

macro
mixes



× **RECIPE BOOK** ×



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SUNDAYS 🍓



HEY MACRO MUNCHER

This e-book was created in the hopes that it would inspire you to take these 6 simple premixes and porridges and go on to create the healthy, delicious and macro friendly treats of your dreams!

The recipes included are quick and easy, and will hopefully show you the diverse range of things you can whip up in your kitchen with Macro Mixes.

Some are baked, others are made in the microwave, and others are raw, so there really is something to suit everyone.

Dive in, enjoy, and don't forget to share your creations with us on Instagram [@macromixes](https://www.instagram.com/macromixes) so we can see what you've been up to.



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— PEANUT BUTTER BROWNIE CHEESECAKE —



INGREDIENTS:

FOR THE BROWNIE

200g Vegan Brownie Premix
2 eggs
160ml milk
1 banana
60g peanut butter

FOR THE CHEESECAKE

175g cream cheese
1 egg
40g xylitol
20g peanut butter
1 tsp vanilla extract
Sweetner drops (optional)



DIRECTIONS:

1. Preheat the oven to 180 degrees.
2. Beat eggs, milk, banana (mashed) and peanut butter in a bowl. Add in Vegan Brownie Premix mix.
3. Combine all the cheesecake ingredients except the egg in a bowl and microwave for 20-40 seconds, just so that the cream cheese softens. Mix together. Add egg and mix.
4. Grease a cake or a loaf tin. Using a spoon, create the bottom and sides of the cheesecake using 2/3 of the brownie mixture. Pour your cheesecake filling in. Add spoonfuls of remaining brownie mixture onto the top of the cheesecake, pushing some of them a bit down into the cheesecake mixture and swirling it around.
5. Bake for 35-40 minutes. Top should not be wobbly but don't overtake either, it will become more solid as it cools.



GET CREATIVE WITH THE ICING!



This one was about 1/2 cup yogurt,
2 tbsp cream cheese, 2 tbsp peanut butter,
2 tablespoons xylitol and 15g vanilla pea
protein (helps thicken it) all mixed together.



BANANA & PEANUT BUTTER MUG BROWNIE

INGREDIENTS:

- 60g Vegan Brownie Premix
- 1 banana
- 1 tbs peanut butter
- 30ml milk of choice



DIRECTIONS:

1. In bowl mash half the banana, and add the peanut butter and milk and mix.
2. Pour in 60g Vegan Brownie Premix and mix again.
3. Get a mug you want to eat your brownie out of. Slice the remaining half of the banana and arrange it around the bottom and sides of your mug.
4. Pour your brownie mixture in..
5. Microwave for 2 minutes and 30 seconds.
6. Top with ice cream and nut butter!



TIPS!



This one was about 1/2 cup yogurt, 2 tbsp cream cheese, 2 tbsp peanut butter, 2 tablespoons xylitol and 15g vanilla pea protein (helps thicken it) all mixed together.

NUTTY BANANA BREAD BAKED PORRIDGE

INGREDIENTS:

60g Vanilla Protein Porridge
1 egg
1/2 a large banana (75g)
40ml milk
1 tbsp nut butter
Handful of nuts/seeds

DIRECTIONS:

1. Using a fork or blender, combine all the ingredients except porridge and nuts.
2. Mix the wet mixture into your porridge and stir in the nuts.
3. Microwave for 2 mins - 2mins 30 seconds.
4. Serve with cream cheese and honey!



TIP!



Heat up your cream cheese in the microwave for a few seconds and then add a tsp of honey so that it is sweet and delicious!



PEANUT BUTTER & RASPBERRY CHOCOLATE CAKE

INGREDIENTS:

240g Chocolate Porridge
2 eggs
200g banana
150ml milk
60g peanut butter
60g raspberries

TIPS!

Mash your raspberries up when you stir them in to release their sweet juices into the mixture.

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If you want the bottom of your cake to have a granola crunch then sprinkle granola onto the bottom before you put it into the oven to bake.

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DIRECTIONS:

1. Preheat the oven to 175 degrees.
2. Blend all ingredients except porridge together.
3. Alternatively, use a fork to mash the banana and then mix everything together well in a bowl.
4. Add your porridge and mix well.
5. Stir in raspberries.
6. Grease your loaf tin or cake tray.
7. Pour in your mixture.
8. Bake for 35-40 mins (a knife will come out clean)
9. Serve with a peanut butter drizzle.



COCONUT & GOJI BERRY GRANOLA



INGREDIENTS:

- 100g Protein Pancake Premix
- 50ml milk
- 20g almond butter
- 10g coconut flakes
- 3 tbsp goji berries
- 1 tsp cinnamon
- 1 tbsp xylitol (optional)

DIRECTIONS:

1. Preheat the oven to 160 degrees.
2. Beat milk and almond butter together with a fork.
3. Add Protein Pancake Premix, coconut flakes, goji berries and spices and mix. Mixture should be thick.
4. Grease a flat oven tray and spread the mixture onto it using a fork. Try and make it as thin as possible.
5. Bake for 10 minutes, remove from oven and break up your granola into pieces using a fork. Sprinkle xylitol over. Return to oven.
6. Bake for a further 5 minutes. At this point it should be dark golden brown. If not, give it another 1-2 minutes. When you are happy with it, turn oven off and leave granola in it as the oven cools down.
7. Enjoy with yogurt, in smoothies or just by itself!

TIPS!

- × If you don't have almond butter you can substitute any other nut butter.
- × Get creative with your add in's! Nuts, seeds and dried fruit are all great additions.
- × Store in an airtight container to keep crunchy and fresh.



ALMOND & ORANGE ZEST BISCOTTI'S



INGREDIENTS:

- 150g Protein Pancake Premix
- 3 eggs
- 60g drippy nut butter
- 1 tbsp almond essence
- 1 orange
- Chocolate and almonds for dipping

DIRECTIONS:

1. Preheat the oven to 175 degrees.
2. Pour 150g Protein Pancake Premix into a bowl.
3. In a bowl or mug beat together 3 eggs, 60g nut butter (almond recommended) of choice, the juice of 1 orange and 1 tbsp almond essence.
4. Pour your egg mixture into your dry premix and mix until a dough forms. Use your hands!
5. Shape your dough into a flattish log shape.
6. Place onto a greased oven tray and bake for 10 minutes.
7. Remove from oven and slice into biscotti's.
8. Reduce heat to 120 degrees and place your sliced biscotti's onto your oven rack. Spread them out.
9. Bake for 40-50 minutes and then turn the oven off, leaving them in the oven while it cools down.
10. Once cooled, dip in melted chocolate, sprinkle with almonds and orange zest and enjoy!





STRAWBERRY CREPES



INGREDIENTS:

CREPES

- 50g Protein Pancake Premix
- 10g butter (can sub coconut oil)
- 1 egg
- 100ml milk
- Strawberry flavour drops (optional)

FILLING OPTIONS

- 150g yogurt
- 50g chopped strawberries
- Xylitol/sweetener drops/maple syrup to taste

TOPPING OPTIONS

- Coconut flakes
- Shaved almonds
- Nut butter
- Ice cream of choice



TIPS!

Heat strawberries up before mixing into your filling to release all the sweet juices! If your batter thickens as it sits then add a dash more milk

Toast your shaved almonds and coconut flakes on a dry pan for 1-2 minutes to make them crunchy and toasty!

Dairy free option would be to use coconut milk, coconut oil and use an alternative to the yogurt.



DIRECTIONS :

1. Combine ingredients in a bowl and beat with a fork/whisk.
2. Heat a pan on medium heat and grease with butter, oil or spray.
3. When heated, lift the pan and pour on 1/3 of your batter while making a swirling motion with your wrist to spread the batter out. You can even use the back of a spoon to spread it.
4. Place back on heat and flip once edges start to lift and bubbles form.
5. Cook for a few seconds, take off the heat and then repeat to make next crepe.
6. Prepare filling, fill crepes, add toppings and enjoy!





— BLUEBERRY & ALMOND WAFFLES —

INGREDIENTS:

- 50g Protein Pancake Premix
- 1 egg
- 60ml milk
- 1 tbsp almond butter
- 1/2 tsp almond essence (optional)
- 4 tbsp blueberries
- 1 tbsp maple syrup or honey (optional)



DIRECTIONS:

1. Beat your egg, milk, almond butter and almond essence in a bowl with a fork.
2. Add your Protein Pancake Premix and mix.
3. Stir your blueberries and maple syrup through.
4. Heat your waffle iron. Once hot, grease and spread mixture over.
5. Cook until golden brown.
6. Serve with ice cream, diced almonds, blueberries and a generous drizzle of syrup!



TIPS!

- Heat the blueberries you use for topping in the microwave to make a sweet coulis!
- Exchange the almond butter for peanut butter, halve your milk and add 1/2 a mashed banana for banana peanut butter waffles.
- Exchange the blueberries for any other chopped up fruit.
- Grate carrots and add cinnamon and mixed spice to make carrot cake waffles.





— CHOC CHIP BANANA BARS —

INGREDIENTS:

120g Vanilla Protein Porridge
100g banana
30g peanut butter
1 tbsp sweetener of choice
80ml milk
50g choc chips
Other crunchy bits like nuts or buckwheat

DIRECTIONS:

1. Blend banana, peanut butter, sweetener and milk together.
2. Weigh out porridge into a bowl and stir through choc chips (and any other crunchy bits you'd like).
3. Pour blended mix into bowl and mix.
4. Line a loaf tin with grease proof paper.
5. Spoon mixture in and use the back the spoon (or your hands) to flatten.
6. Pop into the freezer for a few hours to set.
7. Enjoy. Store in freezer.





— CHOCOLATE FREEZER FUDGE —

INGREDIENTS:

- 80g Chocolate Protein Porridge
- 80g chickpeas
- 80g banana
- 120ml milk
- 30g nut butter
- Crack of salt
- 1 tbsp maple syrup/honey/xylitol



DIRECTIONS:

1. Blend all ingredients except for porridge.
2. Add porridge and blend again.
3. Spoon into an ice tray.
4. Freeze for 6 hours and enjoy!
5. Store in the freezer.





FIG & RICOTTA PANCAKES

INGREDIENTS:

- 50g Protein Pancake Premix
- 50ml milk
- 1 egg
- 3 tbsp ricotta cheese
- 1 tbsp honey
- 1/4 cup dried figs

DIRECTIONS:

1. Mix your Protein Pancake Premix, milk, egg, ricotta cheese and honey together in a bowl with a fork.
2. Stir through your dried figs, leaving a few out to sprinkle on top. Chop them up to desired size.
3. Put some butter on a pan over a medium heat and spoon your mixture into 5 pancakes.
4. Flip when golden brown on the underside.
5. Let the other side cook briefly and then remove from heat.
6. Serve with some more ricotta, figs and a generous drizzle of honey!



TIPS!



Add some rosemary to the butter in your pan while cooking the pancakes to add a beautiful herby taste!



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