



Recipes for The May 50K

- SAVOURY VEGGIE MUFFINS
- CHOCOLATE BAKED OATS

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nuzest[®]



THE MAY 50K



Did you know?

Tomatoes contain lycopene which has antioxidant properties and may reduce inflammation in the body. This may be beneficial during times of increased exercise.

Savoury Veggie Muffins

Ingredients - Makes 12 Muffins

- 6 eggs
- 250g baby spinach
- 1 ½ cups chopped cherry tomatoes
- ¼ cup grated cheddar cheese
- ½ a bunch fresh basil, chopped
- Salt and pepper to taste

Method

1. Preheat oven to 180°C fan forced.
2. Lightly coat a 12-pan muffin tray with non-stick oil spray.
3. Whisk the eggs together in a large bowl.
4. Add the chopped basil, cherry tomatoes and baby spinach. Mix well and season to taste.
5. Bake for 20-25 minutes.
6. Remove from the oven and cool slightly. Store in an airtight container in the refrigerator for up to 4 days.





Nuzest tip!

Including a source of protein with every meal is important for promoting muscle growth and repair.

Chocolate Baked Oats

Ingredients - Serves 1

- 1 serve (25g) Rich Chocolate Clean Lean Protein
- 1 cup of rolled oats
- 1 egg
- 2tsp baking powder
- ¼ cup apple sauce
- ¼ cup of milk of choice

Optional toppings

- Berries
- Chocolate chips

Method

1. Pre-heat the oven to 180°C fan forced.
2. Place all ingredients into a bowl and mix until combined.
3. Pour the mixture into two oven proof bowls and bake for 20-25 minutes.
4. Remove from the oven and finish with toppings of your choice.

