



# Gym Addicts

## Valentine Meal Guide

# Mains



## Tip:

Try making more than one filling such as prawn cocktail or salmon for variety.

## Tarragon Chicken in Yorkshire Puddings

### Ingredients:

- Cooked chicken
- Finely chopped fresh tarragon
- Walden Farm Calorie Free Mayonnaise
- Salt and pepper
- Wholegrain mustard
- Olive oil
- 3 eggs
- $\frac{3}{4}$  cup of plain flour
- 200 ml milk



### Directions:

1. Preheat the oven to 220°C
2. Divide the oil equally between the muffin tins in the baking tray
3. Sieve the flour into a large bowl, add the egg and beat with a whisk
4. Gradually add the milk whilst beating with the whisk until a smooth batter is created
5. Divide the batter evenly between the 6 oiled compartments of the muffin/cupcake tin
6. Place the puddings in the oven for 25-30 minutes
7. Dice the cooked chicken and mix with the tarragon, wholegrain mustard, mayo and salt and pepper to desired taste and consistency (this should be like a sandwich filler)
8. Once the Yorkshires have cooled stuff them with the Tarragon mixture.



# Desserts

## 5 Minute Raw Powder Bars with Chocolate Dip

### Ingredients:

- 10 dates, pitted
- ½ cup of mixed nuts
- ¼ cup of cocoa powder
- ¼ cup of Lucy Bee's Extra Virgin Organic Coconut Oil
- A sprinkle of Naturya Organic Cocoa Nibs
- Walden Farms Calorie Free Chocolate Dip

### Directions:

1. Place the nuts in a food processor and blend until a crumb like texture
2. Place in a mixing bowl and add the dates, cocoa powder, coconut oil and cocoa nibs and mix until mixture sticks together
3. Line a loaf tin with parchment paper and press the mixture into the tin firmly with a wet hand
4. Place in the refrigerator to set
5. Cut into squares and place in a serving dish and cover in chocolate dip

**Discount  
Supplements**

### Tip:

Swap nuts for dried apricots, raisins or prunes and mix with runny honey. Don't like chocolate? Try shredded coconut!

## Baby Popovers with Chocolate Sauce

### Ingredients:

- 2 tablespoons of Lucy Bee's Extra Virgin Organic Coconut Oil
- Walden Farms Calorie Free Chocolate Dip
- 75g of all-purpose flour
- 1 egg
- 75ml of milk
- 55ml of water
- 25g of sugar

### Directions:

1. Preheat the oven to 220°C
2. Divide the oil equally between the muffin tins in the baking tray
3. Sieve the flour into a large bowl, add the egg and beat with a whisk
4. Gradually add the milk, water and sugar whilst beating with the whisk until a smooth batter is created
5. Divide the batter evenly between the 6 oiled compartments of the muffin/cupcake tin
6. Place the puddings in the oven for 25-30 minutes
7. While the batter is cooking spoon the chocolate dip into a serving jug and heat in the microwave until warm
8. Once the batters are ready drizzle in the warm chocolate dip and serve with ice cream

# Desserts



### Tip:

Don't like chocolate? Then try Walden Farms Calorie Free Fruit Spread in Strawberry, Cranberry, Apple Butter, Blueberry, Apricot, Grape or Raspberry.