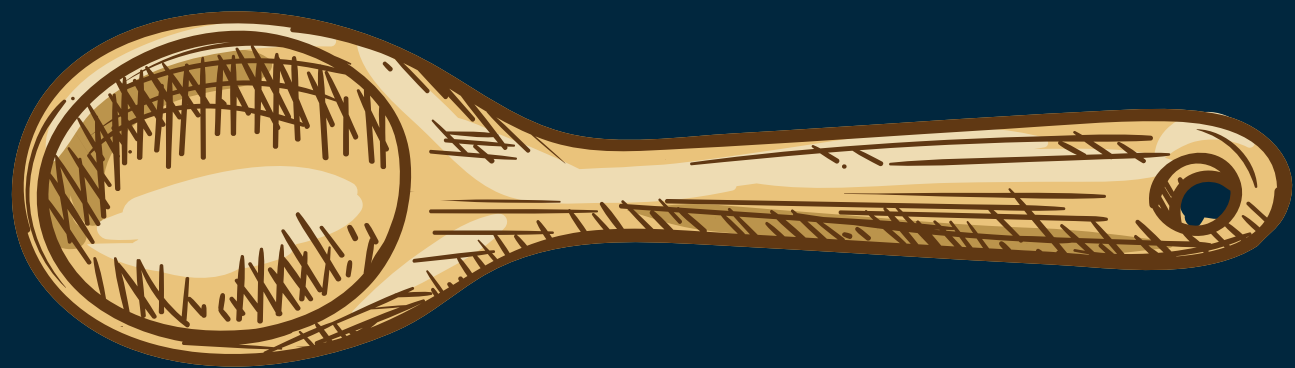


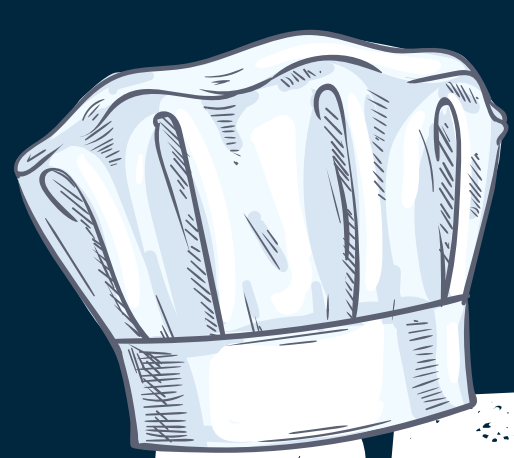
CYC presents...

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:

Chocolate, cheese, egg, bacon, sugar & milk!



CHOC BANANA BREAD



What you'll need to make
this delicious treat:

- 2 ½ cups oats or oat flour
- 2 tsp baking powder
- 3 tbsp chia seeds
- 3 ripe bananas
- 4 tbs coconut oil
- 2 tbs rice malt syrup or honey
- ½ cup almond milk
- block of chocolate

THE HOW:

Preheat your oven to 180°C. Blitz your oats if you haven't got oat flour and add it to the mix bowl.

Add the baking powder next and chia seeds. Give the dry ingredients a quick mix. Mash the bananas with a fork and add them next to the bowl. Add the coconut oil and rice malt syrup or alternative. Then add milk and give it a stir.

Let it sit for three minutes so the chia seeds expand. After, add the chocolate in the mix. Line a tray with baking paper and add mix to tray. Bake for 45 mins. Once cooked, let it cool for 10 mins. Now enjoy!



EGG & BACON CUPS



What you'll need to make this delicious treat:

- 6 eggs
- 6 strips of bacon
- 3 pieces of bread
- 3 tbs shredded tasty cheese
- 1 tbs fresh parsley chopped for garnish
- 6 cupcake cases

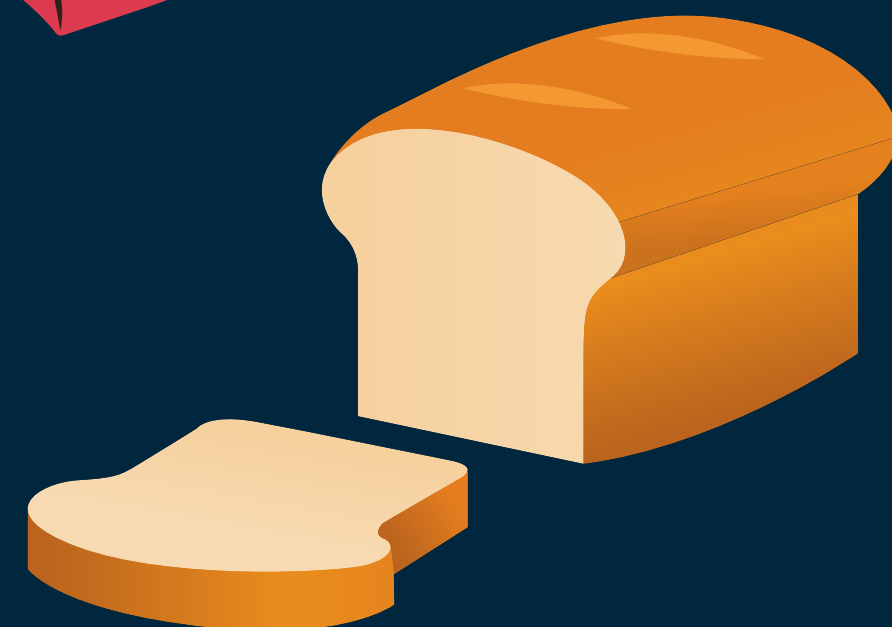
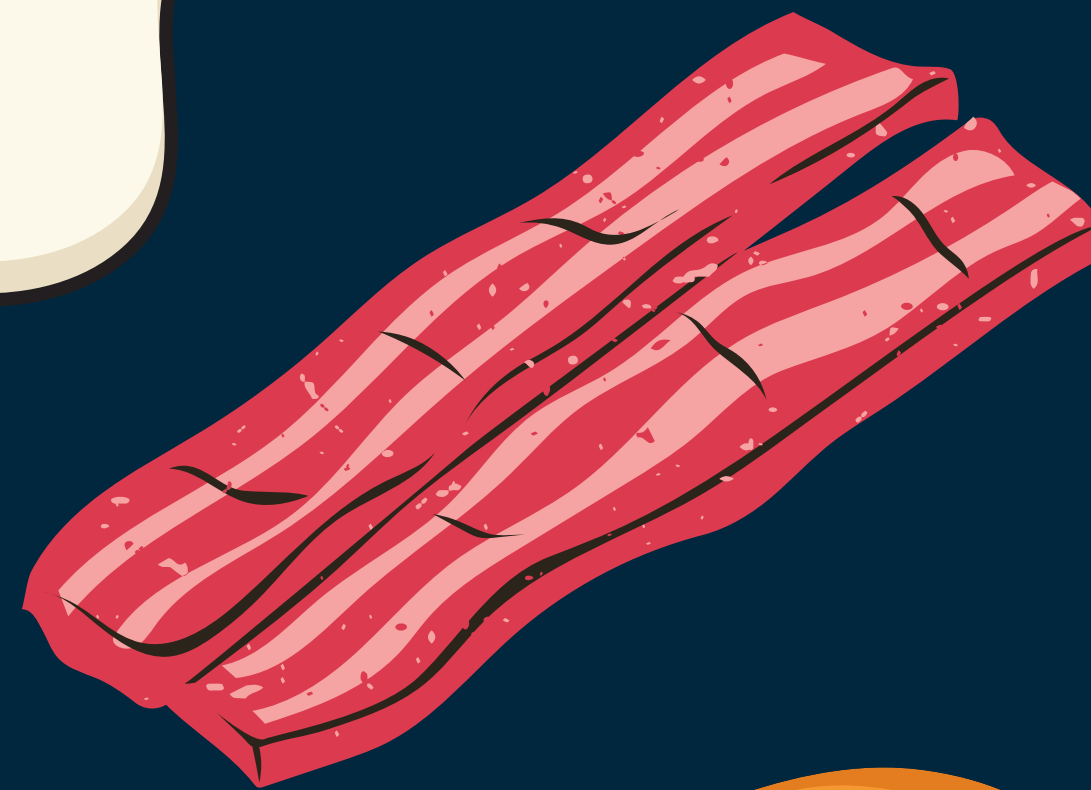
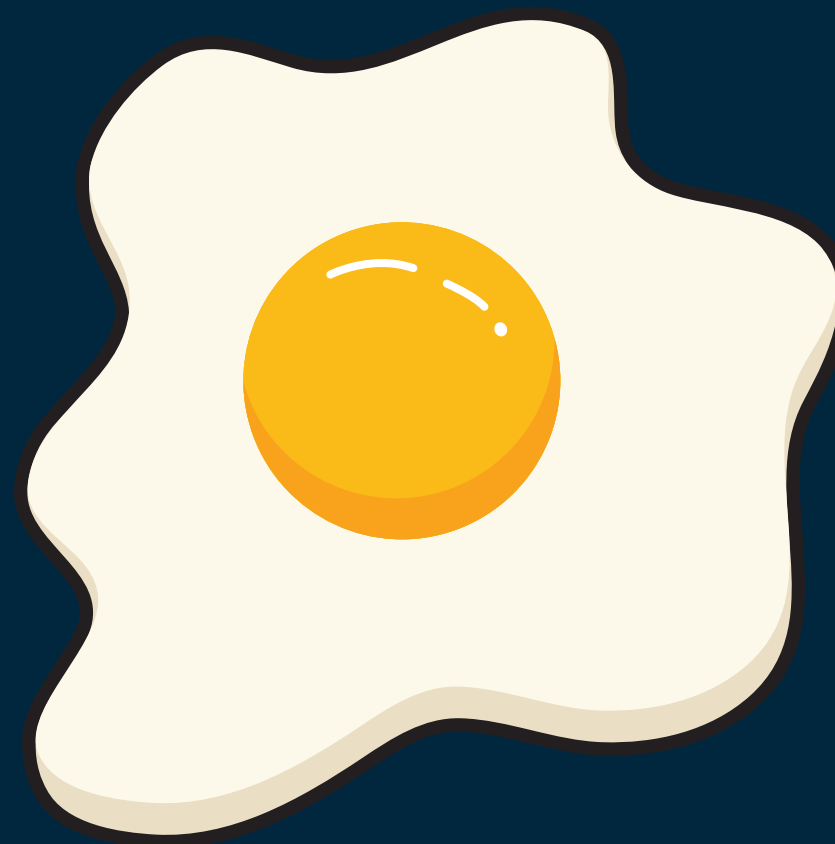
THE HOW:

Preheat oven to 180°C. Grease the muffin tin and line with cupcake cases.

Fry your bacon in a fry pan (PARENTAL SUPERVISION!!!) until it's nice and crispy. Place it on paper towels to drain off the fat. Use a cookie cutter or a cup to cut two circles out of each piece of bread. Place one circle of bread into the bottom of each cupcake case.

Line the edges of each case with a strip of bacon: curl the strip around the side of the hole to create a "cup" for the egg to go into.

Drop a teaspoon of grated cheese into each "cup". Crack one egg into each "cup" and add salt and pepper to taste. Bake for 15-20 minutes. Garnish with chopped parsley.



WHIPPED

What you'll need to make
this delicious treat:



COFFEE

- 2 tbs hot water
- 2 tbs sugar
- 2 tbs instant coffee
- milk to serve
- ice to serve

(FOR DAD)



THE HOW:

Add the hot water, sugar and instant coffee to a bowl.



Either hand whisk or use an electric mixer until the mixture is fluffy and light.



To serve, spoon a dollop over a cup of milk with ice in it and stir.



Enjoy!

