ingredients in a blender or food processor and blend for 3 minutes or until a smooth, buttery consistency is achieved.

Place in a container and freeze for 3 hours or until the mixture is firm. Roll into 10 small balls. Place back in the freezer.

Heat the cocoa butter in a small bowl over a saucepan half full with boiling water over a medium heat. Stir until completely melted. Remove the bowl carefully from the water using oven gloves.

Add the other ingredients to the cocoa butter and stir well. Leave to cool for 5 minutes.

Take the balls out of the freezer. Balancing them on a fork, dip them one at a time into the chocolate, ensuring they are completely covered. Allow any excess to drip off then place on a plate. Freeze until ready to serve. Allow 5 minutes to thaw before serving.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*

**MAKES 10 BITES**



**PER BITE:**

**109 Calories**

**15g Carbs**

**1g Protein**

**5g Fat**



# Peanut butter, chocolate & banana ice cream



**4 medium-sized ripe bananas**  
**50g vanilla flavour whey or rice protein powder**  
**80g crunchy peanut butter**  
**30g dark chocolate or milk chocolate, cut into chunks**

SERVES 3

Place the bananas and protein powder in a food processor. Blend well until smooth.

Add the peanut butter and pulse briefly to combine.

Stir in the chocolate chunks.

Transfer to a sealable airtight container and freeze for one hour. Stir well and freeze for one hour or until firm. Serve.

*Store any leftovers in an airtight container and freeze for up to 3 weeks.*



PER SERVING:  
**415 Calories**  
**38g Carbs**  
**23g Protein**  
**19g Fat**





# Baked oat cups



**1/2 tsp coconut oil (plus extra to grease muffin tin)**

**240ml unsweetened almond milk (or use milk of your choice)**

**2 large eggs**

**50g maple syrup**

**1 tsp vanilla extract**

**260g apples, peeled, cored and finely chopped**

**300g oats (use gluten free if preferred)**

**1 tsp baking powder**

**2 tsps ground cinnamon**

**1/2 tsp ground nutmeg**

**¼ tsp sea salt**

**MAKES 12 CUPS**

Preheat oven to 180C/350 °F. Lightly grease 12 compartments of a muffin tin with coconut oil, or prepare a silicon muffin tray.

Pour the milk into a large jug. Add the eggs, maple syrup and vanilla extract. Whisk with a fork until combined.

Stir in the chopped apple.

Add the remaining ingredients and stir until well combined.

Spoon the mixture into the muffin tin compartments. Bake for 20-25 minutes or until a light golden brown and firm in the centre.

Leave to cool in the tin for 10 minutes. Transfer to a wire rack and allow to cool completely.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER CUP:  
**127 Calories**  
**21g Carbs**  
**4g Protein**  
**3g Fat**



# Banana choc chip bars



**3 medium-sized bananas, mashed**  
**200g oats (use gluten free if preferred)**

**120g almond, cashew or peanut butter**

**30g banana or vanilla flavour whey or rice protein powder (optional)**

**20g dark chocolate (minimum 75% cocoa), cut into small chunks**

**MAKES 9 BARS**

Preheat oven to 180 °C/350 °F. Line the base of a 15x15cm baking tin with baking paper.

Mash the banana in a large bowl. Add the remaining ingredients, except for the chocolate, and stir until thoroughly combined.

Stir in the chocolate chunks. Transfer the mixture into the tin and press down evenly with a spoon.

Bake for 15-20 minutes, or until golden on the outside and firm in the centre.

Allow to cool then cut into 9 bars.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.*



**PER BAR:**  
**225 Calories**  
**26g Carbs**  
**10g Protein**  
**9g Fat**



# Oaty cookies



**3 medium-sized ripe bananas**  
**200g oats (use gluten free if preferred)**  
**40g raisins**  
**a sprinkle of ground cinnamon**  
**1 tsp stevia (or use sweetener of your choice)**  
**30g dark chocolate (minimum 70% cocoa), cut into chunks**  
**25g hazelnuts**

**MAKES 8 COOKIES**

Preheat oven to 170 °C/350 °F. Line an oven tray with baking paper.

Mash the banana in a large bowl.

Add the remaining ingredients and stir until well combined.

Divide the mixture into 8 pieces and roll into balls. Place onto the tray, leaving a small gap between each ball. Gently flatten until around 2cm thickness.

Bake for 15 minutes or until firm. Allow to cool on the tray.

*Store any leftovers in an airtight container for up to 4 days or freeze on same day.*



**PER COOKIE:**  
**198 Calories**  
**31g Carbs**  
**5g Protein**  
**6g Fat**