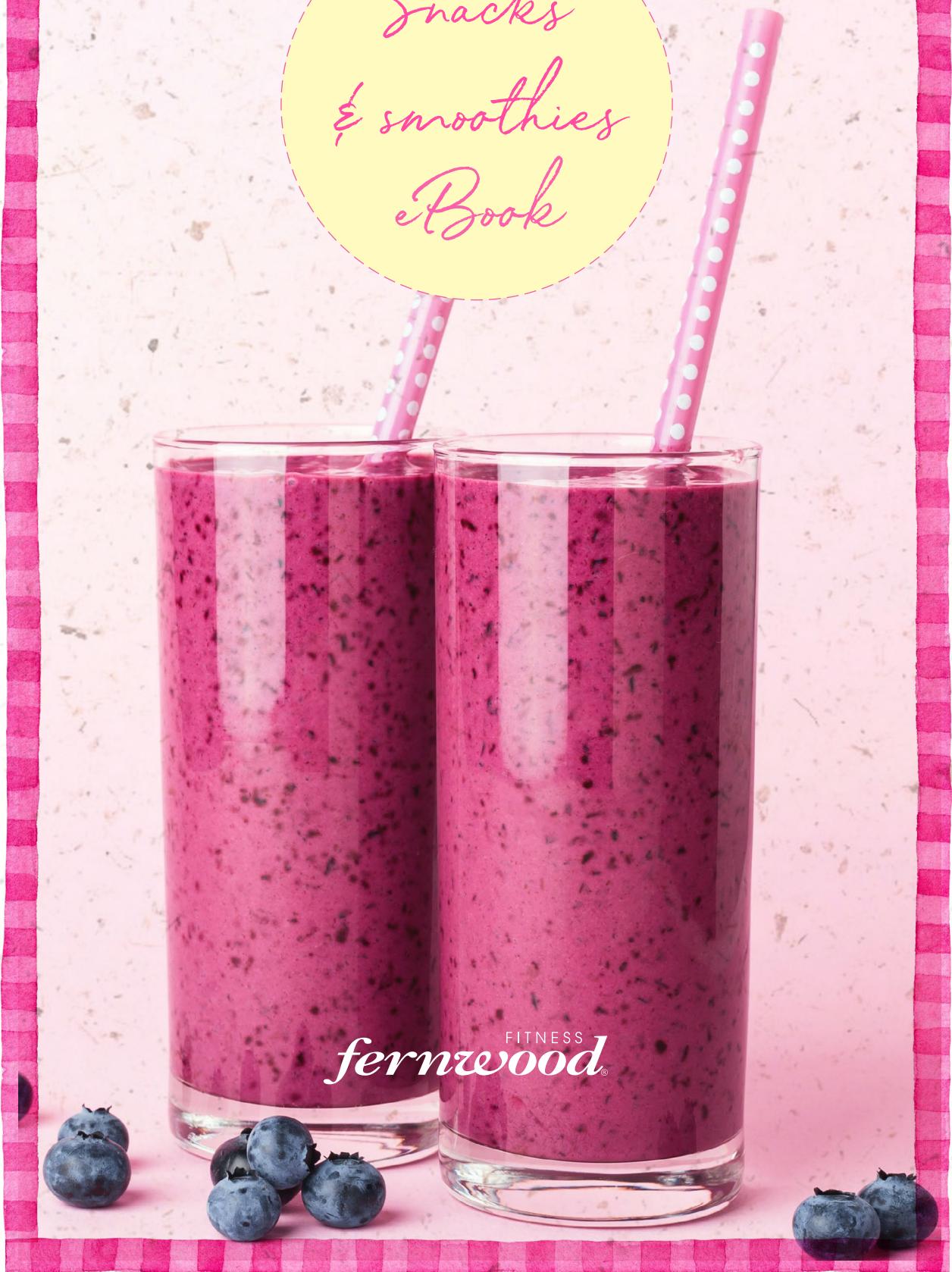


Snacks  
& smoothies  
eBook



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, entertaining guests, or topping up in-between workouts, we've pulled together a bunch of summer-inspired snacks and smoothies perfect for the season. We've got a loaded green smoothie, or a fruity smoothie bowl if that's what you're in the mood for. Plus, snacks to satisfy those cravings, which you can enjoy all to yourself, or make enough to share with your pals.

Love your Fernwood family xx

# Yoghurt, cumin and carrot dips 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.



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.

## Tzatziki rice cakes

Making your own tzatziki has never been so easy!

A quick and  
tasty veggie  
snack for  
mushroom  
lovers

SERVES  
1

## Avocado, cheese and chive button mushrooms

### 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.

## Creamy beetroot dip with corn cakes

SERVES  
1

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



### 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.



# Tahini and honey dips with strawberries

SERVES  
1

## INGREDIENTS

30g tahini  
10g honey  
200g strawberries

## METHOD

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

## 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

SERVES  
1

A delicious fruit smoothie bowl to start your day!

### INGREDIENTS

200g Greek yoghurt (non-fat)  
130ml skim milk  
20g spinach  
100g pineapple (frozen)  
80g mixed berries (frozen)  
7g chia seeds  
4g coconut chips

### METHOD

1. Add yoghurt, milk, spinach, pineapple and berries, plus  $\frac{1}{4}$  cup of ice to a blender and blend until smooth.
2. Pour into a bowl and top with chia seeds, coconut chips and a few berries.



SERVES  
1

## Summer smoothie bowl

### No-bake raw cacao bites

#### INGREDIENTS

5g almonds  
5g walnuts  
15g dates  
 $\frac{1}{2}$  tbsp cacao powder  
13g protein powder (low carb, high protein)  
 $\frac{1}{4}$  tsp vanilla extract  
Small pinch of salt

SERVES  
1

#### 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.



# Blueberry super seeds smoothie

SERVES  
1

## INGREDIENTS

- ½ cup almond milk
- 80g non-fat plain natural yoghurt
- ¼ cup ricotta
- ½ tbsp flaxseeds
- 10g chia seeds
- 40g blueberries

## METHOD

1. Blend ingredients until smooth. Pour into a glass and serve.

Three of our favourite super foods combined to create the ultimate berry smoothie.



# Loaded green smoothie

SERVES  
1

## INGREDIENTS

- 1 cup skim milk
- ½ medium banana
- 30g spinach
- 15g nut butter (no added salt or sugar)
- A few mint leaves
- 1 Medjool date

## METHOD

1. Add all ingredients to blender with ¼ cup of ice and blend to combine.



# Banana & date vanilla smoothie

SERVES  
1

## INGREDIENTS

- 25g dates
- ½ cup almond milk
- 130g non-fat plain natural yoghurt
- ½ banana
- ½ tsp ground cinnamon
- 3g vanilla beans
- ¼ tbsp almond butter

## METHOD

1. Ensure dates are pitted.
2. Add all ingredients to a blender and blend until smooth. Serve in a glass. Enjoy.



## INGREDIENTS

- 1 ½ cups kiwi fruit
- 1 ½ cups strawberries
- 1 ½ cups mango

SERVES  
6

# Rainbow fruit popsicles

## 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.



Dates add an extra hit of sweetness to this classic banana almond milk smoothie.

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

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

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