



*Taste of*  
*Summer*

FITNESS  
*fernwood*®



*Sunshine  
and good times  
are here*

Hello summer, it's glorious to see you again!

Summer is all about good times, good weather and of course, good food. Whether you're headed out for a beach day, enjoying an arvo snack, or topping up in-between workouts, we've pulled together a bunch of summer-inspired snacks perfect for the season.

# Yoghurt, cumin and carrot dip on crispbread

SERVES  
1

## INGREDIENTS

100g Greek yoghurt (non-fat)  
½ carrot  
½ tsp cumin  
10ml lemon juice  
1-2 wholemeal crispbreads

## METHOD

1. Grate carrot and add to blender along with yoghurt, cumin and lemon juice.
2. Blend until combined and serve with crispbread.



Making your own tzatziki has never been so easy!



# Tzatziki rice cakes

SERVES  
1

## INGREDIENTS

2 multigrain rice cakes  
80g Greek yoghurt (non-fat)  
80g cucumber  
10ml lemon juice  
½ tsp minced garlic  
Salt and pepper

## METHOD

1. Mix yoghurt, lemon juice and minced garlic in a small bowl. Season well with salt and pepper.
2. Slice cucumber into rounds.
3. Spread yoghurt dip evenly across rice cakes and place cucumber rounds on top to finish.

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## No-bake raw cacao bites

SERVES  
1

### INGREDIENTS

5g almonds  
5g walnuts  
15g dates  
½ tbsp cacao powder  
13g protein powder (low carb, high protein)  
¼ tsp vanilla extract  
Small pinch of salt

### METHOD

1. Pit and finely chop dates.
2. Soak dates in hot water until soft - reserve the liquid.
3. Finely chop the almonds and walnuts.
4. Place all the ingredients into a small bowl and mix until well combined. If the mixture is too dry, add the reserved date water a little at a time until the mixture sticks together.
5. Roll into a ball or a square/bar. Serve and enjoy. Alternatively store in an air tight container in the refrigerator to enjoy later.

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# Tahini and honey dip with strawberries

SERVES  
1

## INGREDIENTS

30g tahini  
10g honey  
200g strawberries

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## METHOD

1. Mix tahini and honey together. Drizzle over washed and chopped strawberries or use tahini/honey mixture as a dip. Enjoy!

SERVES  
1

## INGREDIENTS

1 frozen banana  
½ cup frozen mango  
½ cup unsweetened coconut milk  
1 tbs rice malt syrup

## METHOD

1. Blend all ingredients until smooth and creamy.
2. Serve immediately, or store in an airtight container in the freezer for up to one week.



# Mango and banana nice cream



A quick and  
tasty veggie  
snack for  
mushroom  
lovers

## Avocado, cheese and chive button mushrooms

SERVES  
**1**

### INGREDIENTS

4 button mushrooms  
½ tbsp mashed avocado  
2 ½ tbsp low-fat cottage cheese  
½ tsp chives

### METHOD

1. Remove stalks from mushrooms. Chop chives.
2. Place the mashed avocado into the mushroom cups. Sprinkle with chives and season with pepper. Top with cottage cheese. Serve and enjoy.



Whip up  
this easy  
3 ingredient  
beetroot dip in  
under a minute

## Creamy beetroot dip with corn cakes

SERVES  
**1**

### INGREDIENTS

1 cup sliced beetroot  
2 tbsp low-fat cottage cheese  
1 garlic clove  
2 corn cakes

### METHOD

1. Combine beetroot, cottage cheese, salt, pepper and garlic in a bowl and mix well. Serve as a dip with corn cakes.

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## Rainbow fruit popsicles

SERVES  
**6**

### INGREDIENTS

- 1½ cups kiwi fruit
- 1½ cups strawberries
- 1½ cups mango

### METHOD

1. Blend kiwi fruit until smooth pulp forms.
2. Spoon kiwi fruit mixture into each popsicle mould and place into freezer for 30 minutes.
3. Blend strawberries until smooth pulp forms.
4. Spoon strawberry mixture into each popsicle mould on top of pre-frozen kiwi fruit layer.
5. Secure a wooden popsicle stick into each mould and set back in freezer for 30 minutes.

6. Blend mango until smooth pulp forms.
7. Spoon mango mixture into each popsicle mould on top of pre-frozen strawberry layer.
8. Place back into freezer for 30 minutes and serve immediately.

Don't forget to tag us in pics of you testing out and enjoying these recipes with #FernwoodFitness on Instagram and Facebook.

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