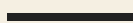




**FERTILITY MOM**  
EVEN MIRACLES NEED A LITTLE HELP

# July Recipe Book

Discover 15 easy, healthy and tasty recipes, including:  
breakfast, lunch, dinner, treat and smoothies.



[fertilitymom.com](http://fertilitymom.com)





# Contents & Key

6	BLT Egglets	GF	Gluten Free
8	Broccoli Cheddar Quiche	DF	Dairy Free
10	Peanut Butter & Banana Waffles	LC	Low Carb (20g- serve)
12	Farmers Breakfast	MP	Meal Prep/Freezer Friendly
14	Gremolata Sauce	HP	High Protein (20g+ per serve)
16	Crab Rice Salad	V	Vegetarian
18	Baked White Fish with Beans in Parsley Sauce	Q	Quick (under 30 mins)
20	Baked Chicken Thighs in Mustard Sauce	N	Contains Nuts
22	Italian Meatballs with Tomato Sauce		
24	Quick Pad Thai		
26	Peruvian “Chaufa” Fried Rice with Pork		
28	Perfect Soy-Grilled Steak		
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# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	BLT Egglets	Crab & Tuna Rice Salad	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Baked Chicken Thighs in Mustard Sauce
Tue	Broccoli Cheddar Quiche	Crab & Tuna Rice Salad	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Baked Chicken Thighs in Mustard Sauce
Wed	Broccoli Cheddar Quiche	Baked White Fish with Beans in Parsley Sauce	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Quick Pad Thai
Thu	Farmers Breakfast with Gremolata Sauce	Baked White Fish with Beans in Parsley Sauce	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Quick Pad Thai
Fri	Farmers Breakfast with Gremolata Sauce	Italian Meatballs with Tomato Sauce	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Peruvian “Chaufa” Fried Rice with Pork
Sat	Peanut Butter & Banana Waffles	Italian Meatballs with Tomato Sauce	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Meal Out - Enjoy!
Sun	Blackberry & Apple Protein Smoothie	Perfect Soy-Grilled Steak	E.g. Golden Glow Chia Yogurt Pudding, Blackberry & Apple Protein Smoothie, Protein Donuts, Peanut Butter & Banana Waffles	Peruvian “Chaufa” Fried Rice with Pork





# BLT Egglets

## Serves 6

6 eggs  
2 slices smoked bacon, cut into quarters  
4 tbsp. mayonnaise  
1 tbsp. chives, chopped  
1 tsp. hot sauce, of choice  
1 tsp. red wine vinegar  
salt  
freshly ground black pepper  
2.6 oz. (75g) cherry tomatoes, quartered  
handful Romaine lettuce, shredded

## What you need to do

Place eggs in a saucepan and cover with water. Bring the water to the boil then hard boil the eggs for 10 minutes.

Meanwhile, heat a large non-stick skillet over medium heat, add the bacon and cook for around 6 minutes, stirring occasionally until crisp. Remove from the heat and transfer the bacon to a plate lined with kitchen paper.

In a medium bowl, whisk together the mayonnaise, chives, hot sauce and vinegar, and season with salt and pepper.

Peel and halve the eggs. Spread the mayonnaise mixture on the cut side of one egg half. Top with tomatoes, lettuce, and bacon; then top with another egg half. Continue this process with the remaining eggs. Season with salt and black pepper and serve.

GF	DF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	10 mins	174	15	1	8	0

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Broccoli Cheddar Quiche

## Serves 8

1 store bought shortcrust  
pastry crust (11oz./320g)  
1 tbsp. unsalted butter  
8 oz. (225g) broccoli florets,  
chopped  
1 small onion, diced  
2 garlic cloves, minced  
4 large eggs  
6 fl oz. (180ml) milk  
4 fl oz. (120ml) cream  
½ tsp. dried oregano  
1 tsp. salt  
fresh ground black pepper  
3 oz. (90g) shredded cheddar  
cheese  
1 oz. (30g) shredded  
Parmesan cheese

## What you need to do

Pre-bake the shortcrust pastry according to instructions on packaging. When finished, set the oven to 350°F (180°C).

Meanwhile, place the butter in a skillet, over medium heat. Add the broccoli, onion and garlic and ¼ teaspoon of salt. Sauté for 5 minutes then remove from the heat and set aside.

In a medium bowl, whisk together the eggs, milk, cream, oregano, and season with salt & pepper. Place the cheddar cheese and Parmesan cheese in the bottom of the pastry crust, along with the broccoli mixture. Pour the egg mixture over the top.

Place the quiche into the oven and bake for 35-40 minutes, until the center is set and the top is lightly browned.

Remove from the oven and serve warm or cold.

Store leftovers in an airtight container in the refrigerator for up to 5 days.

MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
45 mins	45 mins	339	23	22	11	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Peanut Butter & Banana Waffles

Serves 8

What you need to do

7.4 oz. (210g) all-purpose flour  
(or gf flour of choice)  
2 tbsp. coconut sugar  
1 tsp. baking powder  
¼ tsp. salt  
6.7 oz. (190g) peanut butter  
4 fl oz. (120ml) olive oil  
2 eggs  
14 fl oz. (420ml) milk  
2 bananas, mashed  
1 tsp. coconut oil  
4 tbsp. maple syrup

In a large bowl, whisk together the flour, sugar, baking powder and salt.

In a separate bowl, whisk the peanut butter and olive oil until well combined, then add the eggs and milk and whisk again.

Fold the wet ingredients into the bowl with the dry ingredients and stir until just mixed. Now stir through the mashed bananas.

Heat your waffle maker following the manufacturer's instructions and brush with a little of the coconut oil. Ladle in enough waffle batter to just cover the surface. Cook following the manufacturer's instructions (usually 5-6 minutes) until the waffles are golden brown and crisp.

Serve warm with a drizzle with maple syrup.

This recipe makes around 8 waffles, allowing 2 per serving.

V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	477	29	50	9	7

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Farmers Breakfast

## Serves 4

1 tbsp. olive oil  
1 small onion, diced  
2 garlic cloves, chopped  
1½ tsp. Herbs de Provence  
1x 14 oz. (400g) can diced tomatoes  
1x 14 oz. (400g) can cannellini beans, rinsed & drained  
8.1 fl oz. (240ml) chicken broth ½ tsp. salt  
¼ tsp. red pepper flakes  
8 eggs  
3.5 oz. (100g) spinach  
black pepper  
4 servings Gremolata Sauce

## What you need to do

In a large skillet, heat the olive oil and sauté the onion for 5 minutes over medium-high heat. Lower the heat, add the garlic and sauté for a further minute until fragrant.

Now add the herbs, diced tomatoes, beans and chicken broth. Season with salt and red pepper flakes, bring to a simmer and cook for 5-7 minutes. Stir in the spinach and allow to wilt.

Make 8 little wells in the bean mixture and crack the eggs into them. Season each egg with salt and pepper, cover the skillet with a lid and simmer gently until the whites are set but yolks are still soft.

Drizzle with Gremolata Sauce and serve immediately.

GF	DF	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	435	31	20	17	5

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Gremolata Sauce

## Serves 6

0.5 oz. (20g) parsley  
2 cloves garlic, minced  
zest of 1 lemon  
4 fl oz. (120ml) olive oil  
1 tbsp. lemon juice  
¼ tsp. salt  
¼ tsp. black pepper  
¼ tsp. red pepper flakes

## What you need to do

Place the parsley, garlic and lemon zest into a food processor and pulse to chop. Now add the olive oil, lemon juice and season with the salt, black pepper and red pepper flakes. Pulse again until well combined.

Pour the gremolata into an airtight container and store in the refrigerator for up to 10 days.

Serve as a topping with the Farmers Breakfast recipe in this pack, and other similar dishes.

GF	DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	164	18	1	0	0

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# Crab Rice Salad

## Serves 6

6.7 oz. (190g) white rice  
5.3 oz. (150g) canned sweet corn, drained  
8.8 oz. (250g) crab sticks, diced  
7 oz. (200g) tuna in water, drained  
3 oz. (85g) pickles, diced  
1 small onion, diced  
3.5 oz. (100g) mayonnaise  
3.5 oz. (100g) Greek yogurt  
1 tsp. salt  
1 tsp. pepper

## What you need to do

Cook the rice, according to instructions on packaging, drain and set aside to cool.

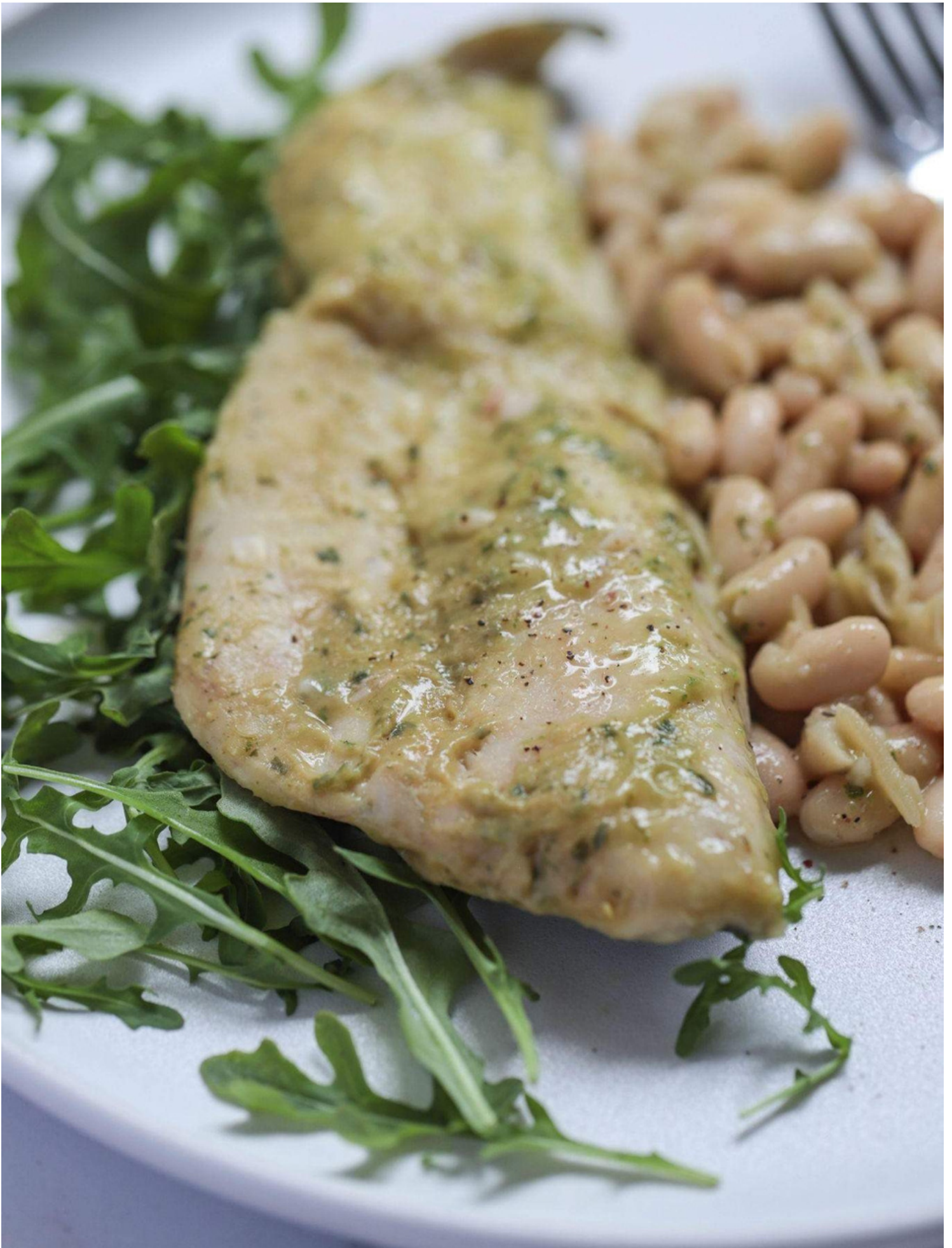
Place the corn, diced crab sticks, tuna, pickles and onion in a large serving bowl. Add the rice and mix everything with a wooden spoon.

In a small bowl, combine the mayonnaise, yogurt, salt and pepper and fold into the salad. Mix until well combined then place in the refrigerator to chill before serving.

GF	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	326	15	36	14	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.



# Baked White Fish with Beans in Parsley Sauce

Serves 4

What you need to do

*For the sauce:*

1 large bunch parsley, roughly chopped  
4 tbsp. chopped fresh dill  
2 shallots, roughly chopped  
3 cloves garlic, chopped  
1 tbsp. red wine vinegar  
2.7 fl oz. (80ml) extra-virgin olive oil  
½ tsp. salt  
¼ tsp. ground black pepper

*For the fish:*

2x 14 oz. (400g) cans cannellini beans, drained, rinsed  
4x 5 oz. (140g) cod filets  
salt & black pepper  
lemon wedges, for serving

Preheat the oven to 400°F (200°C).

Place all the ingredients for the sauce into a blender and pulse until well combined, then set aside.

Spread the beans in an even layer into the base of a large oven proof dish. Season the beans with salt and pepper.

Pat the fish filets, dry with a paper towel, and season with salt and pepper, then place the filets on top of the beans. Pour over the parsley sauce, and bake in the oven for 15-18 minutes, until the fish is cooked through.

Remove from the oven and serve immediately with fresh lemon wedges.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	455	20	33	26	13

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# Baked Chicken Thighs in Mustard Sauce

## Serves 4

## What you need to do

1½ lbs. (680g) boneless,  
skinless chicken thighs  
4.2 oz. (120g) shallots, sliced

### *Dijon marinade:*

2 tbsp. Dijon mustard  
2 tbsp. tomato paste  
1 lemon, juiced  
2 tbsp. olive oil  
1 tsp. dried thyme  
2 garlic cloves, finely chopped  
1 tsp. salt  
½ tsp. freshly ground black  
pepper, to taste  
½ tsp. red pepper flakes

Preheat the oven to 425°F (220°C).

Place the chicken in a large ovenproof dish.

Place all the marinade ingredients into a bowl and mix together.

Pour the marinade over the chicken and toss the chicken in the marinade a few times to ensure it is completely coated. Scatter the shallots over the chicken, poking them in between the thighs here and there.

Place the dish into the hot oven and bake the chicken, uncovered, for 25-30 minutes, until the chicken is cooked through. Remove from the oven and serve.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	307	14	8	35	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Italian Meatballs with Tomato Sauce

Serves 4

What you need to do

## Tomato sauce:

2 tbsp. olive oil  
5.6 oz. (75g) shallots, diced  
4 garlic cloves  
¼ tsp. red pepper flakes  
2x 14 oz. (400g) cans diced tomatoes  
2 tbsp. tomato paste  
1 tsp. dried oregano  
½ tsp. salt  
¼ tsp. black pepper  
10 basil leaves, torn

## Meatballs:

2 oz. (60g) breadcrumbs (or gf breadcrumbs)  
2 fl oz. (60ml) milk  
2 tbsp. fresh parsley, finely chopped  
1 tsp. dried oregano  
¾ tsp. sea salt  
¼ tsp. black pepper  
2 large cloves garlic, minced or pressed  
1 egg  
1 tsp. Dijon mustard  
1 lb. (450g) lean ground beef  
1 tsp. olive oil

To make the tomato sauce, place a pan over medium heat. Add the olive oil and sauté the shallots for 3-4 minutes until fragrant, then add the garlic and sauté for a further minute. Add the red pepper flakes, oregano, canned tomatoes and tomato puree, and season with salt and pepper.

Bring to a simmer and cook gently for 8-10 minutes, stirring occasionally, until the sauce begins to reduce. Stir in the basil leaves.

To make the meatballs, mix the breadcrumbs with the milk, then add the parsley, oregano, salt, pepper, garlic, egg, and Dijon mustard, stir to combine. Now mix in the ground beef and using your hands roll the mixture into 16 even-sized meatballs.

Add the olive oil to a non-stick skillet and place over medium-high heat. Cooking in batches, add the meatballs to the skillet and sauté until all sides are browned. Place the meatballs in tomato sauce and simmer for 8 minutes.

This recipe makes 16 meatballs, allowing 4 meatballs per serving.

Serving suggestions: pasta, zucchini noodles, roasted spaghetti squash, wraps (not included in nutrition breakdown)



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	23 mins	403	21	22	29	3

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.



# Quick Pad Thai

## Serves 2

4 oz. (112g) pad Thai noodles  
(rice noodles)  
2 eggs  
salt & black pepper  
8 oz. (225g) chicken breast  
3 tsp. coconut oil, divided  
2 shallots, finely diced  
2 garlic cloves, roughly chopped  
1 tsp. ginger, chopped  
1 lime, juiced  
6 oz. (180g) bean sprouts  
2 tbsp. roasted peanuts, chopped  
¼ tsp. red pepper flakes  
2 green onions, sliced

### *Pad Thai sauce:*

3 tbsp. fish sauce  
3 tbsp. coconut sugar  
3 tbsp. rice wine vinegar  
2 tsp. tamari

### *Garnish:*

lime wedges  
2 handfuls fresh bean sprouts  
¼ tsp. red pepper flakes  
2 tbsp. green onions, sliced  
2 tbsp. roasted peanuts, chopped

## What you need to do

Cook the rice noodles according to instructions on packaging. Rise with cold water and set aside.

Whisk the two eggs in a bowl with a fork and add a pinch of salt and set aside.

Place all the sauce ingredients into a small bowl, mix to combine and set aside.

Slice the chicken into thin strips and season with salt and pepper. Heat 1 teaspoon of coconut oil in a large wok or skillet, over medium-high heat. Sear the seasoned chicken until cooked through, then remove from the wok and set aside on a plate.

Heat a little more coconut oil in the wok over medium heat, add the shallots, garlic and ginger and stir fry 2-3 minutes, then move the mixture to the side of the wok and pour in the eggs. Scramble the eggs and once cooked push them to the side of the wok. Add more coconut oil and add the noodles, stir-fry for 2-3 minutes then pour in the Pad Thai Sauce.

Stir everything together and cook for 1-2 minutes, then add the cooked chicken and stir-fry for a few minutes more. It's ready when everything starts to caramelize. Squeeze in the lime juice, and take the wok off the heat.

Add the bean sprouts, roasted peanuts, red pepper flakes and green onions and stir to combine.

Serve immediately with garnishes of further bean sprouts, red pepper flakes, green onions and peanuts.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	639	21	73	39	4

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Peruvian “Chaufa” Fried Rice with Pork

## Serves 6

1 tbsp. olive oil  
2 garlic cloves, minced  
2-inch (5cm) fresh ginger,  
grated  
2 green onions, sliced, white &  
green parts divided  
1 carrot, diced  
1 red bell pepper, diced  
7 oz. (200g) pork, diced  
1 tbsp. oyster sauce  
4 fl oz. (120ml) tamari  
2 tsp. sesame oil  
1 tsp. coconut sugar  
salt & pepper to taste  
1 tsp. olive oil  
5 eggs, whisked  
1.5 lbs. (700g) cooked white  
rice  
1 oz. (20g) bean sprouts,  
optional

## What you need to do

Heat the olive oil in a large skillet over high heat, add the garlic and ginger and sauté for a few seconds until golden brown. Now add the white part of the onion, carrot and pepper, and sauté everything for 4-5 minutes.

Add the pork to the skillet and continue sautéing for 6-7 minutes. Next add the cooked rice, and continue cooking until the rice begins to brown a little.

Now add the oyster sauce, tamari, sesame oil and coconut sugar, stir well and season to taste with salt and pepper.

Finally, heat the 1 teaspoon of olive oil in a separate pan over medium heat and cook the eggs like an omelet, until done. Slice the omelet and add to the rice. Alternatively, add the whisked eggs straight to the rice and cook, stirring constantly, until they are scrambled and set.

Remove from the heat, stir in the bean sprouts (optional) and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	20 mins	345	9	44	21	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# Perfect Grilled Steak

## Serves 4

2 fl oz. (60ml) tamari  
1 tsp. ginger, minced  
½ tsp. garlic, minced  
1 tbsp. hoisin sauce  
juice of ½ lime  
salt & black pepper  
1.5 lbs. (700g) skirt steak

## What you need to do

Heat the broiler (grill) to a high temperature and place the rack no more than 4 inches from the heat source.

Place the tamari, ginger, garlic, hoisin sauce and lime juice in a large bowl, stir to combine and season with salt and black pepper. Add the skirt steak to the sauce and turn a few times until covered. Leave the steak sitting in the sauce until the grill is hot and ready to cook.

Turn the steak one more time, then place the steak on the hot rack, spooning any remaining sauce over the top.

For rare meat, broil for about 3 minutes each side for steaks less than an inch thick. Cooking times are approximate and vary depending on the size and thickness of the steak, and how well you want the steak cooked.

This recipe can also be adapted to cook over a charcoal or gas barbecue, or a wood fire.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	354	22	3	36	0

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.



# Protein Donuts

## Serves 8

4.9 oz. (140g) Greek yogurt  
2 eggs  
2 tbsp. melted butter, room temp  
1½ tsp. vanilla extract  
4 oz. (115g) almond flour  
2 oz. (60g) vanilla protein powder  
1½ tsp. baking powder  
¼ tsp. salt  
2-4 tbsp. water

### *Frosting:*

2 oz. (60g) cream cheese, well softened  
2 tbsp. butter, room temp  
1 oz. (30g) powdered sugar, or sweetener of choice  
½ tsp. vanilla extract  
1 tsp. sprinkles, if desired

## What you need to do

Preheat the oven to 350°F (190°C). Grease an 8 well donut pan.

In a large bowl, whisk together the yogurt, eggs, butter and vanilla extract until well combined.

Now add the almond flour, vanilla protein, baking powder and salt, and whisk until smooth. Add just enough water until you have a thick but pourable consistency.

Divide the batter equally between each well of the donut pan, filling to about ¾ full.

Place the donut pan into the hot oven and bake for 10-15 minutes, until the tops are just firm to the touch. Remove from the oven and set aside on a wire rack, allowing the donuts to cool in the pan.

To make the frosting, place the cream cheese and butter in a bowl and beat together until very smooth. Add in the powdered sugar and vanilla extract and beat through.

Spread the frosting over the top of the cooled donuts and add sprinkles.

Store the donuts in an airtight container in the refrigerator for 2-3 days.

GF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	15 mins	203	14	9	13	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Blackberry & Apple Protein Smoothie

## Serves 1

1 apple, core removed & cut into pieces  
1.4 oz. (40g) blackberries  
½ banana  
1 oz. (30g) pecans  
2.8 oz. (80g) rolled oats  
1 oz. (30g) vanilla protein powder  
½ tsp. ground cinnamon  
small pinch of salt  
8.1 fl oz. (240ml) coconut water

## What you need to do

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glass and serve.

HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	418	11	63	24	11

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.





# Golden Glow Chia Yogurt Pudding

## Serves 4

1.7 oz. (50g) chia seeds  
4 fl oz. (120ml) boiled hot water  
3 tbsp. honey  
2 tsp. vanilla extract  
pinch of salt  
14.8 oz. (420g) Greek yogurt  
12 fl oz. (360ml) coconut milk, from carton  
2 tsp. ground turmeric  
2 tsp. ground ginger  
1 mango, cubed  
8 dates, sliced  
4 tbsp. coconut flakes

## What you need to do

Add the chia seeds and hot water to a bowl and set aside for 5 minutes.

Now stir the honey, vanilla extract and salt into the chia mixture. Next add the Greek yogurt, milk, turmeric and ginger and whisk to combine.

Prepare 4 glasses or jars and fill them up almost half way with the chia yogurt mixture. Layer with half of the cubed mango and dates. Now cover the fruit with the remaining chia pudding, and finally top with remaining mango and dates, and the coconut flakes.

Set the puddings aside in the refrigerator to chill for 1 hour before serving.

Store in the refrigerator for 4-5 days.

GF	MP	V
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	60 mins	380	12	60	13	8

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.