



3 Indulgent Christmas Breakfasts

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Christmas Pudding Protein Balls

Serves 12

1 cup pitted Medjool dates
 ½ cup raisins
 4 tbsp. vanilla protein powder
 ½ cup pecans
 1 tbsp. orange juice, fresh
 1 tsp. orange zest
 ½ tsp. ground cinnamon
 ¼ tsp. ground allspice
 1 tbsp. cocoa powder

Decoration:

½ tbsp. dried cranberries
 ¼ cup white chocolate chips (traditional, dairy-free or vegan)
 1 tbsp. pumpkin seeds

What you need to do

Place the dates, raisins, protein powder, pecans, orange juice, orange zest, cinnamon, allspice and cocoa powder in a food processor and blitz until smooth.

Roll the dough into 12 balls, place on a tray and chill for 30 minutes in the refrigerator.

Cut the dried cranberries into thirds, then roll in your fingers to form balls for berry decorations.

Melt the white chocolate and pour a little over each of the balls, pushing the chocolate outwards so that it drips down the side of the ball.

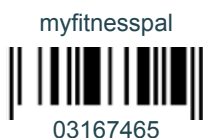
Place 2 cranberry balls and 2 pumpkin seeds on top of the chocolate to decorate. Place the balls on a tray and refrigerate for at least 30 minutes allowing the chocolate to harden.

Store the balls in an airtight container in the refrigerator for up to 4 days.

GF	LC	MP	V	Q
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	4 hrs	125	5	19	3	2

*Nutrition per serve





Tiramisu Protein Pancakes

Serves 3

What you need to do

For the pancakes:

½ cup oat flour
1 tbsp. honey
¾ cup egg whites
½ tsp. instant coffee powder
½ cup plant-based milk
3 tsp. coconut oil
1 tsp. cocoa powder, to serve

Breakfast filling:

½ cup Greek yoghurt
1 tbsp. honey
1 tsp. ground cinnamon

Dessert filling:

½ cup double (heavy) cream
1 tbsp. honey
1 tsp. vanilla extract

1. Combine the flour, honey, egg whites and instant coffee powder in a bowl. Start adding milk until you reach a batter with a crepe-like consistency.
2. For filling #1: combine the Greek yoghurt, honey and cinnamon (or vanilla) together in a small bowl. Set aside while you cook the pancakes.
3. For filling #2: beat together the cream, honey and vanilla in a small bowl. Set aside while you cook the pancakes.
4. Heat 1 teaspoon of the oil in a large non-stick pan. Place ⅓ of the batter in the skillet and spread the batter evenly in a thin layer. Cook over medium heat for 2-3 minutes, then flip. Cook on the second side for a further 1-2 minutes, then remove the pancake to a warm plate. Repeat this process with the remaining batter.
5. Fill the crepes with the yoghurt or cream filling and sprinkle with cocoa powder. Serve with fresh berries.

◆ Nutrition breakdown is for the yoghurt filling.

MP		Q				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	189	7	20	12	3

*Nutrition per serving.





Strawberry Parfait with Cherry & Walnut Muesli

Serves 4

1 cup strawberries
2 tbsp. honey
1 tsp. vanilla extract
2 cups Greek yoghurt or cream
2 servings Cherry & walnut muesli
1 cup blueberries

Cherry & walnut muesli:

2 cups rolled oats
½ cup walnuts, chopped
1 tsp. ground cinnamon
½ tsp. salt
½ cup coconut sugar
⅓ cup honey
4 tbsp. coconut oil
1 tsp. vanilla extract
½ cup dried cherries

What you need to do

1. Preheat the oven to 150°C (300°F). Prepare a baking sheet lined with baking paper.
2. In a large bowl, combine the oats, walnuts, cinnamon & salt. Set aside.
3. Place the coconut sugar, honey, coconut oil and vanilla extract into a small pot over a medium heat. Stir the mixture until melted and smooth.
4. Pour the wet mixture over the oats and stir well until combined. Spread the oats evenly on the baking sheet and bake for about 20-25 minutes, until golden. Stir twice throughout the cooking time to break the muesli up a little.
5. Remove from the oven and set aside on a wire rack to cool completely. Once cool, stir through the dried cherries.
6. While the muesli cooks, place the strawberries in a small bowl and mash with a fork. Add the honey & vanilla and mix well.
7. Divide the mixture equally between four glasses, spoon over the yoghurt or cream. Top with muesli and fresh berries.

MP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	166	3	23	13	2

*Nutrition per serving.

