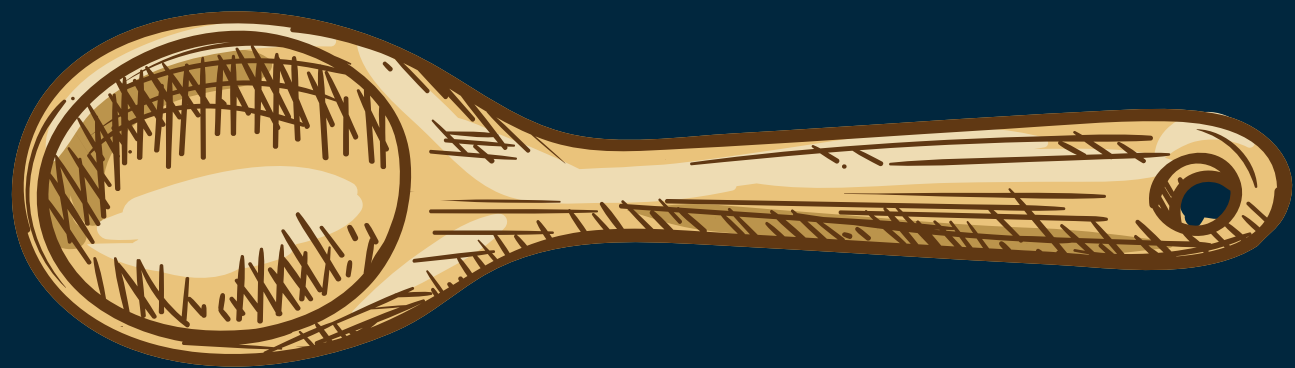


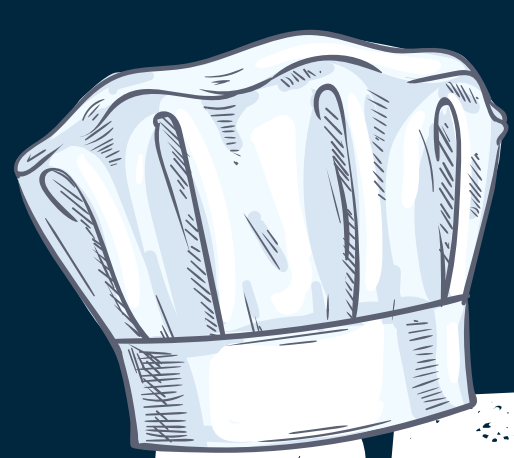
CYC presents...

COOKING WITH THE COACH



...making iso kinda sorta better!





BEFORE WE BEGIN...

Just a friendly reminder that every recipe can be altered to suit your dietary needs!

Here are some things that might need to be altered for you:

Milk, Cocoa Power, Marshmallows, Greek yogurt, Protein Powder & Egg



HOT



What you'll need to make this delicious treat:

- 2 cups almond milk (or your milk of choice)
- 2 Tbsp cocoa powder
- 2 Tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- Marshmallows

CHOC



O'LATTE

THE HOW:

Warm the almond milk in a small saucepan, then whisk in the cocoa powder, honey, and vanilla extract.

Whisk well to remove any lumps from the cocoa.

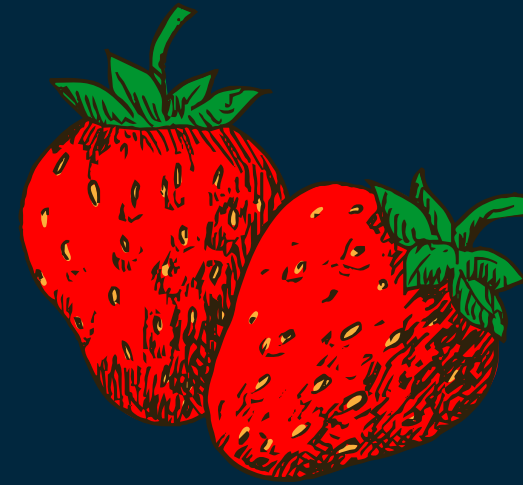
Optional: place in your blender (make sure the cocoa isn't too hot - you don't want to get burned) and blend until frothy.

Serve warm with marshmallows.

Add more or less honey, depending on how sweet you like it.



PROTEIN



FRUIT

What you'll need to make
this delicious treat:

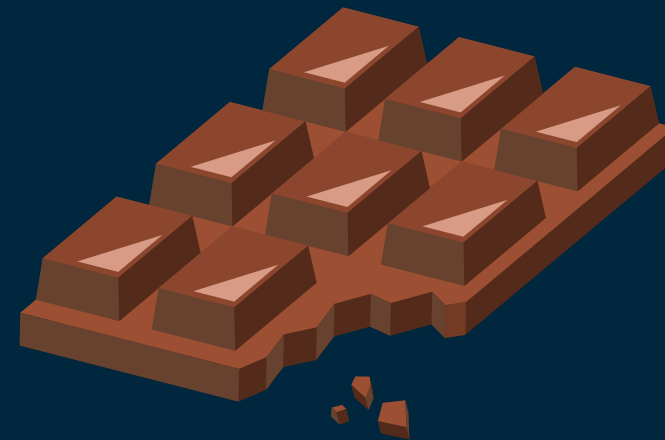
- Protein Powder
- Frozen Fruit
- Water

YOGHURT



Tips & Tricks:

- Make sure you have parental supervision when using the blender
- Keep it fresh & freeze your own fruit in ziplock bags
- Try to keep the flavours all on the same page
- Add in extras like peanut butter, cinnamon & honey for added yumminess



THE HOW:

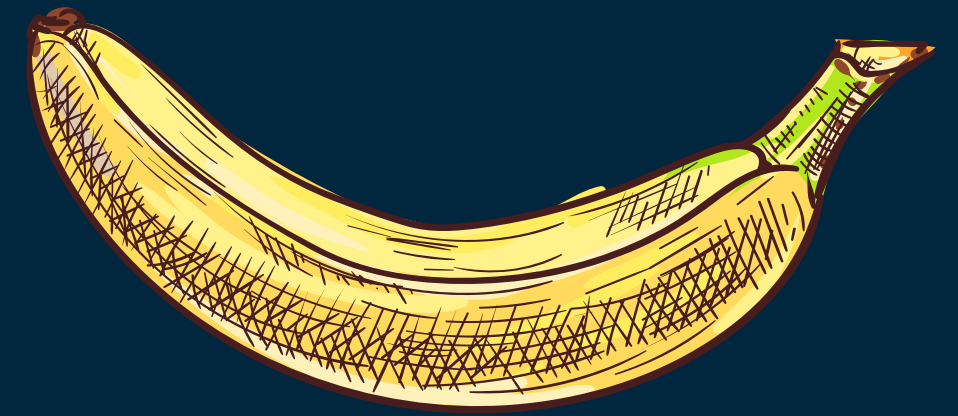
Add everything in the blender & blend your worries away!

Make sure you don't overdo it with the water so you have a nice thick consistency.

Try adding water in bits if you can.



BANANA



What you'll need to make
this delicious treat:

- Small Ripe Banana
- Medium Egg
- Wholemeal Self-Raising Flour
- Oil Spray
- Fruit, Spices, Maple Syrup or Honey to garnish



CAKES



THE HOW:

Start by mashing the banana with a fork until you get a paste.

Then add the rest of the ingredients & mix. Only use about two tablespoons of wholemeal self-raising flour for this.

Once combined, grab a parent to help with the cooking. Use the spray to oil a pan & make as many pancakes as you can.

