

A close-up photograph of a white ceramic plate set on a dark wooden surface. The plate is elegantly arranged with a single, vibrant red rose on the left side. Several large, deep red rose petals are scattered across the plate, some overlapping the rose and others lying flat. To the right of the rose, a silver fork and a silver spoon are placed diagonally. The silverware has an ornate, engraved handle. The lighting is soft, highlighting the textures of the petals and the metallic sheen of the cutlery. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the title text.

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

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.