

Tara Hammett's Clean & Creative Recipe Book No 2



Maple Syrup Protein
Pancakes
With poached
egg & bacon



Salted Caramel
Chocolate Protein Cup



Chilli & Mint Chicken
Wrap with Mango Mayo

TARANSFORMER
www.taransformation.com

INTRODUCTION

Thank you so much for purchasing my second Clean & Creative Kitchen recipe eBook. This book really can TARAnsform the way you eat and how you live your life forever. I've helped thousands of people improve their lifestyle,

get fitter than ever and feel more confident and positive through exercise and eating great food. Following

a cleaner eating plan with these recipes has proven results with so many success stories – including myself!

Unfortunately today branded, packaged food is perceived to be 'normal' food and clean, single ingredient foods are 'weird' (especially if you eat them at breakfast).

But these 'normal' food-like products we are all so used to eating are making us sick, tired, overweight and toxic.

So many are eating processed foods thinking they are good for them, yet still wondering why they aren't feeling energised and reaching their health goals.

We are constantly bombarded with adverts for shakes, bars, pills, skinny 'this', low fat 'that' and empty promises that these foods will make us healthy & gorgeous.

There have never been so many 'diets' and 'healthy' foods on the market – yet people are getting more unhealthy, sick and obese. This book is filled with awesome meal ideas that can transform the way you look at eating forever.

This isn't a 'diet'; this isn't a quick fix or a restrictive plan that is impossible to maintain (and wouldn't work anyway) this is a lifestyle.

We've got to eat for the rest of our lives, so this book is aimed at helping you change your habits

forever and feel great FOREVER. All these meals are real foods that are quick & easy to make, they will help fill you with nutrition and leave you feeling energized and satisfied.

All the meals you'll find in my book are balanced with protein, healthy fats, good carbohydrates, fibre and fruit & veg that can be enjoyed by you and the whole family. Many of the recipes are for 1 serving, unless specified so you may need to increase the quantities as necessary. I hope you love this new way of eating and I'd love to know about how you reach your goals and change your lifestyle.

Send me your stories and show me your meal pics on.

Keep fit and fab

Tara x

CHAPTER 1

BREAKFAST



It's time to break away from the processed cereal & toast habit and full yourself with good, balanced, nutritious food from the start of the day. Reduce the rollercoaster highs and lows and feel energized all morning

BANANA & STRAWBERRY PANCAKES

Ingredients

2 Medium eggs
1 Medium/large banana
3-4 Strawberries



Blitz with a hand blender or food processor, heat some coconut oil in a pan, evenly distribute the mixture in the pan, to make one large pancake or place small dollops in the pan for little ones. Flip and then top with strawberries and fold in half.

BEET BERRY & GREENS SMOOTHIE

Ingredients

- 1 Raw beetroot
- 1/4 cup frozen berries
- 1 Handful spinach
- 2 Celery stalks
- 1 tblspn cocoa
- 1 Scoop lean greens
- 1 Cup coconut milk
- 1 Cup water

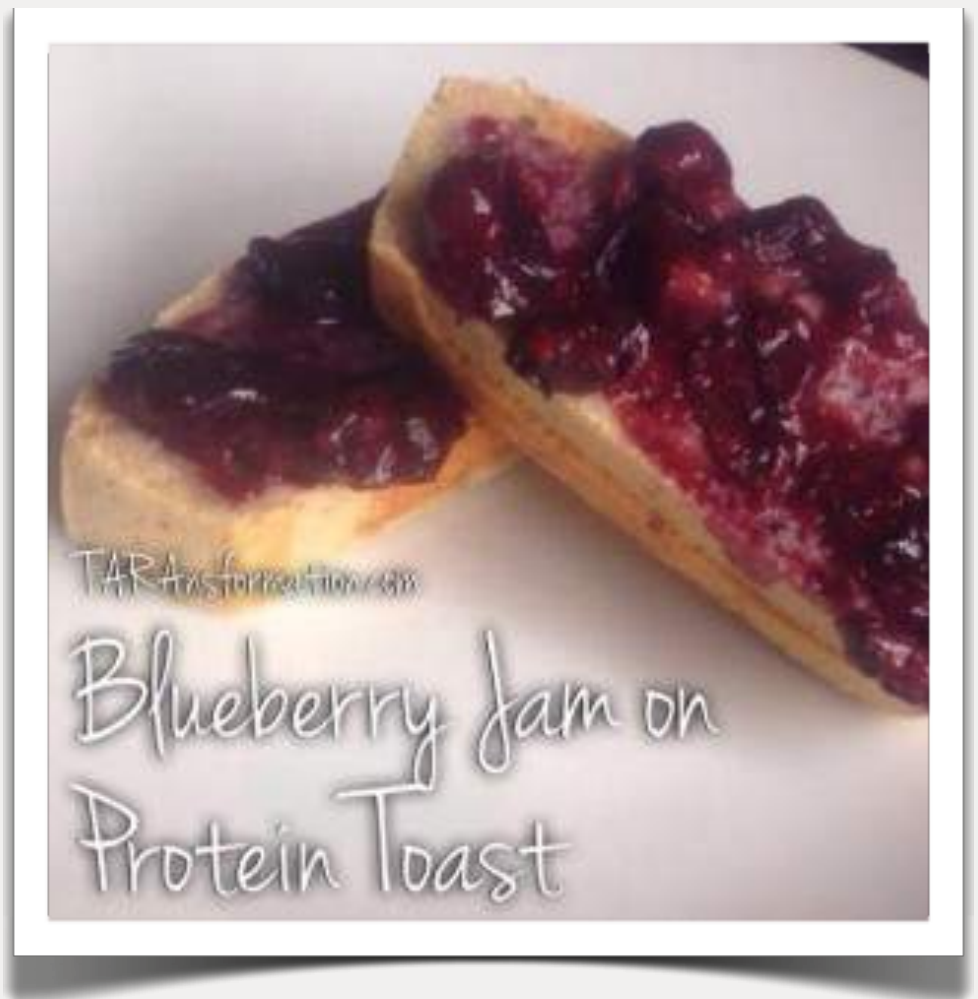


BLUEBERRY JAM & PROTEIN TOAST

Ingredients

¼ Cup vanilla whey
¼ Cup pea protein
½ Cup millet flakes
1 tsp baking powder
1 tbs goji berries
1 tsp mixed spice
4 Large egg whites
¾ Cup blueberries
3 tbs stevia
6 tbs water
For the jam
¾ cup blueberries
3 tbs stevia
6 tbs water

Mix together the ingredients into a batter, place into a loaf tin and bake in the oven at 160 for roughly 30 minutes. Place all ingredients in a pan, and simmer until the blueberries have broken down and you have a sticky mixture. This makes 10 slices. Toast 2 slices and spread your fresh, home made jam on top



CHOCO CHIA PUDDING WITH PEAR & WALNUTS

Ingredients

¼ Cup Chia Seeds
1 Scoop Whey protein
1 tspn 100% organic cocoa
1 Small Pear
4-5 nuts

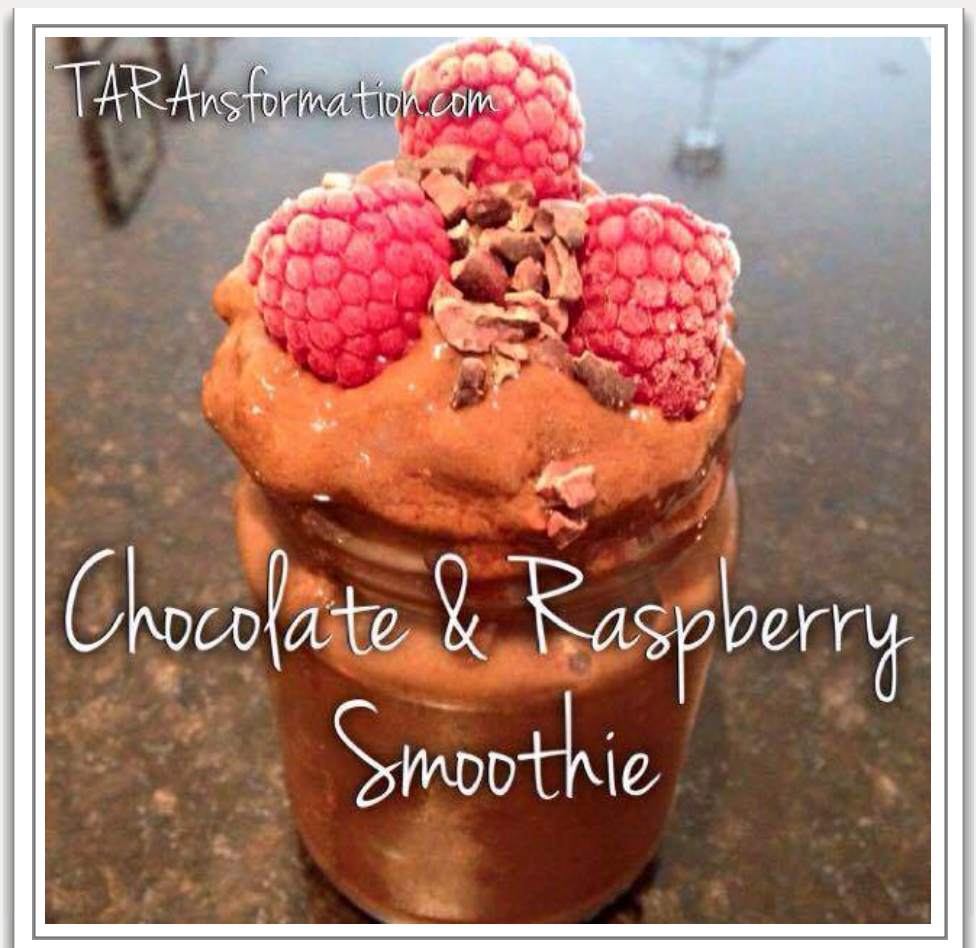


Soak your chia seeds in approx 1 cup of water for 15-20 mins. Once absorbed mix your protein & cocoa in. Add to a bowl, top with sliced pear and sprinkle your nuts on top.

CHOCOLATE & RASPBERRY SMOOTHIE

Ingredients

- 1 Scoop Lean Greens
- 2 Handfuls spinach
- 1 Cup frozen raspberries
- 1 tbspn psyllium husk
- 1 tbspn 100% cocoa
- 1 Cup ice cubes
- Decorate with raspberry & sprinkle of cocoa nibs



CREAMY CHIA & COCONUT SMOOTHIE

Ingredients

1/2 pot (62.5g) Coyo

Natural Yoghurt

1 tbspn Chic Seeds

1 Scoop Lean Greens

1/4 Cup Water

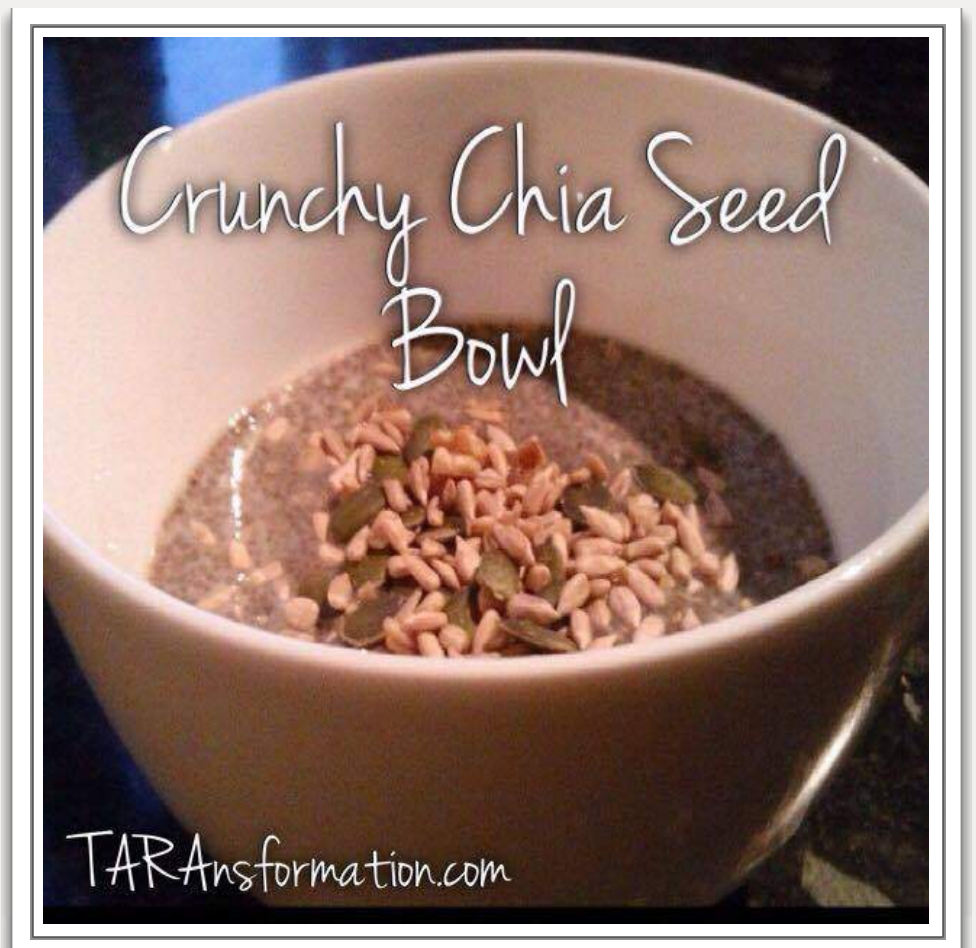


Soak Chia seeds in water for approx. 10-12 mins, next add ingredients. Blitz & Enjoy.

CRUNCHY CHIA SEED BOWL

Ingredients

30g Chia seeds
Tbs pumpkin seeds
Tbs sunflower seeds
150 ml coconut/almond
milk (unsweetened)



Soak chia seeds in milk for at least an hour, the longer you leave the thicker the consistency, and top with other seeds.

CRUNCHY BERRY & SEED PROTEIN CEREAL

Ingredients

¼ Cup pea protein
100g Cooked quinoa
1 tbs sunflower seeds
¼ Cup millet flakes
½ tbs psyllium husk
4 Egg whites



Mix all the ingredients together to form a batter. Spread out on greaseproof paper as flat as you can. Cook under grill for 12-15 minutes. Take out and cut up / break up into pieces, then place back under the grill to ensure it is all crunchy.

When ready to serve I add 1tbs hulled hemp seeds, 1tbs goji berries and some coconut milk. You can also try fresh berries or nuts for variety. This recipe makes 3 servings. Great post workout.

GREEN SMOOTHIE

Ingredients

2 Handfuls of spinach
5g Psyllium husk
1/2 Small banana (frozen)
1 Scoop whey protein
150-200ml water



LEMON & GINGER GREEN SMOOTHIE

Ingredients

Juice of Half Lemon

Thumb size chopped fresh

Ginger

1 Handful Kale / Spinach

¼ cup Coconut Milk

1 Scoop Lean Greens



Add all ingredients to smoothie maker, blitz & enjoy!
(Add more water depending on preference to consistency)

MANGO & CHILLI GREEN SMOOTHIE

Ingredients

1 Cup Diced Mango
1 Handful Kale / Spinach
1 Scoop Lean Greens
Pinch of chilli flakes
Water



Add all ingredients to smoothie maker, blitz & enjoy!
(Add more water depending on preference to consistency)

MAPLE SYRUP PROTEIN PANCAKES

Ingredients

Pancake Mix:

- 1 Egg
- 1 Scoop Whey Protein
- 1 tbspn Psyllium Husk / Milled Flaxseed
- ¼ cup coconut / almond milk

Optional:

- Myprotein.com Maple Syrup Flavdrops (5 drops)

Topping:

- 1 Egg
- 2 Slices lean bacon (or turkey bacon)



Mix all the ingredients and cook in a hot pan on both sides (You can split into two or make one big one that covers the bottom of the pan). Next, cook your bacon through on both sides and your egg (Either fry in a bot of coconut oil or poach like I have in the recipe photo). Layer it up and enjoy!

MAPLE SYRUP & BACON WRAP

Ingredients

Wrap

1 Egg

1 Egg White

1 tbspn Psyllium Husk /

Milled Flaxseed

¼ cup coconut / almond
milk

2 Slices of lean bacon medal-
ions

(Or Turkey bacon)

Optional:

Myprotein.com Maple

Syrup Flavdrop 5 drops



Mix the egg, husk & milk and cook like a pancake in a hot pan on both sides (and the flavdrops if you have them). Cook your bacon through on both sides. Wrap it up!! Perfect Brekkie for on the go.

PROTEIN MUFFIN WITH BACON & TOMATO

Ingredients

For Muffins

2 Scoops Unflavored Whey Protein

1 Scoop Coconut Flour

2 Eggs

2 Egg Whites

1 tspn Baking Powder



Mix all the ingredients together with a wooden spoon or hand blender and pour into a silicone muffin trays. Bake in the oven on 160 degrees for approx 35-40 minutes. Leave to cool and slice, You could also pour the mixture into loaf tin and make a loaf.

Cook some Turkey bacon, and add to a sliced muffin with sliced tomato, and a little quark, or greek yogurt as a sauce

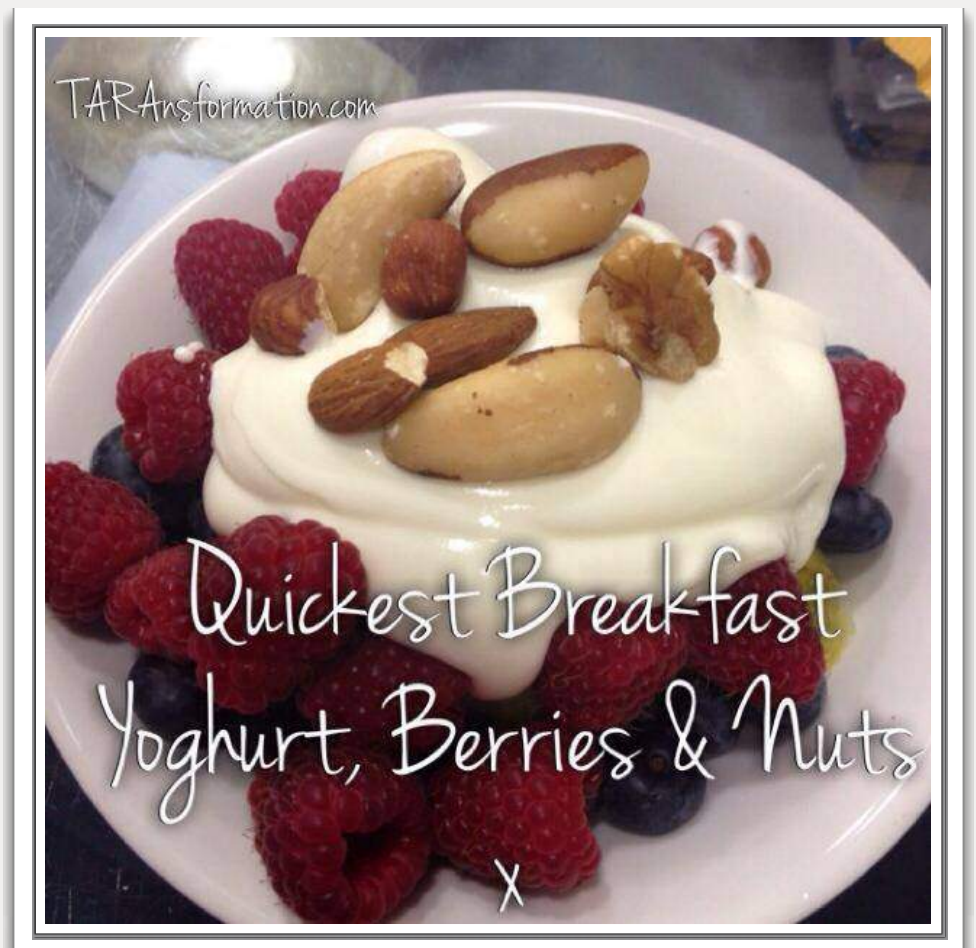
QUICKEST BREAKFAST YOGHURT, BERRIES & NUTS

Ingredients

200g Greek Yogurt (Total 0%)

Handful of blueberries and
raspberries

6-8 nuts



RASPBERRY & COCONUT PROTEIN PANCAKES

Ingredients

1 Scoop Vanilla/
unflavoured protein
2 Egg whites
1 Tbs coconut flour
handful frozen berries
Tbs flaked coconut
2 tbs greek yoghurt



Blitz the protein, egg whites and coconut flour into a thick batter, then add in the raspberries and coconut flakes, keeping a few for the topping. Fry in a little coconut oil, either in small pancakes or one large one. Fry for a few minutes and then flip and cook the other side, be careful not to over cook as will be dry. Top with the greek yoghurt, and raspberries and coconut you have remaining

SPICED WINTER BERRY PROTEIN SMOOTHIE

Ingredients

1 Scoop Vanilla Whey
200ml Coconut Milk (cartoned)
1 Cup Mixed Berries (Frozen)
1/4 TSP Cinnamon



Place all ingredients in a blender and blitz, but add the milk first.

VEGGIE DIPPERS & SPICY TOMATO SALSA

Ingredients

1 Medium cauli head

1 Broccoli head

1 Egg

1 Egg white

Pinch of Himalayan pink salt

Black pepper

Salsa:

Carton of organic chopped tomatoes

Chilli flakes

Black pepper



Blitz the cauli & broccoli in a food processor. Mix in the egg and seasoning.

Add to a silicone loaf tray and bake in the oven on 180-200 degrees for approx 30-40 mins (Make sure its cooked through) Allow to cool and slice. You can add other flavorings & spices ...get adventurous!

CHAPTER 2

LUNCH



This is often the meal that people get stuck on. Trying to break away from the ‘Sandwich, Crisps, Chocolate and Fizzy Drinks’ but getting bored of ‘Salad’

The easiest way to a healthy lunch when you’re on the go or out at work is to make too much at dinner. Prepare an extra portion or two and store them in a container in the fridge. The soups are brilliant for a hot, comforting meal and the protein wraps are incredible for taking on the go. A HUGE fave with TARAnsformers.

Save your money and your waistline and get prepping your own lunch

BATTERED FISH FINGERS

Ingredients

Cod Fillet

1/4 cup of Ground Almonds

Pinch of Salt & Pepper

1 Beaten Egg

Chilli flakes

Black pepper



Cut the cod fillet into fingers, dip into the egg and roll in the ground almonds, and repeat. Cook in oven at 180 for 15-18 minutes.

CAJUN COD WITH SPICY & FRUITY SHREDDY VEGGIES

Ingredients

Cod Fillet

150g Shredded Cauli

Half a red pepper

Half a green pepper

Half a frozen banana

For the Cajun Spice

A ready made Cajun mix

Or mix $\frac{1}{4}$ tspn of:

Paprika

Garlic

Black Pepper

Chilli

Cumin



Cover your cod with the Cajun mix, wrap in a loose foil parcel and bake in the oven on 160 degrees for 15-20 mins. In the meantime, Add all other ingredients to your processor and shred them up. Heat $\frac{1}{2}$ tspn coconut oil in the pan and heat all the shredded ingredients (minus the banana) for 1-2 mins. Add the banana for 15-20 secs. Serve immediately with the cod on top.

CAULI CHEESE CAKES

Ingredients

- 1 Large cauli head
- 2 Whole eggs
- 100g mozzarella (diced)
- Cup of coconut flour (and some extra to give a fine coating)
- 1/2 tsp cayenne pepper



Place all the ingredients together and blitz together, then mould into patties and coat with the extra flour, place in the fridge for 10-15 minute, then fry in a little coconut oil for 5 min each side.

CHERRY TOMATOES AND RED PEPPER SOUP

Ingredients

300g Cherry tomatoes

1 Red pepper

2 Garlic cloves

600-800ml water



Soften the tomatoes, pepper and garlic slowly. Then add enough water to cover the veg and simmer for 12-15 minutes. Blitz, place in bowls and add a little ripped basil.

(Add more or less water to get your desired consistency)

CHUNKY CURRIED PARNSIP & APPLE SOUP

Ingredients

700g Chopped Parsnips
1 Large Peeled & Chopped
Bramley Apple
2 Chopped Celery Stalks
1 Diced Onion
½ tspn turmeric
½ tspn cumin
Salt & pepper
500ml Water
1 tsp Coconut Oil



Soften onion, celery, spices and place in a pan. Add some coconut oil and place it on a low heat for 5-6 mins. Add the rest of the ingredients, bring to the boil then simmer on a med/low heat for 45-60 mins

CLEAN BAKED BEANS

Ingredients

1 Tin of chick peas
1/2 carton passata
1 tbs stevia (need this to
take bitterness of passata)
Ground pepper



Place all ingredients in a pan and heat through for approx. 3-4 mins.

CRUNCHY CHICKEN & MANGO SHREDDY MEAL

Ingredients

1 Bunch kale
1 Handful spinach
4-5 Mushrooms
12 sprigs parsley
5-6 Frozen mango cubes
1 cooked organic chicken
breast.



Add all ingredients to a food processor - apart from half of the chicken to use as a topping. Blitz for 20-30 secs. Pile onto your plate, top with your chicken. squeeze half a lemon for some kick and enjoy.

PEA AND MINT SOUP

Ingredients

175g Fresh peas

1 Stalk celery

½ diced onion

200g water

1 Sprig fresh mint leaves

Pinch black pepper & hima-
layan pink salt.



Soften onion & celery in pan for approx. 10-12 mins. Add the peas, water & seasoning. Bring to the boil then simmer for 25-30 mins. Add the mint leaves and blitz.

TUNA MELT

Ingredients

Wrap:

1 Egg

1 Egg White

1 tbspn Psyllium Husk /

Milled Flaxseed

¼ cup coconut / almond
milk

Filling:

1 tin drained tuna (112g)

1 sliced tomato



Mix the egg, husk & milk and cook like a pancake in a hot pan on both sides.

Add the filling to the wrap. Wrap it up and place on a hot pan & press it down

(Plate / spatula or a grill like a George foreman), heat up on both sides and serve with a green salad.

SHREDDED SPROUT SALAD

Ingredients

10-12 Shredded Raw
Sprouts
1 Julienne peeled carrot
4-5 tomatoes
1 tbspn seeds
Thumb size chunk of grated
cheese



Add all ingredients to a hot pan and toss for 2-3 mins until softened. Place onto a dish. Next add the seeds to the hot pan and toss regularly for 2 mins to toast them up. Add on top of your salad. Serve as a snack or side dish to one of the meals.

STEAK PEPPER & TOMATO STEW

Ingredients

- 2 Braising steaks
- 1 Tin chopped toms
- 1 Red pepper (chopped chunky)
- 3 Celery stalks (chopped chunky)
- 2 Garlic cloves
- Basil to serve



Place all the ingredients in a slow cooker, also fill the empty tin of tomatoes with water and add to cooker. Leave for 8 hours, enjoy with the basil leaves torn and put in to serve.

TUNA & SPICY AVOCADO WRAP

Ingredients

Wrap

1 Egg

1 Egg White

1 tbspn Psyllium Husk /

Milled Flaxseed

¼ cup coconut / almond
milk

Filling

100g Tuna

½ Avocado



Mix the egg, husk & milk and cook like a pancake on a hot pan on both sides.
Mash up your avocado with the chili flakes. Add all the filling ingredients to the wrap and enjoy with a green salad.

TURKEY CRUSTLESS QUICHE

Ingredients

250G Cooked Turkey Mince
½ Cup Steamed Cauli Crush
1 Grated Courgette
1 Finely Chopped Onion
4 Eggs
1 Tbspn Greek Yoghurt
1 Tbspn Cottage Cheese
1 tspn Cracked Black Pepper
chilli flakes
1 Sliced tomato



Mix all your wet ingredients together (egg, yoghurt, cottage cheese), add the rest of the ingredients and mix well. Add the mixture to a non stick oven dish and cook in a pre heated oven on 180 degrees for 25-30 mins or until cooked through. Allow to cool for 3-4 mins before cutting. Enjoy warm or cold for on the go.

VEGETABLE EGG FRIED CAULI RICE

Ingredients

6 Spring onions sliced
6-8 Mushrooms finely diced
1 Frozen peas
1 Cauli head-grated
Chilli
Cracked black pepper
Garlic (optional)
1 Teaspoon Coconut oil
2 eggs
Serves 2

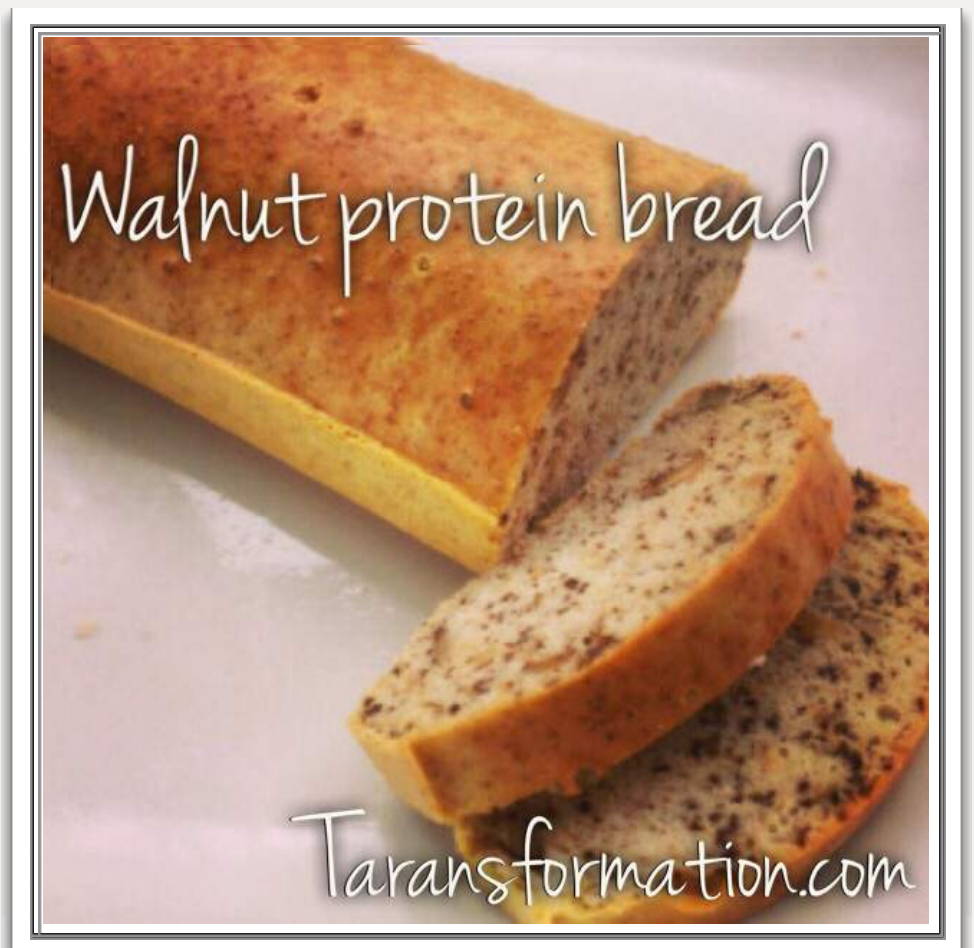


Melt coconut oil in pan throw your peas, spring onion and mushrooms in the pan with the chilli, pepper & garlic (as much as you want to your taste). Cook for approx 4-5 mins. In another pan add your grated cauli and heat through for 3-4 mins. Then add them all together, crack your eggs in and keep stirring it around until egg is cooked. Serve immediately

WALNUT BREAD

Ingredients

2 Scoops Unflavoured
Whey Protein
1 Scoop Coconut Flour
2 Eggs
2 Egg Whites
½ cup chopped Walnuts
1 tspn Baking Powder
¼ tspn Salt
Chilli flakes
1 Sliced tomato



Mix all the ingredients together with a wooden spoon or hand blender and pour into a silicone loaf tray. Bake in the oven on 160 degrees for approx 35-40 minutes. Leave to cool and slice, and fill with good nutritious food, such as turkey bacon, lettuce and tomato (BLT).

You could also pour the mixture into individual silicone muffin cups. Also, be adventurous with different flavours. Instead of walnuts try sun dried tomato, olive or even chilli!

CHAPTER 3

DINNER



Having a delicious and satisfying meal with the family at the end of the day is something we all look forward to. You don't need to feel like you're restricting or on a diet with my meals. These clean versions are perfect for everyone to enjoy together.

BALSAMIC, LEMON & GARLIC ROAST CHICKEN

Ingredients

Whole chicken

Whole bulb of garlic

Whole lemon (halved)

Balsamic vinegar



Place your garlic and halved lemon inside the chicken, place in a roasting tray and dash the balsamic vinegar over the top. Roast as normal

COURGETTE PATTIES

Ingredients

2 Large courgette
1/2 Cup ground almonds
2 Eggs
1/2 tsp chilli flakes



Mix the ground almonds and eggs together, then add in the grated courgette (squeeze the water out of the courgette) and chilli flakes. Divide into patties (this made 8), then fry in a shallow pan with some coconut oil, 3-5 mins each side. Add some chicken, fish, eggs or some additional veggies to make a meal

SLOW COOKER FIERY MIXED BEAN CHILLI SOUP

Ingredients

400g tinned black beans
drained and rinsed

200g tinned mixed beans
drained and rinsed

400g chopped toms (fill this
tin once emptied with water
and add to mix)

Handful chopped coriander

Tsp tumeric

Tsp cumin

Tsp chilli powder

1 chopped red chilli

2 crushed garlic cloves

1 chopped onion



Place all ingredients in slow cooker and leave to cook for at least four hours.

Alternatively fry the onion, garlic and chilli, then add all other ingredients and allow to simmer for 20-25 minutes

FISH PIE

Ingredients

3 Medium sweet potatoes
mashed

100ml coconut milk

100ml water

3 egg yolks

3 tbs coconut flour

1 garlic clove

340g fish mix (salmon, cod,
hake, prawns etc)



Poach the fish in the milk and water, season and crush in the garlic clove. When cooked drain the fluid off, place fish in oven proof dish and return fluid to the pan. Add the yolks and coconut flour and keep stirring under a low heat. When combined well and thickened tip over the fish mixture, leave to stand for 10 minutes, and then top with the mashed sweet potato and place in the oven 180 for 10-12 minutes.

LEMON BAKED COD WITH BROCCOLI & CAULI MASH

Ingredients

Cod Fillet

1 Cup Steamed Broccoli

1 Cup steamed Cauli

1/4 lemon



Bake your cod in the oven on 160 degrees for 15-20 mins with slices of lemon on top. Mash your steamed broccoli & cauli together and serve hot with your cod once cooked through.

RATATOUILLE

Ingredients

2 Tomatoes quartered
1 tin organic tomatoes
(drain most of the juice out)
1 aubergine (chunky cut)
1 courgette (chunky cut)
1 red onion (chunky cut)
6-8 mushrooms (chunky cut)
2 cloves garlic (minced)
1/2 cup chopped basil



Soften the onion, then add the garlic, aubergine, mushrooms, toms and courgette. Fry for 3-5 minutes, then add in the tinned tomatoes and most of the basil (keeping a little to serve). Simmer for 8-10 minutes, then serve.

SALMON & VEGGIE TOASTIE

Ingredients

Salmon fillet

Cauliflower head raw

1-2 eggs

Seasoning of your choice
(could add chilli, coriander,
pepper etc to mix)

For the toastie slices

Blitz a cauli flower head or
grate it

Mix in 1 whole egg or if a
large head add in 2.



Shape into flat squares (bread like) on baking paper and cook in the oven 190 degrees, 10-12 minutes, turn and cook for a further 10-12 minutes. Blitz a few tomatoes and spread over the toastie slice, top with cooked peppers and mushrooms and then the cooked salmon fillet, top with another slice. Place under A hot grill for 2-3 minutes. Serve with a large green salad or veggies

SLOW COOKER BEEF BRISKET

Ingredients

Small brisket beef joint
1 whole onion sliced
Tsp english mustard
Water



Place all the above ingredients into the slow cooker, and leave for 6-8 hours. Just before you are ready to serve add in some frozen peas to cook for 5 minutes. Serve with veg of your choice, but tastes amazing with broccoli and spinach.

SPICY PRAWN COCKTAIL & CRUNCHY VEGGIE NOODLES

Ingredients

½ pack prawns
1 Tbspn Natural/greek yoghurt
¼ tspn paprika
¼ tspn chilli powder
½ cucumbaer
1 raw beetroot
1 raw carrot



You need a spiralizer for this

Mix the prawns with the yoghurt and spices. Next, spiralize your vegetables.
Add the veggies to your plate – top with your prawns and enjoy!

SWEET & SOUR CHICKEN

Ingredients

2 Chicken breasts (diced)
1/2 Green pepper
1/2 red chilli
Thumb size piece of ginger
sliced thinly
2 tbs soy sauce
2 garlic cloves crushed
1/4 cup pineapple chunks
1/4 cup of passatta
Serves 2-3



Combine the garlic, chilli, soy sauce and ginger in a dish and marinate the chicken in this mixture for around 30 minutes.

When ready fry in a pan with a little coconut oil for 8-10 minutes then add in pepper and pineapple for around 5 minutes then add then passatta and stir through until hot. It is ready to serve.

SWEET POTATO & BEAN STEW

Ingredients

- 2 Small sweet potato
- 4 Carrots
- 1 Red onion
- 1 tin canellini beans drained
- 1 chilli
- 2 garlic cloves (squashed in skin)
- 1 tin organic toms (then fill tin with water and add)



Place all of the above ingredients in your slow cooked, leave to cook for at least 6 hours

THAI STYLE BEANS

Ingredients

400g Canned mixed beans
400g Tiny Tomatoes
1 Green chilli chopped finely
1/2 red chilli
Small red onion
2 Garlic cloves crushed
1/2 tsp fresh ginger grated
1/2 tsp cumin
Handful chopped coriander

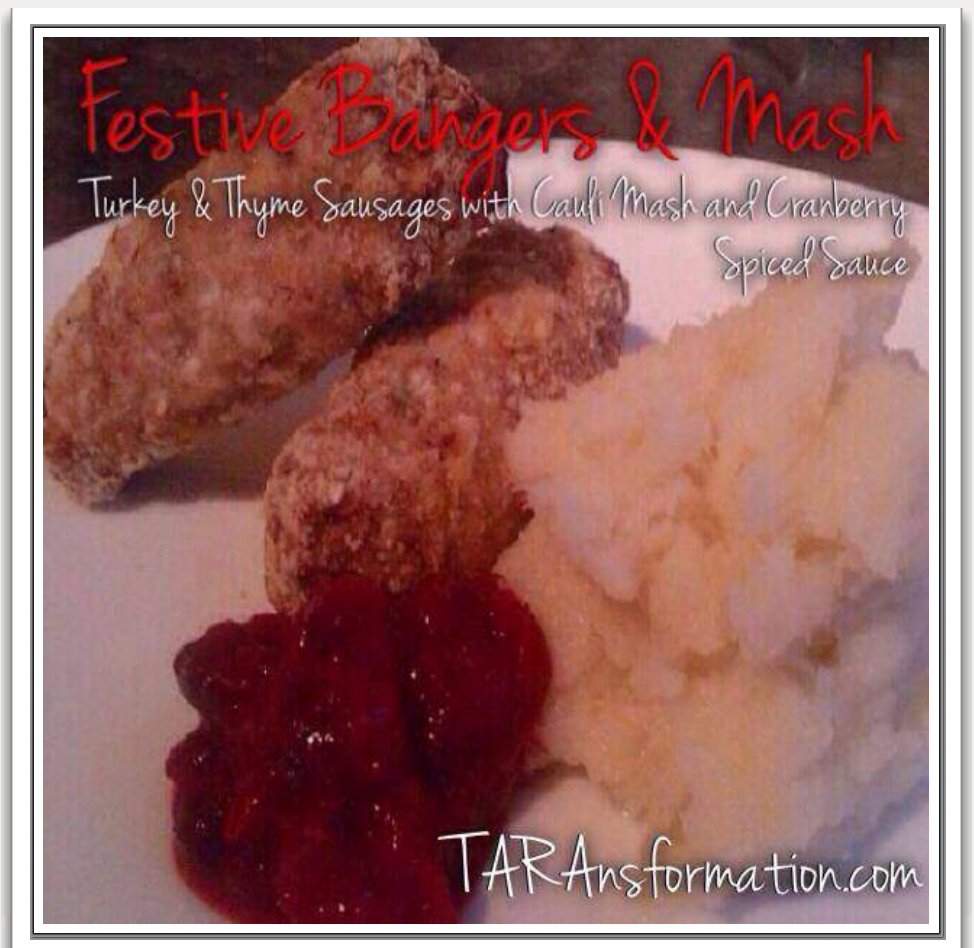


Soften the onion and chillies in a little coconut oil, then add the garlic and fry for a few minutes. Then add the drained mixed beans and the tomatoes and other spices. Simmer for 10-15 minutes, then add coriander and serve.

TURKEY & THYME SAUSAGES

Ingredients

450g Lean minced turkey
1 Egg white
3 sprigs of thyme (pull leaves off stems)
2 tbs ground almonds (for sausage mix)
3 tbs ground almonds to coat sausages)
6 Cranberries (thinly chopped & diced)
Cranberry Sauce
200g cranberries
200ml of water
1/2 cup of truvia/stevia
either of the following,
cinammon, mixed spice, chilli,
1 tbs orange zest



Mix all ingredients together in a bowl, except for ground almonds to coat. shape into six small sausages, and roll in the remaining ground almonds. Cook on a grill pan in the oven 180 for 15-18 minutes. I cooked mine in the air fryer and they were awesome.

VEGGIE CURRY

Ingredients

1 tin chopped tomatoes
200g potato cooked & diced
100g cauliflower finely
chopped
1 red onion diced
70g green beans chopped
100g mushrooms
1 tsp cumin seeds
1tsp of each of the following
ground cumin, ground ginger,
ground tumeric, ground ginger,
dried chilli flakes
1/2 fresh red chilli de-seeded
100ml water



Gently fry the cumin seeds for 1-2 minutes, then add in the onion and all other spices, stir and cook for 2-3 minutes or until onion has softened. Then add in mushrooms, potatoes, green beans and cauliflower, fry for another 3-5 minutes then add tomatoes and water. Simmer for 10-15 minutes then serve.

CHAPTER 4

SNACKS



Sometimes you may feel that you need to pick your energy up a little in between meals. This section is filled with yummy ideas that you can enjoy with a green tea and help keep your will-power and energy levels up.

CINNAMON APPLE CRISPS

Ingredients

Thinly slice 1 bramley apple
1 tspn of cinnamon.



Bake in pre-heated oven at approx. 180 degrees for 15 mins. Flip them all over and cook further for 10-12 mins.

CAULI MUFFINS

Ingredients

1 head cauli (cooked)
1/4 cup coconut flour
2 whole eggs
1/4 tsp tumeric



Blitz all the ingredients together, divide into 6 silicone muffin cases, cook at 180 for 20-25 minutes, can be eaten hot or cold.

CHOCOLATE & BLUEBERRY PIE

Ingredients

2 Scoops chocolate whey protein
4 Medium eggs
300g thawed frozen cauli
1 tsp baking powder
4 tbs flaxseed
1 tsp cinnamon
2 tbs stevia
2 tbs cocoa
1/4 cup frozen blueberries



Blitz all ingredients (apart from blueberries) place in cake mould and then add in blueberries and mix in and cook for 25-30 minutes, or until knife comes out clean, if making muffins then check around 18 minutes.

For the topping and centre, mix 2 scoops vanilla whey with 3-4 tbs 0% greek yogurt

CHOCOLATE PEANUT BUTTER COOKIES

Ingredients

1/4 cup pea protein
1/4 cup chocolate whey protein
1/4 ground almonds
1/4 coconut milk
2 heaped tbs peanut butter
2 tbs cocoa
splash of almond milk to mix together



Mix all of the above to form a rough dough mould into six cookies and place either on a cookie try or in the bottom of muffin trays. Cook at 170 for 6-10 minutes, should still feel a little soft to touch but can see the underneath is slightly hardening.

Remove from tray and place on a wire rack.

CHOCOLATE PROTEIN CAKE

Ingredients

2 scoops choc whey protein
3 large egg whites
300g thawed frozen cauli-
flower
1 tsp baking powder
2 tbs truvia
3 tbs cocoa
4 tbs flaxseed



Mix/blend all of the above ingredients together and place in a cake tin/silicone mould and cook in the oven 180 degrees for 20-25 minutes, keep checking when can pull a knife out clean it is done.

2-3 tbs PB (100%)

50g 80% dark chocolate melted.

Slice cake in two and spread PB in middle. Melt the dark chocolate and spread over the top, will serve 6.

CINNAMON YOGHURT WITH APPLE NOODLES & NUTS

Ingredients

120g/Small pot Greek yoghurt

1 apple

8-10 Mixed whole nuts

¼ tspn cinnamon.



Mix the cinnamon in with your yoghurt. Pop your apple through a spiralizer (you can always just chop it up into little chunks). Assemble and eat!

HOT CROSS PROTEIN COOKIE

Ingredients

For the biscuits

- 2 egg whites
- 1/4 cup of vanilla whey
- 1/2 cup of rolled oats
- 3 tbsp of pea protein powder
- 1/4 cup of greek yog
- 3 tbsp of stevia
- 2 tbsp of coconut flour
- 1/2 tsp of baking soda
- 1 tbsp of cinnamon
- 2 tbsp of orange rind
- 2 tbs unsweetened raisins

For the cross

- 1 tbsp of Greek yogurt
- 1/2 scoop of vanilla whey



Mix all ingredients together well, then spoon the batter into six biscuit shapes on grease-proof paper.

Draw your cross onto the biscuits, and place in to oven at 180, for 10-12 minutes. Test them by placing a knife in, when it comes out clean remove from the oven.

PEAR & NUT BUTTER STACK

Ingredients

1 medium sized pear

1 tbspn nut butter



Slice your pear up, spread a thin layer of nut butter on each slice and stack up for a yummo snack

PROTEIN CHOCOLATE AND PEANUT BUTTER ICE CREAM CUP

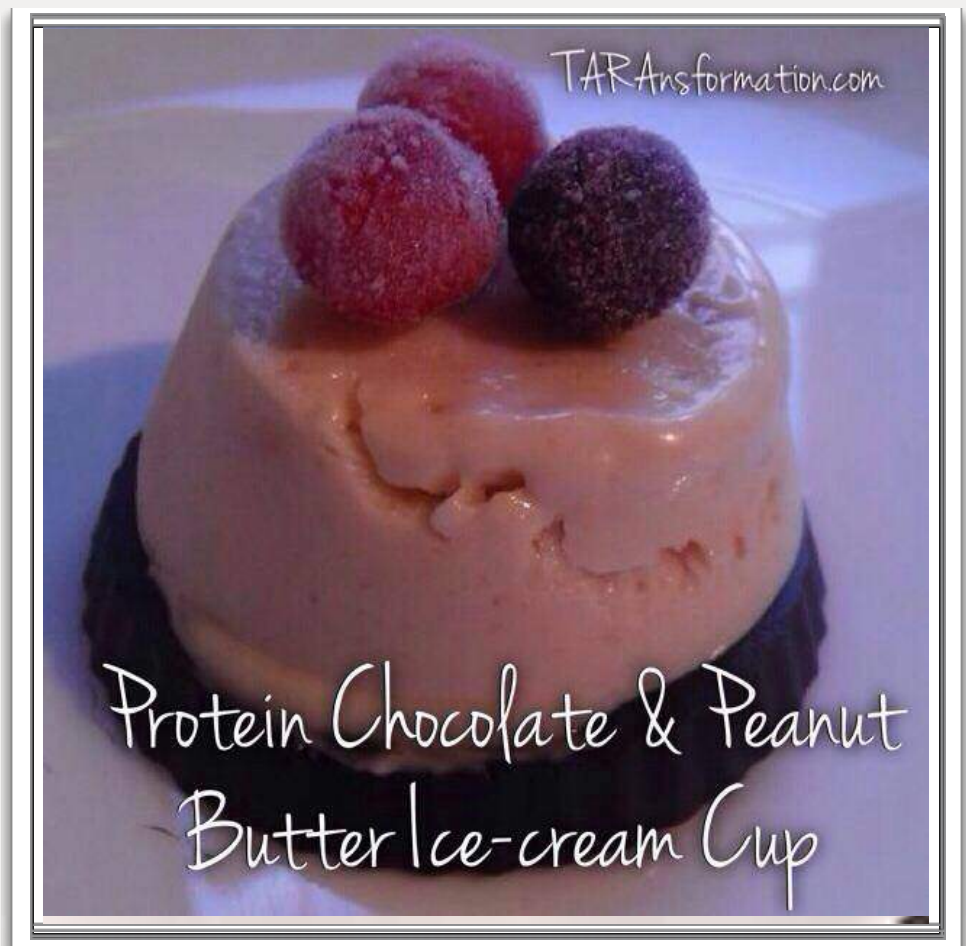
Ingredients

100g dark chocolate

250g greek yogurt

1/4 cup peanut butter

1 scoop vanilla whey protein



Melt the chocolate in a bain marie, and tip into the base of silicone cake moulds and place in the fridge to set. When set can be kept in an air tight container.

Mix the rest of the ingredients with a hand held blender then divide into cup cake silicone tray, I had a mini cupcake silicone tray so was able to fill 12. If you have regular one only half fill them. Place in freezer for 20 minutes. When they are set you can remove from tray and keep in an air tight container.

Place the chocolate disc on plate and then place the ice cream on top and a few berries for decoration, leave at room temperature for 5 minutes before serving.

PROTEIN JAM TARTS

Ingredients

2 scoops vanilla whey (or natural and add some vanilla essence)

2 tsp cinnamon

4 tbs coconut flour

1 tbs milk

To make jam

1 cup of strawberries

1/4 cup of stevia or truvia

3 TBS chia seeds

100 ml of water



Mix all the above together to form a doughy consistency. then mould into 3 silicone moulds, ensuring a well in the middle. Bake at 160 for 5 minutes, then add the jam to the centre. Place back into the oven for 10-12 minutes.

Place in a saucepan on low heat, and see come into a mush, then add the stevia. Keep stirring and add water a little at a time. Then add chia seeds, keep stirring for around 5-7 minutes. Take off heat and place into a jar, or air tight container and leave to cool. this will keep in the fridge for around 3-4 days in a air tight container.

SALTED CARAMEL CHOCOLATE PROTEIN BARS

Ingredients

For the nutty, nougat base

2 Scoops Chocolate Whey Protein

1 Tbspn/20g Natural Peanut Butter

2/3 Tbspn Water

For the Caramel

5 Medjool Dates

5 Toffee Flavdrops

(Myprotein.com)

Pinch Himalayan Pink Salt

50g 85% Dark Chocolate (1/2 a large bar)



Soak your dates in water for up to 30 mins so they go nice and soft. In the meantime, mix the nutty nougat ingredients together and form into 5 bars. Be careful not to put too much water in. Start with 2 tbspns and wet your fingers if they're a bit crumbly. They should mould easily. Blitz your caramel ingredients in a food processor until it's thick & gooey. Split into 5 and paste onto your nougat base.

Melt your chocolate in a glass bowl over boiling water and pour over your bars.

Pop in the fridge for at least 20 mins. Nom on!

STICKY CINNAMON APPLE CRUMBLE

Ingredients

Crumble mix

1tbs cinnamon

100g oats

3tbs coconut (desiccated)

3tbs coconut oil (melted)

2tbs sunflower seeds

1 scoop of vanilla whey protein

2tbs stevia

Apple mixture

1tbs stevia

1tbs goji berries

4 large cooking apples

1 tbs cinnamon

200ml water

Place oats, desiccated coconut, sunflower seeds, whey, cinnamon and stevia and mix all together to form a crumbly mixture. slice apples and place in pan with water, cinnamon and stevia, cook for approx. 8-10 minutes.

Place in an oven proof dish and cover with crumble mixture. 200 for 15-18 minutes.



THICK & CREAMY HOT CHOCOLATE

Ingredients

- 1 Scoop chocolate whey protein
- 1 tsp cocoa
- 150ml coconut milk
- 50ml boiling water



Mix the protein, milk and cocoa in a shaker and then place in a pan to heat, but don't bring to the boil, then place into a mug and top up with some boiling water.

CHAPTER 5

THANK YOU

I really hope you'll love trying these recipes and eating healthy just like I do.

After just a few days of eating this way you will feel leaner, less bloated, more energised and positive.

In only a few weeks I'm confident that you will notice your taste buds change, food tastes better and you won't want to go back to eating the food that made you feel miserable, unhappy and wanting change.

These meals are all created by me to help you TARAnsform your life.

If you want to enhance your success and join me on any of my online TARAnsformer programmes

Visit www.TARAnsformation.com for more information.

Also remember if you have any questions you can contact me on
taransformation@gmail.com

You can get even more tips and advice from me on my social media
sites

facebook.com/tarahammettfitness

twitter.com/tarahammett

<http://instagram.com/tarahammett>

<http://www.youtube.com/tarahammettfitness>

And don't forget if you haven't already done so to subscribe
to my FREE blog posts, newsletters and emails at

www.taransformation.com

Keep fit, fab & creative in the kitchen!

Tara x

THANK YOU