











TABLE OF CONTENTS

| | |
|----|-----------------------------------|
| 1 | ZUCCHINI & FETA PANCAKES |
| 2 | GREEN SHAKSHUKA |
| 3 | SALMON & EGG BAKE |
| 4 | STICKY CHICKEN ASIAN SALAD |
| 5 | GREEN & BLACK BEAN TUNA SALAD |
| 6 | QUINOA, BEET & GOAT CHEESE SALAD |
| 7 | LENTIL & MUSHROOM SOUP |
| 8 | CHICKPEA & CORN BURGERS |
| 9 | QUICK ZUCCHINI & CHICKEN STIR FRY |
| 10 | CREAMY PRAWN NOODLES |
| 11 | BEEF KEEMA |
| 12 | SPANISH LENTIL STEW |
| 13 | CRISPY ZUCCHINI BITES |
| 14 | SIMPLE OAT COOKIES |
| 15 | FLOUR-LESS PB BROWNIES |



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| BREAKFAST Zucchini & Feta Pancakes | BREAKFAST Zucchini & Feta Pancakes | BREAKFAST Salmon & Egg Bake | BREAKFAST Salmon & Egg Bake | BREAKFAST Chickpea & Corn Burgers | BREAKFAST Green Shakshuka | BREAKFAST Green Shakshuka |
| LUNCH Sticky Chicken Asian Salad | LUNCH Sticky Chicken Asian Salad | LUNCH Quinoa, Beet & Goat Cheese Salad | LUNCH Lentil & Mushroom Soup | LUNCH Lentil & Mushroom Soup | LUNCH Chickpea & Corn Burgers | LUNCH Green & Black Bean Tuna Salad |
| SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites | SNACK E.g. PB brownies, Simple Oat Cookies, Crispy Zucchini Bites |
| DINNER Beef Keema | DINNER Spanish Lentil Stew | DINNER Creamy Prawn Noodles | DINNER Leftover Creamy Prawn Noodles | DINNER Quick Zucchini & Chicken Stir Fry | DINNER Meal Out - Enjoy! | DINNER Leftover Quick Zucchini & Chicken Stir Fry |

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

Fresh

- ☐ 3x zucchini
- ☐ 2x garlic
- ☐ 6x onions
- ☐ spinach
- ☐ rocket
- ☐ 2x green bell pepper
- ☐ 1x red bell pepper
- ☐ asparagus
- ☐ cabbage
- ☐ 5x carrot
- ☐ 1x cucumber
- ☐ spring onion
- ☐ green beans
- ☐ 2x cooked beetroot
- ☐ 1x lemon
- ☐ 2x lime
- ☐ 4x potatoes
- ☐ wild mushrooms
- ☐ cherry tomatoes
- ☐ ginger

Frozen

- ☐ peas

Herbs

- ☐ 2x parsley
- ☐ mint
- ☐ 2x coriander
- ☐ _____

MEAT, DAIRY & SPICES

Fish & Seafood

- ☐ 10 oz. (280g) salmon fillets
- ☐ 7 oz. (200g) prawns

Meats

- ☐ 1.6 lb (750g) chicken fillets
- ☐ 1.1 lb (500g) mince beef, 5% fat

Dairy

- ☐ feta cheese
- ☐ parmesan
- ☐ goat cheese
- ☐ 0% fat natural yoghurt

Non-Dairy

- ☐ 14x eggs
- ☐ almond milk
- ☐ oat cream

Spices

- ☐ chili flakes/powder
- ☐ ground cumin
- ☐ oregano
- ☐ thyme
- ☐ bay leaves
- ☐ smoked paprika
- ☐ curry powder

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GRAINS, SEEDS & BAKING

Grains

- ☐ buckwheat flour
- ☐ ground almonds
- ☐ quinoa
- ☐ brown lentils
- ☐ red lentils
- ☐ corn starch
- ☐ oat flour
- ☐ oats
- ☐ buckwheat noodles

Nuts & Seeds

- ☐ almonds
- ☐ sesame seeds
- ☐ pumpkin seeds
- ☐ walnuts

Baking

- ☐ cocoa powder
- ☐ baking soda
- ☐ baking powder
- ☐ dark chocolate chips
- ☐ vanilla extract

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CANS, CONDIMENTS & MISC

Oils

- ☐ coconut oil
- ☐ sesame oil
- ☐ olive oil

Cans & Condiments

- ☐ harissa paste
- ☐ soy sauce
- ☐ black beans
- ☐ 2x can tuna in water
- ☐ capers
- ☐ tomato passata
- ☐ tomato paste
- ☐ mirin
- ☐ chickpeas
- ☐ sweetcorn
- ☐ chopped tomatoes
- ☐ peanut butter

Sweeteners

- ☐ honey
- ☐ sugar
- ☐ maple syrup

Other

- ☐ vegetable stock
- ☐ chicken stock
- ☐ beef stock
- ☐ cranberries

- ☐ _____
- ☐ _____

ZUCCHINI & FETA PANCAKES



ZUCCHINI & FETA PANCAKES



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
300 kcal
21g Fats
14g Carbs
14g Protein



WHAT YOU NEED

- 1 medium zucchini
- 100g (3 ½ oz.) feta cheese, crumbled
- 4 tbsp. (30g) buckwheat flour
- 1 egg
- 2 tbsp. parsley, chopped
- 1 clove garlic, minced
- chilli flakes, to taste
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

Grate the zucchini (using the side with large holes), and place in a bowl. Add a tablespoon of salt and mix. Let it stand for about 30 mins, then squeeze all the juice/water out of the zucchini.

Put it back into the bowl, add crumbled feta, flour, egg, chopped parsley, garlic and chilli flakes.

Season with pepper and salt as desired (note that the zucchini will already be salty).

Heat the oil in a large frying pan over medium heat. Fry the pancakes for about 3 minutes on each side, until golden brown. Use around 1 large tbsp of batter per pancake.

This recipe makes around 8 pancakes, 4 per portion.



HAMILTON FIT



GREEN SHAKSHUKA

GREEN SHAKSHUKA



Serves: 2
Prep: 5 mins
Cook: 35 mins



Nutrition per
serving:
338 kcal
19g Fats
23g Carbs
18g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp. ground cumin
- 2-4 handfuls spinach
- a handful parsley
- 2-4 tbsp. almond milk
- 1 tbsp. harissa paste
- 1 green bell pepper, sliced
- 1 cup (150g) green peas, frozen
- 4 eggs

WHAT YOU NEED TO DO

Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onions and garlic for about 10 minutes, until soft.

Season with cumin and salt to taste, then cook for another 2 mins. Next, transfer the onion into a food processor along with the spinach, parsley, almond milk and harissa paste. Season with freshly ground black pepper, and blend until smooth.

Using the same pan as earlier, heat the remaining oil and fry the pepper for about 5 minutes, until charred. Next, pour in the spinach sauce and add the peas. Cook for about 5 minutes until peas are defrosted.

Make 4 pockets in the sauce and break an egg in each one. Cook for another 10 minutes, or until the eggs are set. Cover with a lid to speed up the process.

Serve seasoned with salt and freshly ground black pepper.



HAMILTON FIT



SALMON & EGG BAKE

SALMON & EGG BAKE



Serves: 4
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
305 kcal
17g Fats
7g Carbs
29g Protein



WHAT YOU NEED

- 10 oz. (280g) salmon fillets
- 2 tsp. coconut oil
- 5 eggs
- 2 egg whites
- ½ cup (120ml) almond milk
- 2 cloves garlic, minced
- 7 oz. (200g) asparagus, chopped
- 1 tsp. oregano
- 1 tsp. thyme
- 1 small onion, cut to wedges
- 1 bell pepper, sliced

WHAT YOU NEED TO DO

Heat oven to 420F (215C). Season the salmon fillets with salt & pepper.

Heat 1 tsp. of oil in a pan over high heat, and fry the salmon fillets skin side up for about 2 minutes, then place on a baking tray and broil in the oven for another 8 minutes. Remove from the oven and set aside.

Reduce the oven heat to 350F (180C).

In the same pan, add the remaining 1 tsp. of oil and cook the garlic and asparagus, on medium heat for 5 minutes. Season oregano and thyme, and mix well.

Whisk together the eggs, egg whites and milk, adding in a pinch of salt.

Flake the baked salmon into a baking dish, add the onion and pepper, then pour in the egg mixture.

Bake for 30-35 minutes or until eggs are set and browned.



HAMILTON FIT

STICKY CHICKEN ASIAN SALAD



STICKY CHICKEN ASIAN SALAD



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
428 kcal
21g Fats
35g Carbs
30g Protein



WHAT YOU NEED

- 300g (10 ½ oz.) chicken breast fillets
- 2 tbsp. soy sauce (gluten free)
- ¼ cup (90g) clear honey
- 1 clove garlic, minced
- 2 tbsp. sesame oil
- 3 ½ cups (350g) cabbage, finely sliced
- 1 large carrot, finely sliced
- 1 cucumber, finely sliced
- 3 spring onions, sliced
- 1 cup (30g) mint, leaves
- 1 cup (30g) fresh coriander, leaves
- ½ cup (80g) almonds, roughly chopped
- 1 tbsp. toasted sesame seeds

WHAT YOU NEED TO DO

Lay the chicken between 2 sheets of clingfilm and pound with a rolling pin to slightly flatten.

To make the marinade, put the soy sauce, honey, garlic and 1 tbsp. sesame oil in a large bowl and stir to combine. Add the chicken and put in the fridge. Allow it to marinate for at least 10 minutes.

Heat 1 tbsp. of sesame oil in a large frying pan over high heat. Fry the chicken for 4-5 minutes each side or until brown. Then take off the pan, and set aside to slightly cool and thinly slice or shred.

Reduce the heat to medium, add the remaining marinade to the pan and cook for 5-6 minutes or until sticky. Set aside to cool.

Put the cabbage, carrot, cucumber, onion, mint, coriander, almonds, sesame seeds and the chicken in a large serving bowl. Add the soy dressing and toss to combine.

Serve straight away or store in the fridge.



HAMILTON FIT



GREEN & BLACK BEAN TUNA SALAD



GREEN & BLACK BEAN TUNA SALAD



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
266 kcal
9g Fats
16g Carbs
30g Protein



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WHAT YOU NEED

- 2/3 cup (100g) green beans
- 4 handfuls baby spinach
- 2/3 cup (100g) canned black beans, drained
- 7/8 cup (200g) tuna in water, drained
- 1 tbsp. olive oil
- 1 tsp. oregano
- 1 tbsp. capers
- 2 tbsp. pumpkin seeds

WHAT YOU NEED TO DO

Blanche the green beans for about 5 minutes. Drain and rinse the black beans.

Mix the spinach, green beans, tuna, black beans, oregano and olive oil in a bowl.

Divide the salad between two bowls, top each with capers and drizzle 1 tsp. of its brine liquid. Season with freshly ground black pepper and sprinkle with the pumpkin seeds to serve.



HAMILTON FIT



**QUINOA, BEET &
GOAT CHEESE SALAD**

QUINOA, BEET & GOAT CHEESE SALAD



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
425 kcal
22g Fats
44g Carbs
14g Protein



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WHAT YOU NEED

- 1 cup (170g) raw quinoa
- 2 small beets, cooked, chopped
- 4 handfuls rocket
- 3 ½ oz. (100g) goat cheese, crumbled
- 1/2 cup (60g) dried cranberries
- 1/4 cup (30g) walnuts, roughly chopped
- 2 tbsp. olive oil
- ¼ lemon, juice only

WHAT YOU NEED TO DO

Cook quinoa according to instructions on packaging.

Once quinoa is cooked, divide it between two serving bowls. Add chopped beetroot, rocket and crumbled goat cheese.

Finally top with cranberries and walnuts. To serve, season with salt and pepper, and drizzle with olive oil and lemon juice.



HAMILTON FIT

LENTIL & MUSHROOM SOUP



LENTIL & MUSHROOM SOUP



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
325 kcal
5g Fats
63g Carbs
10g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, diced
- 2 carrots, chopped
- 2 cloves garlic, minced
- 3 potatoes, peeled, chopped
- ¼ cup (50g) red lentils
- 4 ¼ cups (1.5L) broth (chicken, vegetable)
- 1 cup (75g) wild mushrooms, chopped
- 1 tbsp. tomato paste

WHAT YOU NEED TO DO

In a saucepan, heat the oil and sauté the onion for 4-5 minutes. Add carrots and cook for another 3 minutes. Add the garlic and cook for one more minute.

Next add the potatoes, lentils, and broth. Bring to a boil, cover, and simmer on low heat for 10 minutes.

Add the mushrooms and cook for another 5 minutes. Lastly, add tomato paste and season with salt and pepper to taste. Boil for another 2 minutes and taste for seasoning.

Serve hot.



HAMILTON FIT



CHICKPEA & CORN BURGERS

CHICKPEA & CORN BURGERS



Makes: 8
Prep: 25 mins
Cook: 15 mins



Nutrition per
serving:
141 kcal
7g Fats
13g Carbs
5g Protein



WHAT YOU NEED

- 14 oz. (400g) chickpeas, canned, drained
- 3 cloves garlic
- 1 small onion, diced
- 1 tsp. oregano
- 1 tsp. chilli powder
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 lime, juice
- ¾ cup (130g) sweetcorn, canned, drained
- 1 red bell pepper, diced
- 1 lime, zest
- ¼ cup (30g) ground almonds
- 2 tbsp. oat flour
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Place the chickpeas, garlic, onion, spices and lime juice in a food processor, season with salt & pepper and blitz until smooth. Transfer into a large bowl.

Add in the sweetcorn, bell pepper, lime zest, and flour and mix well.

Roll the batter (an amount equal to 1/3 cup) into balls and shape into burgers. Place them in the freezer for 20 minutes.

Preheat the oven to 420F (210C).

Heat a portion of the oil in a pan over medium-high heat, and fry the burgers, for about 3 minutes each side. Repeat until all burgers are cooked.

Next place in the burgers on a baking tray lined with a baking sheet and bake in the oven for 8 minutes. Allow to slightly cool before serving.



HAMILTON FIT

QUICK ZUCCHINI & CHICKEN STIR FRY



QUICK ZUCCHINI & CHICKEN STIR



Serves: 5
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
253 kcal
9g Fats
11g Carbs
30g Protein



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WHAT YOU NEED

- 1/4 cup (60ml) soy sauce (gluten free)
- 1 cup (240ml) chicken broth
- 1 tbsp. corn starch
- 2 tbsp. mirin
- 1 tbsp. sugar
- 2 tsp. sesame oil
- 1 tbsp. coconut oil, divided
- 1 tbsp. minced garlic
- 1 tbsp. minced ginger
- 1 lb (450g) chicken breast, thinly sliced
- 1 large zucchini, cut in thick half-moons
- 1 tbsp. sesame seeds
- 2 tbsp. spring onion, to garnish

WHAT YOU NEED TO DO

In a large bowl add the soy sauce, chicken broth, corn starch, mirin, sugar, and sesame oil and whisk until everything is completely dissolved.

In a large skillet, add 2 tsp. coconut oil and the chicken, about 2-3 minutes on each side, on medium-high heat. Then set aside on a plate.

Using the same skillet, add in the remaining 1 tsp. of oil, garlic and ginger and sauté for 30-45 seconds until fragrant, but being careful not to burn it.

Stir the garlic and ginger well and add in the earlier prepared sauce. Whisk well.

Simmer the sauce for 1 minute, then add in the zucchini and continue cooking for 2 more minutes, until thickened and the zucchini is tender-crisp.

Remove from the heat, add in the chicken, and stir until well coated. Garnish with sesame seeds and scallions if desired.



HAMILTON FIT



CREAMY PRAWN NOODLES

CREAMY PRAWN NOODLES



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
463 kcal
16g Fats
58g Carbs
22g Protein



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WHAT YOU NEED

- 7oz. (200g) frozen prawns
- 4 ½ oz. (125g) noodles (black rice, buckwheat)
- 1 tbsp. coconut oil
- 1 small onion, diced
- 1 tsp. oregano
- 2 garlic cloves, minced
- 10 cherry tomatoes, cut in quaters
- 2 tbsp. parsley, chopped
- ½ cup (125ml) oat cream

WHAT YOU NEED TO DO

Defrost the prawns, rinse and dry. Cook the pasta according to the instructions on the packaging.

Heat the coconut oil in a large frying pan and sauté the onion until soft. Add oregano and minced garlic, and fry for another 1-2 mins.

Add prawns and fry for about another minute, stirring constantly, season with salt and pepper.

Add the cherry tomatoes and parsley, mix and fry for another half a minute.

Pour in the cream and bring to a boil. Simmer everything for about 1 minute until the sauce thickens, season with freshly ground pepper and salt as needed.

Add strained pasta and heat everything together.



HAMILTON FIT

BEEF KEEMA



BEEF KEEMA



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
278 kcal
8g Fats
16g Carbs
34g Protein



GF

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WHAT YOU NEED

- 1.1 lb (500g) beef mince, 5% fat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ cup (25g) ginger, peeled and finely chopped
- ½ cup (15g) fresh coriander, leaves and stalks chopped separately
- 2 tbsp. curry powder
- 14 oz. (400g) can chopped tomatoes
- 7/8 cup (200ml) beef stock
- 7 oz. (200g) pot 0% fat natural yoghurt
- 2 cups (300g) peas, frozen

WHAT YOU NEED TO DO

Heat a dry frying pan over high heat, and cook the beef mince until browned.

Add in the onion, garlic and ginger and sauté for 6-8 minutes until soft. Stir in the coriander stalks and curry powder and continue cooking for another 2-3 minutes, while stirring.

Add the chopped tomatoes and beef stock. Season with salt and pepper. Bring to a boil, then reduce heat, and simmer, uncovered, for 20 mins, stirring occasionally.

After 20 minutes of simmering, stir in 1 tbsp. of yoghurt. Add the frozen peas and half the coriander leaves. Cook for another 2 mins, until peas are heated through, then season again if needed.

Serve with a portion of rice, garnished with the remaining coriander and a spoonful of yoghurt.



HAMILTON FIT

SPANISH LENTIL STEW



SPANISH LENTIL STEW



Serves: 4
Prep: 15 mins
Cook: 40 mins



Nutrition per
serving:
261 kcal
4g Fats
47g Carbs
14g Protein



WHAT YOU NEED

- 2 tsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves
- 1 large potato, cut into bite-size pieces
- 2 carrots, chopped
- 100g green beans, chopped
- 2-3 bay leaves
- 150g brown lentils
- 3 cups (700ml) vegetable stock
- 2 cups (475ml) tomato passata
- chilli powder, to taste

WHAT YOU NEED TO DO

In a large pot, heat oil over medium-high heat, and sauté the onion and garlic for 2-3 minutes. Then add in the potato, carrots, green beans and bay leaves. Cook for another 2-3 mins.

Next, add in the passata and continue cooking for 2 mins. Finally, add the lentils and the vegetable stock. Bring to boil, reduce the heat to low and simmer for 30 minutes or until lentils are cooked.

Season with salt and pepper, and hot paprika to taste. If necessary, add more stock, depending on the consistency you want to achieve (more thick for stew, more liquid for soup).

Remove the bay leaves and garlic before serving.



HAMILTON FIT



CRISPY ZUCCHINI BITES

CRISPY ZUCCHINI BITES



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
350 kcal
33g Fats
6g Carbs
10g Protein



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WHAT YOU NEED

- 1 large zucchini
- 3 tbsp. olive oil
- 6 tbsp. Parmesan, grated
- 4 tbsp. ground almonds
- 1 tsp. dried oregano

WHAT YOU NEED TO DO

Heat the oven to 440F (230C).

Cut zucchini into thin slices. In a bowl, mix the parmesan cheese, almonds and oregano.

Sprinkle the zucchini with some sea salt, and rub with the olive oil - next coat with the parmesan and almond mixture.

Place on a baking tray lined with baking paper and bake for about 15-20 minutes until golden brown.

Enjoy as a snack on it's own or with a dipping sauce.



HAMILTON FIT



SIMPLE OAT COOKIES

SIMPLE OAT COOKIES



Makes: 12
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
203 kcal
15g Fats
24g Carbs
5g Protein



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WHAT YOU NEED

- 2 ¼ cups (180g) oats
- 1 cup (100g) oat flour
- 5/8 cup (70g) ground almonds
- 1 tsp. baking powder
- pinch salt
- 7 tbsp. maple syrup
- 4 tbsp. coconut oil, melted

WHAT YOU NEED TO DO

Preheat oven to 360F(180C).

Place oats, flour, almonds, baking powder and salt in a large bowl and mix well. Add in the maple syrup, melted coconut oil and mix again.

Using slightly wet hands, roll walnut-sized balls and place on a baking tray lined with baking paper. Gently push down each ball to create cookie-like shapes.

Bake for 15-20 minutes until golden brown. Allow to cool completely before serving.



HAMILTON FIT

The image shows six rectangular brownies arranged in two rows of three. They are placed on a piece of light brown, crinkled parchment paper which is set against a light-colored wooden background. The brownies have a dark, almost black, fudgy texture with visible swirls of a lighter, golden-brown peanut butter filling. The lighting is even, highlighting the moist surface of the brownies.

FLOUR-LESS PB BROWNIES

FLOUR-LESS PB BROWNIES



Makes: 12
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
192 kcal
11g Fats
19g Carbs
6g Protein



GF

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WHAT YOU NEED

- 2 large eggs
- 3/4 cup (90g) ground almonds
- 1/3 cup (35g) unsweetened cocoa powder
- 1/8 tsp. salt
- 3/4 tsp. baking soda
- 1/2 cup (175g) honey
- 1 tsp. vanilla extract
- 1/2 cup (90g) dark chocolate chips
- 1/3 cup (85g) peanut butter

WHAT YOU NEED TO DO

Preheat the oven to 325F (160C). Spray a non-stick 9 x 9-inch baking pan with cooking spray and line baking paper.

In a medium bowl, whisk 1 large whole egg with 1 egg yolk. Add 1/4 cup (60ml) water, the honey, and vanilla extract and stir with the spatula until combined.

In a large bowl, combine the almond meal, cocoa powder, salt, and baking soda.

Pour the egg mixture into the bowl with the dry ingredients and mix well. Fold in the chocolate chips.

Pour the batter into the prepared baking pan, then top with the peanut butter. Mix it slightly on the top, creating swirls with a fork.

Place in the oven and bake for about 30 mins, or until an inserted toothpick comes out clean.

Let cool for another 30 mins before cutting into 12 pieces.



HAMILTON FIT