





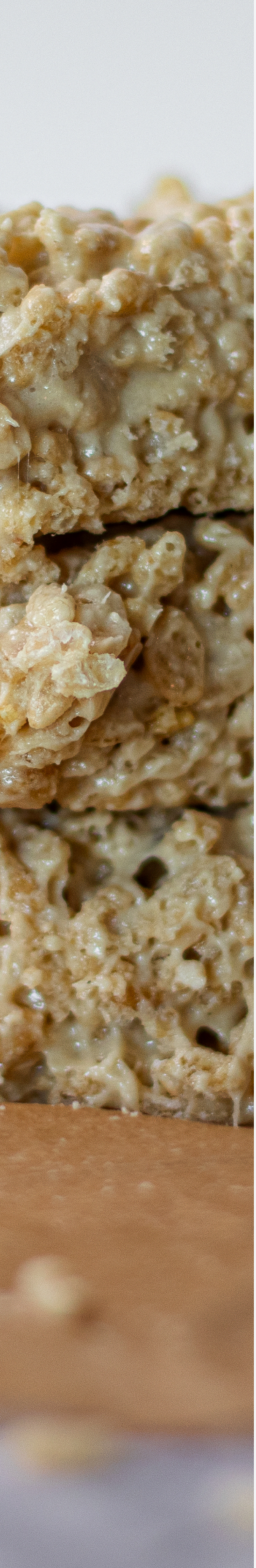





Grab & Go Snacks

Athletes Portables

Volume 1 - 17 recipes



The table of

CONTENTS

AIR FRYER PROTEIN DONUT BALLS 04

These Donut Balls are a lighter take on the classic donut, made with high-protein Greek yogurt and baked instead of fried.

ALMOND AND WALNUT BROWNIES 06

Rich, fudgy brownies made with 70% dark chocolate, crunchy almonds, and walnuts for a satisfying texture.

ATHLETE'S CRISPY RICE SQUARES 08

High-energy squares combining marshmallows, vanilla whey protein, and crisp rice cereal with white chocolate chips.

BANANA BLISS MUFFINS 10

Moist muffins featuring ripe bananas, warm cinnamon, and the crunch of chia seeds, perfect for a sweet start.

BIKO – FILIPINO STICKY RICE CAKE 12

This traditional Filipino sticky rice cake is an excellent source of rapidly digested carbohydrates.

COOKIE BUTTER PROTEIN DOUGHNUTS 14

Vanilla protein doughnuts topped with melted cookie butter and crushed cookies for a decadent, high-protein treat.

BLUEBERRY & BANANA LOADING BREAD 16

Sweet, moist bread bursting with ripe bananas and blueberries, perfect for energy-loading before intense workouts.

BLUEBERRY BLISS FRITTERS 18

These Blueberry Bliss Fritters are baked to perfection and lightly glazed for a delightful, guilt-free treat.

COCONUT PROTEIN BITES 20

A delicious blend of oats, desiccated coconut, and protein, dipped in rich dark chocolate for a guilt-free snack.



The table of

CONTENTS

CARROT CAKE BITES 22

Nutritious bites packed with oats, crunchy cashews, and grated carrots, naturally sweetened with honey and dates.

CARROT CAKE DONUTS 24

Baked donuts made with oats and almond milk, topped with protein-rich icing and a sprinkle of walnuts.

CHOCOLATE BANANA PROTEIN BREAD 26

Infused with rich chocolate flavors from cocoa and chocolate protein, this high-protein treat is perfect for breakfast.

CHOCOLATE OAT SQUARES 28

Rich chocolate squares made with oats, sunflower seeds, and cocoa powder, perfect for an indulgent snack.

CINNAMON ROLL LOAF 30

The ultimate healthy twist on a classic treat, made with protein-packed Greek yogurt and a generous cinnamon swirl.

NUTTY DELIGHT OAT BARS 32

Chewy oat bars loaded with honey, crunchy peanut butter, and a mix of nuts and seeds for a nutritious boost.

OAT AND APRICOT ENERGY BALLS 34

Sweet energy balls made with oats, dried apricots, cashews and a touch of dark chocolate.

ORANGE BLUEBERRY MUFFINS 36

Zesty muffins combining fresh orange juice, juicy blueberries, and Greek yogurt for a light and fluffy treat.



Air Fryer Protein Donut Balls

Med Carb

Living+

These Air Fryer Protein Donut Balls are a lighter take on the classic donut, made with high-protein Greek yogurt and baked instead of fried. With a fluffy center and crisp cinnamon-sugar coating, they're ideal for satisfying sweet cravings while still hitting your protein goals. Perfect for breakfast, snacks, or a post-workout treat!

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

Makes 12 Balls

Greek Yogurt 200g or 7oz, 0% fat

Self-Rising Flour 200g or 7oz

Egg 1

Butter 40g or 1.4oz, 60% fat

Sugar 20g or 0.7oz

Vanilla Extract 1 tsp

Cinnamon 1 tsp

Salt pinch

Air Fryer Protein Donut Balls

Med Carb

livingplusrx.com

Method

In a bowl, whisk together the egg, 20g (0.7oz) melted butter, Greek yogurt, and vanilla extract until smooth. Add half of the sugar, the salt and self-rising flour. Mix until a soft, sticky dough forms. If the dough feels too wet, add up to 20g (0.7oz) more flour.

Lightly dust a plate or baking sheet with flour. Scoop heaped tablespoons of dough onto the floured surface. Dust your hands with flour and gently roll each portion into a ball.

Preheat the air fryer to 400°F (200°C) using the roast or bake setting. Line the air fryer basket with parchment paper and spray lightly with oil.

Place the dough balls in the basket with space between them. Air fry at 400°F for 8 minutes, then reduce the temperature to 340°F (170°C) and bake for an additional 4–5 minutes until golden and cooked through.

While still warm, brush with 20g (0.7oz) melted butter and roll in the remaining sugar mixed with the cinnamon. Alternatively, dust with powdered sugar if preferred.

MFP Barcode

5 5 7 9 4 1 2 2 4 6 7 0

Living+

Allergen Information

Contains lactose, eggs, wheat.



Almond and Walnut Brownies

Low Carb

Living+

Combining rich 70% dark chocolate, olive oil, and brown sugar, these brownies offer a fudgy texture and intense flavor. Almonds and walnuts add a delightful crunch, while Greek yogurt ensures moistness.

Prep: 10 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 12

Eggs 2

70% Dark Chocolate 100g or 3.5 oz

Sliced Almonds 100g or 3.5 oz

Brown Sugar 100g or 3.5 oz

Walnuts 75g or 2.6 oz

Self-Rising Flour 75g or 2.6 oz

Olive Oil 4 tbsp

Low-Fat Greek Yogurt 3 tbsp

Cocoa Powder 25g or 1 oz

Baking Powder 1 tsp

Almond and Walnut Brownies

Low Carb

livingplusrx.com

Method

Start by preheating your oven to 350°F (180°C). Prepare an 8-inch (20cm) square baking pan by lining it with baking parchment.

Break up the chocolate into small chunks and place them in a heatproof bowl. You can melt the chocolate by positioning the bowl over a pot of boiling water and stirring occasionally. Alternatively, microwave it on medium-low for 1–2 minutes, stirring after every 30-second interval to ensure even melting.

In a large bowl or mixer, combine olive oil, sugar, eggs, almonds, baking powder, flour, cocoa powder, and yogurt. Mix these ingredients until they are well-blended to achieve a somewhat soft mixture. If the mixture is too thick, you can add a bit more yogurt or milk to loosen it.

Stir the melted chocolate and walnuts into the mixture. Spoon this batter into your prepared baking pan, making sure to level the surface. Bake in the preheated oven for 20 minutes. Check doneness with a skewer – it should come out clean when inserted into the center of the bake.

Once baked, let it cool in the pan for about 10 minutes. Then cut it into 12 even squares. For a touch of sweetness and presentation, sprinkle powdered sugar on top, if desired. Enjoy!

MFP Barcode

0 5 7 9 4 1 2 2 1 7 0 4

Living+

Allergen Information

Contains eggs, lactose, wheat, tree nuts.



Athlete's Crispy Rice Squares

Med Carb

Living+

Perfectly crafted for energy and recovery, each square combines the muscle-building power of vanilla whey protein with the quick energy release from marshmallows and crisp rice cereal. White chocolate chips add a touch of indulgence, making these squares a delicious way to fuel up before or replenish after intense activities.

Prep: 10 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 12

- **Marshmallow** 250g or 8.8oz
- **Crisp Rice Cereal** 150g or 5.3oz
- **Whey Protein** 90g or 3.2oz, vanilla
- **2% Milk** 60ml or 2fl oz
- **White Chocolate Chips** 20g or 0.7oz
- **Butter** 1 tbsp
- **Vanilla Extract** 1 tsp

Athlete's Crispy Rice Squares

Med Carb

livingplusrx.com

Method

In a large saucepan over low heat, combine the butter, milk, vanilla extract, and white chocolate chips. Stir continuously until the chocolate chips are fully melted.

Add the marshmallows to the pan. Continue to stir until the marshmallows are completely melted into a smooth mixture.

Remove the pan from heat and immediately stir in the vanilla whey protein powder until well combined.

Add the crisp rice cereal to the marshmallow mixture. Stir vigorously until the cereal is evenly coated.

Pour the mixture into a lined baking pan. Spread evenly and press down gently to compact the mixture.

Allow the mixture to cool at room temperature. Once set, cut into squares.

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten.



KCAL 171.8
PRO 3.6g
CARB 23.3g
FAT 7.2g
FIBER 1.3g
Per serving

Banana Bliss Muffins

Med Carb

Living+

These muffins blend the hearty textures and flavors of ripe bananas, cinnamon, and almonds, with the added nutritional benefit of chia seeds. This simple recipe yields soft, moist muffins with a crunchy top, easily customizable with your choice of milk and optional nut toppings, making it adaptable for various dietary preferences.

Prep: 10 min | Cook: 16 min | Fresh: 3 days | Beginner

Makes 16 small

Self-Rising Flour 300g or 10.5oz
Banana 2, large
Eggs 2
2% Milk 125ml or 4.2fl oz
Butter 110g or 4oz
Brown Sugar 100g or 3.5oz
Chia Seeds 1 tbsp
Cinnamon 2 tsp
Sliced Almonds 2 tsp

Banana Bliss Muffins

Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

In a food processor, blend the bananas until mashed. Add eggs, milk, and melted butter, mixing until combined.

To a mixing bowl gradually add in the flour, sugar, chia seeds, and cinnamon, blending until the batter is smooth.

Spoon the batter into the prepared muffin molds, filling each to about three-quarters. Sprinkle each with sliced almonds.

Place in the oven and bake for 12-14 minutes until the tops are golden and a toothpick inserted comes out clean.

Let the muffins cool in the pan for 5 minutes before transferring to a wire rack to cool completely.

MFP Barcode



Living+

Allergen Information

Contains wheat, eggs, lactose, tree nuts.



Biko – Filipino Sticky Rice Cake

High Carb

Living+

This traditional Filipino sticky rice cake is an excellent source of rapidly digested carbohydrates, making it ideal before training to fuel performance or after a workout to help replenish muscle glycogen quickly. Its sweet coconut caramel topping delivers a quick energy boost, while the glutinous rice provides a steady release of glucose.

Prep: 10 min | Cook: 90 min | Fresh: 3 days | Beginner

Makes 10 Squares

Coconut Milk 1 can (400ml)

Glutinous Rice 380g or 13.5oz

Brown Sugar 250g or 8.8oz

Water 120ml or 4fl oz

Salt ½ tsp

Biko – Filipino Sticky Rice Cake

Low-Fat | High Carb

livingplusrx.com

Method

Soak the glutinous rice in cold water overnight. Drain and rinse before cooking.

Set aside 100ml (3.5fl oz) of coconut milk for the topping. In a large pot, bring 300ml coconut milk and 120ml water to a gentle boil. Add the soaked rice and simmer on medium heat for 6–8 minutes, stirring regularly.

Lower heat to medium-low. Stir in 150g (5.3oz) brown sugar and salt. Cook for 4–7 minutes, stirring until mixture is sticky and well combined.

Preheat oven to 350°F (180°C). Spread rice mixture evenly into a greased or lined dish.

In a small saucepan, combine the remaining coconut milk and 100g (3.5oz) brown sugar. Simmer for 3–5 minutes until thickened. Let cool for 5 minutes and pour over the rice layer.

Bake at 350°F (180°C) for 60–65 minutes, until top is golden and slightly crisp. Let cool completely. Cut into squares or diamonds to serve.

MFP Barcode

5 5 7 9 4 1 2 2 4 3 6 6

Living+

Allergen Information

Contains none.



Cookie Butter Protein Doughnuts

Low Carb | Low Calorie

Living+

Satisfy your sweet tooth with these Cookie Butter Protein Doughnuts. Made with oat flour and vanilla protein powder, they're topped with a silky cookie butter glaze and crushed speculoos cookies for the perfect balance of indulgence and health.

Prep: 10 min | Cook: 18 min | Fresh: 3-5 days | Beginner

Makes 12 Donuts

Almond Milk 100ml or 3.4 fl oz, unsweetened

Oats 70g or 2.5 oz

Egg 1

Whey Protein 2 scoops, vanilla

Cookie Butter 30g or 1 oz

Speculoos Cookie 1

Baking Powder 1 tsp

Cookie Butter Protein Doughnuts

Low Carb | Low Calorie

livingplusrx.com

Method

Begin by preheating your oven to 350°F (180°C). To make oat flour, blend oats in a food processor or blender until they reach a fine, flour-like consistency. Transfer the oat flour to a mixing bowl.

Add the protein powder and baking powder to the bowl with the oat flour. Stir these dry ingredients together to ensure they are well combined.

Crack the egg into the mixture, and add the unsweetened almond milk. Stir the mixture until smooth and well incorporated. Ensure there are no lumps in the batter.

Pour the batter evenly into the silicone doughnut mold, filling each cup about three-quarters full to allow room for the doughnuts to rise. Place the mold in the preheated oven and bake for 15-20 minutes, or until the doughnuts are golden brown and a toothpick inserted into the center comes out clean.

While the doughnuts are baking, melt the cookie butter in a small bowl. Add boiling water to the cookie butter, a teaspoon at a time until you reach the desired smooth and silky texture.

Once the doughnuts are baked and have cooled slightly, carefully remove them from the mold. Dip one side of each doughnut into the melted cookie butter, ensuring a thin layer covers the surface. Immediately sprinkle the crushed speculoos cookies over the cookie butter on each doughnut for added crunch and flavor.

MFP Barcode

5 5 7 9 4 1 2 2 2 7 4 4

Living+

Allergen Information

Contains lactose, eggs, wheat, soy, tree nuts. May contain peanuts.



Blueberry & Banana Loading Bread

Med Carb | Low Calorie

Living+

Overflowing with the natural sweetness of ripe bananas and the comforting warmth of cinnamon, this moist and tender bread is perfect for fueling up before a workout, race, or any high-intensity activity. Rich in carbohydrates, this banana bread offers an excellent source of energy, making it an ideal choice for athletes and active individuals.

Prep: 10 min | Cook: 55 min | Fresh: 4 days | Beginner

Makes 10 slices

Banana 3 ripe medium
All-Purpose Flour 200g or 1.5 cups
Blueberries 1 cup
Sugar 2/3 cup or 133g
Eggs 2
Granola 1 cup or 50g
Salted Butter 1 tbsp
Vanilla Extract 1 tsp
Baking Soda 1/2 tsp
Baking Powder 1 tsp
Cinnamon 1/2 tsp
Nutmeg 1/2 tsp

Blueberry & Banana Loading Bread

Med Carb | Low Calorie

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Mash the bananas. In a large bowl, whisk together the flour, sugar, baking soda, baking powder, cinnamon and nutmeg. In a separate bowl, mix the mashed bananas, eggs, melted butter and vanilla. Stir the wet mixture into the dry until just combined, then fold in the blueberries and granola.

Pour into a lined loaf pan and bake for 50 to 60 minutes, until a skewer inserted into the center comes out clean.

MFP Barcode

0 5 7 9 4 1 2 2 1 1 6 2

Living+

Allergen Information

Contains eggs, lactose, wheat.



Blueberry Bliss Fritters

Med Carb

Living+

Craving something sweet but want to keep it healthier? These Blueberry Bliss Fritters are baked to perfection and lightly glazed for a delightful, guilt-free treat. With a burst of blueberries in every bite, they're packed with protein from Greek yogurt and made without refined sugars. Ideal for breakfast, brunch, or a tasty snack!

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 10-15 (3 servings)

All-Purpose Flour 100g or 3.5oz
Egg 1
Greek Yogurt 150g or 5.3oz, 0% fat
Almond Milk 1 tbsp
Blueberries 75g or 2.6oz
Butter 1 tbsp
Baking Powder 2 tsp
Vanilla Extract 1/2 tsp (glaze)
Vanilla Extract 1 tsp
Blueberries 1 handful (glaze)
Salt 1 pinch

Blueberry Bliss Fritters

Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.

In a large mixing bowl, whisk together the all-purpose flour, baking powder, and salt. Add the egg, melted butter, vanilla extract, and Greek yogurt. Stir until just combined, being careful not to overmix. Gently fold in the blueberries.

Using two teaspoons, scoop and drop small amounts of batter onto the prepared baking sheet, forming 10-14 fritters.

Bake for 15 minutes, or until the fritters are golden brown and a toothpick comes out clean. While the fritters are baking, prepare the glaze. In a small bowl, mix together the smashed blueberries, vanilla extract, and almond milk until smooth.

Remove the fritters from the oven and brush each one with the blueberry glaze. Set the oven to broil and return the fritters to the oven for 5 minutes to caramelize the glaze.

Remove the fritters from the oven and drizzle any remaining glaze over the top for that perfect finish. Let cool slightly, then dig in and enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat, tree nuts.



Coconut Protein Bites

Low Carb

Living+

A delightful, nutritious treat packed with the goodness of protein, oats, and coconut, enrobed in rich, dark chocolate. They offer a satisfying crunch and natural sweetness, making them a perfect post-workout snack or guilt-free dessert. Simple to prepare and irresistibly delicious, these bites are a healthy way to indulge your sweet tooth.

Prep: 5 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 8

Vanilla Whey Protein 3 scoops

Dark Chocolate 70% 50g or 1.7 oz

Almond Milk 40ml or 1.35 fl oz

Desiccated Coconut 30g or 1.05 oz

Rolled Oats 20g or 0.7 oz

Coconut Oil 1/2 tsp

Coconut Protein Bites

Low Carb

livingplusrx.com

Method

In a bowl, combine the vanilla protein, desiccated coconut, and oats. Gradually add the almond milk to the mixture, stirring continuously. Mix until the ingredients come together to form a sticky mixture.

Using clean hands, shape the mixture into small, bite-sized balls. Place these on a plate or baking sheet lined with parchment paper. Refrigerate for at least 30 minutes to allow the bites to set.

While the bites are chilling, prepare the chocolate coating. Add 1/2 a tsp of coconut oil to a small pot and melt over low heat. Once the coconut oil is melted, add the dark chocolate to the pot and stir until it's fully melted and combined with the oil. Be careful to not let the chocolate burn.

Remove the bites from the refrigerator. One by one, dip each bite into the melted chocolate mixture, ensuring it's fully coated. Return the chocolate-coated bites to the plate or baking sheet.

Place the coated bites back into the refrigerator for an additional 15 minutes, or until the chocolate has completely set. Serve with a sprinkle of desiccated coconut.

MFP Barcode

0 5 7 9 4 1 2 2 1 7 9 7

Living+

Allergen Information

Contains lactose, tree nuts.



Carrot Cake Bites

Low Carb | Low Calorie

Living+

These bite-sized delights are packed with wholesome oats, crunchy cashews, and fiber-rich chia seeds. They contain grated carrot which adds a natural sweetness and is rich in antioxidants. Dates and a touch of honey offer additional sweetness without the need for refined sugars.

Prep: 10 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 8

Oats 80g or 1 cup

2% Milk 4 tbsp

Dates 50g or 1.7 oz

Cashews 20g or 0.7 oz

Honey 1 tbsp

Carrots 15g

Chia Seeds 1 tsp

Cinnamon 2 tsp

Carrot Cake Bites

Low Carb | Low Calorie

livingplusrx.com

Method

Start by finely chopping the dates and cashews, creating small, bite-sized pieces that will blend seamlessly into the mixture.

Next, combine all of the dry ingredients - the oats, grated carrot, chopped dates and cashews, chia seeds, and cinnamon - in a large mixing bowl. Stir them together until they're well-integrated.

Stir in the honey, then slowly pour in the milk, stirring as you go. You're aiming for a consistency that's moist enough to hold together but not overly wet. If you find the mixture is still too dry, don't hesitate to add a bit more milk, pouring slowly until you reach the desired consistency.

Now comes the fun part. Using your hands, roll the mixture into small, bite-sized balls. This should be a relatively easy task if the mixture has the right balance of moisture.

Once you've rolled out all of your carrot cake bites, place them in the fridge to chill. This step will help them hold their shape and will also enhance their flavor. A little bit of waiting here will ensure you have a delicious, nutrient-dense snack ready to enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Carrot Cake Donuts

Low Carb | Low Calorie

Living+

A healthier twist on a classic favorite, blending the natural sweetness of carrots and banana with the warmth of cinnamon and nutmeg. Made with wholesome ingredients like oats, chia seeds, and almond milk, they're baked to perfection and topped with a protein-rich icing. A sprinkle of chopped walnuts adds the perfect crunchy finish.

Prep: 15 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 12 donuts

Almond Milk 200ml or 6.7fl oz, unsweetened
Oats 175g or 6.2oz
Greek Yogurt 170g or 6oz, 0% fat
Whey Protein 4 scoops, vanilla
Banana 1, small
Carrot 1, medium
Walnuts 30g or 1oz
Light Cream Cheese 30g or 1oz
Chia Seeds 2 tbsp
Baking Powder 1 tsp
Ground Cinnamon 1/2 tsp
Nutmeg 1/2 tsp

Carrot Cake Donuts

Low Carb | Low Calorie

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). In a blender, grind the oats into a flour consistency. In a large bowl, mix the oat flour, grated carrot, baking powder, chia seeds, cinnamon, and nutmeg. Stir in the mashed banana, almond milk and whey protein until well combined.

Spoon the batter into the donut molds, filling each one about three-quarters full. Smooth the tops with the back of a spoon. Bake in the preheated oven for 15-20 minutes, or until a toothpick inserted into a donut comes out clean.

While the donuts are cooling, prepare the icing by mixing the yogurt, light cream cheese, and vanilla whey protein until smooth and creamy.

Once the donuts have cooled, spread the icing over each one. Sprinkle the chopped walnuts over the top of the icing for a crunchy finish.

MFP Barcode

5 5 7 9 4 1 2 2 2 8 8 1

Living+

Allergen Information

Contains lactose, tree nuts.



KCAL 153.3

PRO 11.4g

CARB 17.7g

FAT 4.1g

FIBER 1.1g

Per serving

Chocolate Banana Protein Bread

Low Carb

Living+

Infused with rich chocolate flavors from cocoa and chocolate protein, this high-protein treat is perfect for breakfast, a post-workout snack, or a healthy dessert. The combination of bananas, Greek yogurt, and protein powder provides a balance of natural sweetness, creaminess, and muscle-repairing protein.

Prep: 10 min | Cook: 35 min | Fresh: 3 days | Beginner

Makes 8 slices

Banana 3, medium

Eggs 2

Flour 100g or 3.5oz

Greek Yogurt 60g or 2.1oz, 0% fat

Whey Protein 2 scoops, chocolate

Peanut Butter 30g or 1oz

Cocoa Powder 20g or 0.7oz

Baking Powder 2 tsp

Salt pinch

Chocolate Banana Protein Bread

Low Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C). Grease or line a loaf pan with parchment paper.

In a large mixing bowl, smash 2 of the bananas until smooth. Add the Greek yogurt, peanut butter, and eggs, mixing well to combine.

Add the all-purpose flour, chocolate protein powder, baking powder, cocoa powder and a pinch of salt. Mix until just combined, being careful not to overmix.

Pour the batter into your prepared loaf pan and place the remaining banana halves on top of the batter for decoration.

Bake in the preheated oven for 35-45 minutes, or until a knife inserted into the center comes out mostly clean. The bread should be set but still moist.

Allow the bread to cool in the pan for 10-15 minutes before transferring to a wire rack to cool completely. Cut into 8 slices and enjoy!

MFP Barcode

5 5 7 9 4 1 2 2 3 9 1 8

Living+

Allergen Information

Contains lactose, eggs, peanuts, wheat.



Chocolate Oat Squares

Low Carb | Low Calorie

Living+

These chocolate squares are a delightful treat, perfect for having with your morning coffee or evening cup of tea.

Prep: 10 min | Cook: 0 min | Fresh: 7 days | Beginner

Makes 12

Medjool Dates 100g or 3.5 oz
Oats 50g or 1.75 oz
Water 2 tbsp
Chia Seeds 2 tbsp
Sunflower Seeds 2 tbsp
Honey 2 tsp
Pumpkin Seeds 2 tbsp
Sliced Almonds 4 tbsp
Cocoa Powder 2 tbsp

Chocolate Oat Squares

Low Carb | Low Calorie

livingplusrx.com

Method

To a blender add all of the ingredients and blend well. You may need to add a little more water if it is too dry.

Next, press the mixture into a lined pan, about 1/2 inch (1cm) deep. Compress the mixture and then place it in the fridge for at least 1 hour.

Once hardened cut into 12 even sized squares.

MFP Barcode

0 5 7 9 4 1 2 2 0 5 9 2

Living+

Allergen Information

Contains tree nuts.



Cinnamon Roll Loaf

Med Carb

Living+

The ultimate healthy twist on a classic treat, made with protein-packed Greek yogurt and a generous cinnamon swirl. Perfect for breakfast, a snack, or a post-workout pick-me-up, this loaf is a delightful way to satisfy your sweet tooth without the guilt. Finished with a dusting of cinnamon, it's a must-try for all cinnamon lovers!

Prep: 10 min | Cook: 35 min | Fresh: 3 days | Beginner

Makes 6 slices

Greek Yogurt 250g or 8.8oz

Self-Rising Flour 150g or 5.3oz

Cinnamon 2 tbsp

Butter 1 tbsp, light

Brown Sugar 10g or 0.35oz

Baking Powder 1/2 tsp

Salt pinch

Cinnamon Roll Loaf

Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C).

Sift the self-rising flour with the baking powder and salt into a mixing bowl. Add the Greek yogurt and stir until a dough forms. If the dough feels too sticky, add a touch more flour.

Lightly flour a flat surface and roll the dough into a long rectangle.

Brush the melted butter evenly over the surface of the dough. Sprinkle the brown sugar and cinnamon generously on top.

Roll the dough into a cylinder, rolling inward from both sides to create a swirl pattern. Place the loaf into a greased loaf pan.

Bake in the preheated oven for 30-35 minutes, or until the loaf is golden and cooked through. A toothpick inserted into the center should come out clean.

Let the loaf cool slightly, then sprinkle with a little extra cinnamon. Slice and enjoy this mouth-watering Cinnamon Roll Loaf!

MFP Barcode

5 5 7 9 4 1 2 2 3 9 2 5

Living+

Allergen Information

Contains lactose, wheat.



Nutty Delight Oat Bars

Med Carb

Living+

This recipe features a tasty combination of honey, crunchy peanut butter, and a mix of oats, mixed nuts, pumpkin seeds, and sunflower seeds for a crunchy texture. A nutritious oat bar that is easy to make, and can be stored for up to a week.

Prep: 10 min | Cook: 25 min | Fresh: 7 days | Beginner

Makes 12

Rolled Oats 250g or 9oz
Hazelnuts 75g or 3oz crushed
Peanuts 75g or 3oz crushed
Sunflower Seeds 35g or 1.75oz
Pumpkin Seeds 35g or 1.75oz

Peanut Butter 75g or 3oz
Brown Sugar 75g or 3oz
Honey 75g or 3oz
Olive Oil 75g or 3oz

Nutty Delight Oat Bars

Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

In a small pan, combine the honey, brown sugar, olive oil and peanut butter and heat over low heat until melted.

Once combined take off the heat. In a large bowl, mix the melted mixture with the oats, peanuts (crushed), hazelnuts (crushed), pumpkin seeds, and sunflower seeds until well combined.

Line an 8-inch (20cm) square pan with parchment paper and press the mixture firmly into the pan.

Bake in the oven for 25 minutes. Once cooked, leave to cool before chopping into a minimum 12 even pieces.

MFP Barcode



Living+

Allergen Information

Contains tree nuts and peanuts.



Oat and Apricot Energy Balls

Low Carb | Low Calorie

Living+

These delicious little balls are packed with protein and provide long lasting energy.

Prep: 15 min | Cook: 0 min | Fresh: 7 days | Beginner

Makes 12 balls

Oats 100g or 3.5 oz

Dried Apricots 100g or 3.5 oz

Cashews 100g or 3.5 oz

Water 4 tbsp

Maple Syrup 3 tbsp

Whey Protein 2 scoops, vanilla

Dark Chocolate 25g or 0.9oz

Oat and Apricot Energy Balls

Low Calorie | Low Carb

livingplusrx.com

Method

Mix all the ingredients in a blender until the mixture forms the consistency of stiff cookie dough. Using heaped tablespoons, roll the mixture into balls.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, sulfites.



Orange Blueberry Muffins

Low Carb

Living+

Indulge in the refreshing zest of orange and the sweet burst of blueberries. Perfect for a morning treat or a wholesome snack, these muffins combine the tanginess of fresh orange juice and zest with the natural sweetness of blueberries, all held together in a light, fluffy base enhanced by Greek yogurt and honey.

Prep: 10 min | Cook: 15 min | Fresh: 4 days | Beginner

Makes 12 muffins

- **0% Fat Greek Yogurt** 200g or 7oz
- **Rolled Oats** 200g or 7oz
- **Eggs** 2
- **Blueberries** 100g or 3.5oz
- **Honey** 50g or 1.75oz
- **Orange Juice** 1/2 orange
- **Orange Zest** 1 orange
- **Vanilla Extract** 1 tsp
- **Baking Powder** 1 tsp
- **Baking Soda** 1 tsp

Orange Blueberry Muffins

Low Carb

livingplusrx.com

Method

Preheat your oven or air fryer to 350°F (180°C).

In a large bowl, mix together the eggs, Greek yogurt, honey, vanilla extract, orange zest, and orange juice until thoroughly combined.

In another bowl, mix the ground oats, baking soda and baking powder.

Gently fold the dry ingredients into the wet mixture until just combined. Be careful not to overmix to keep the muffins light and fluffy.

Fold the blueberries into the batter, distributing them evenly.

Scoop the batter into the muffin molds, filling each cup about three-quarters full. Bake for 15 to 17 minutes, or until the tops are golden and a toothpick inserted into the center comes out clean.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.