

Less than 45 minutes (plus chilling time)

Serves 8

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Chocolate & Cranberry Protein Balls



Makes 30

Ingredients

- 1 cup (85g) rolled oats
- ¼ cup (60ml) peanut butter
- 2 Tbsp (30ml) honey
- ¼ cup (60ml) milk
- 2 sachets (60g) protein powder
- 1 tsp (5ml) vanilla paste
- 1 slab (80g) white chocolate, chopped
- ½ packet (50g) cranberries

Method

1. Combine oats, peanut butter, honey and milk.
2. Add protein powder, vanilla paste, chocolate and cranberries.
3. Mix until well combined.
4. Roll mixture into balls, about two tablespoons each.
5. Set in the fridge for at least 30 minutes.
6. Store in an airtight container until ready to serve.

Spicy Honey-roasted Trail Mix



Makes 3 cups

Ingredients

- ½ packet (50g) cashews
- ½ packet (50g) almonds
- ½ packet (50g) pecan nuts
- ½ packet (50g) pumpkin seeds
- ½ packet (50g) sunflower seeds
- ½ packet (50g) cranberries
- ½ cup (125ml) honey
- 2 Tbsp (30ml) dried chilli flakes

Method

1. Preheat oven to 180°C.
2. Combine nuts, seeds and cranberries.
3. Add honey and chilli flakes and mix well.
4. Spread evenly on a baking tray and bake for 10–15 minutes.
5. Cool completely and store in an airtight container or glass jar.

Veggie muffins



Makes 10

Ingredients

- ½ punnet (125g) mushrooms
- 1/2 cup vegetable oil
- 2 baby marrows, grated
- 2 medium carrots, grated
- 2 cups (300g) flour
- 1 cup (250ml) milk
- ¼ cup (60ml) olive oil
- 1 Tbsp (15ml) baking powder
- 1 tsp (5ml) salt
- 2 eggs
- Handful chives, chopped

Method

1. Preheat oven to 180°C and line a 12-hole muffin pan lined with cupcake holders.
2. Sauté mushrooms in hot oil.
3. Add to baby marrows and carrots in a large bowl.
4. Mix until well combined.
5. Add remaining ingredients and mix until well combined.
6. Spoon mixture into a muffin pan lined.
7. Bake for 20–25 minutes.
8. Cool and store in an airtight container.

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