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TREATS RECIPE COLLECTION

*Enjoy these healthy and nutritious dessert
and treat recipes everyday.*





CHIA SEED PUDDING

CHIA SEED PUDDING



Serves: 2
Prep: 5 mins
Chill: 6-8 hrs



Nutrition per
serving:
214 kcal
12g Fats
21g Carbs
6g Protein



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WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

WHAT YOU NEED TO DO

Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.

Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.



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MATCHA CHAI PUDDING



MATCHA CHAI PUDDING



Serves: 2
Prep: overnight
Cook: 0 mins



Nutrition per
serving:
275 kcal
9g Fats
19g Carbs
23g Protein



WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp.(40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.



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**STRAWBERRY PROTEIN
CHIA PUDDING**

STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2
Prep: 0 mins
Cook: 10 mins



Nutrition per
serving:
243 kcal
16g Fats
22g Carbs
7g Protein



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WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 cup (50g) chia seeds

WHAT YOU NEED TO DO

Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

Pro tip: *if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.*



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A top-down view of a white ceramic bowl with black speckles, filled with a creamy white base, sliced strawberries, banana slices, and toasted coconut flakes. To the right of the bowl is a copper-colored spoon, and several coconut flakes are scattered on the grey textured surface below. A semi-transparent white box with a pink-to-white gradient background is centered over the bowl, containing the text "PROTEIN FRUIT BOWLS" in bold black letters.

**PROTEIN
FRUIT BOWLS**

PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
250 kcal
4g Fats
30g Carbs
25g Protein



WHAT YOU NEED

For the mango bowl:

- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.



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**QUARK WITH POMEGRANATE,
COCONUT & DARK CHOCOLATE**



QUARK WITH POMEGRANATE, COCONUT & CHOCOLATE



Serves: 4
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
128 kcal
9g Fats
6g Carbs
6g Protein



WHAT YOU NEED

- 5/8 cup (150g) quark
- 1/4 cup (25g) walnuts, chopped
- 1/4 cup (25g) dark chocolate (80%), chopped
- 2 tbsp. pomegranate seeds
- 1 tbsp. shredded coconut

WHAT YOU NEED TO DO

Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.

Serve straight away or store in the fridge until required.



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**PROTEIN
YOGURT TRIFLE**

PROTEIN YOGURT TRIFLE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
376 kcal
1g Fats
24g Carbs
12g Protein



WHAT YOU NEED

- $\frac{3}{4}$ cup (200g) raspberry protein yogurt (like Arla Skyr)
- 2 tbsp. muesli
- 2 dates, chopped
- $\frac{3}{8}$ cup (50g) raspberries

WHAT YOU NEED TO DO

Divide the yogurt between 2 small bowls. Top with muesli, dates, and raspberries. Serve immediately.



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COCONUT-BANANA MILLET CUSTARD



COCONUT-BANANA MILLET CUSTARD



Serves: 2
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
144 kcal
2g Fats
32g Carbs
2g Protein



WHAT YOU NEED

- 1/3 cup (75g) raw millet
- 1 cup (240ml) coconut milk
- 1 tbsp. honey
- 1 banana
- 1 tbsp. of lemon juice

WHAT YOU NEED TO DO

Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with 1/2 cup of coconut milk and 1/4 a cup of water. Simmer for about 15 mins, until the liquids are completely absorbed.

Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).

To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.

Serve warm or cold.

Serving suggestions:

- maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.



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A top-down photograph of two white ceramic bowls with black speckles, filled with a thick, reddish-brown chocolate millet pudding. Each bowl is garnished with a cluster of fresh raspberries and blackberries. A silver spoon lies horizontally on a grey, textured cloth in the upper portion of the frame. A semi-transparent white rectangular box is centered over the two bowls, containing the text 'CHOCOLATE MILLET PUDDING' in bold, black, uppercase letters.

**CHOCOLATE
MILLET PUDDING**

CHOCOLATE MILLET PUDDING



Serves: 3
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
212 kcal
3g Fats
40g Carbs
6g Protein



WHAT YOU NEED

- ½ cup millet (3.5 oz./100g)
- 2 cups plant milk (475ml) + more if necessary
- 2 tbsp natural cocoa powder
- 2 tbsp honey
- handful berries

WHAT YOU NEED TO DO

Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.

Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.

Blend in a food processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.

Serve hot or cold, topped with berries.



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**VEGAN ORANGE
CHOCOLATE MOUSSE**

VEGAN ORANGE CHOCOLATE MOUSSE



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
354 kcal
17g Fats
39g Carbs
13g Protein



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WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

WHAT YOU NEED TO DO

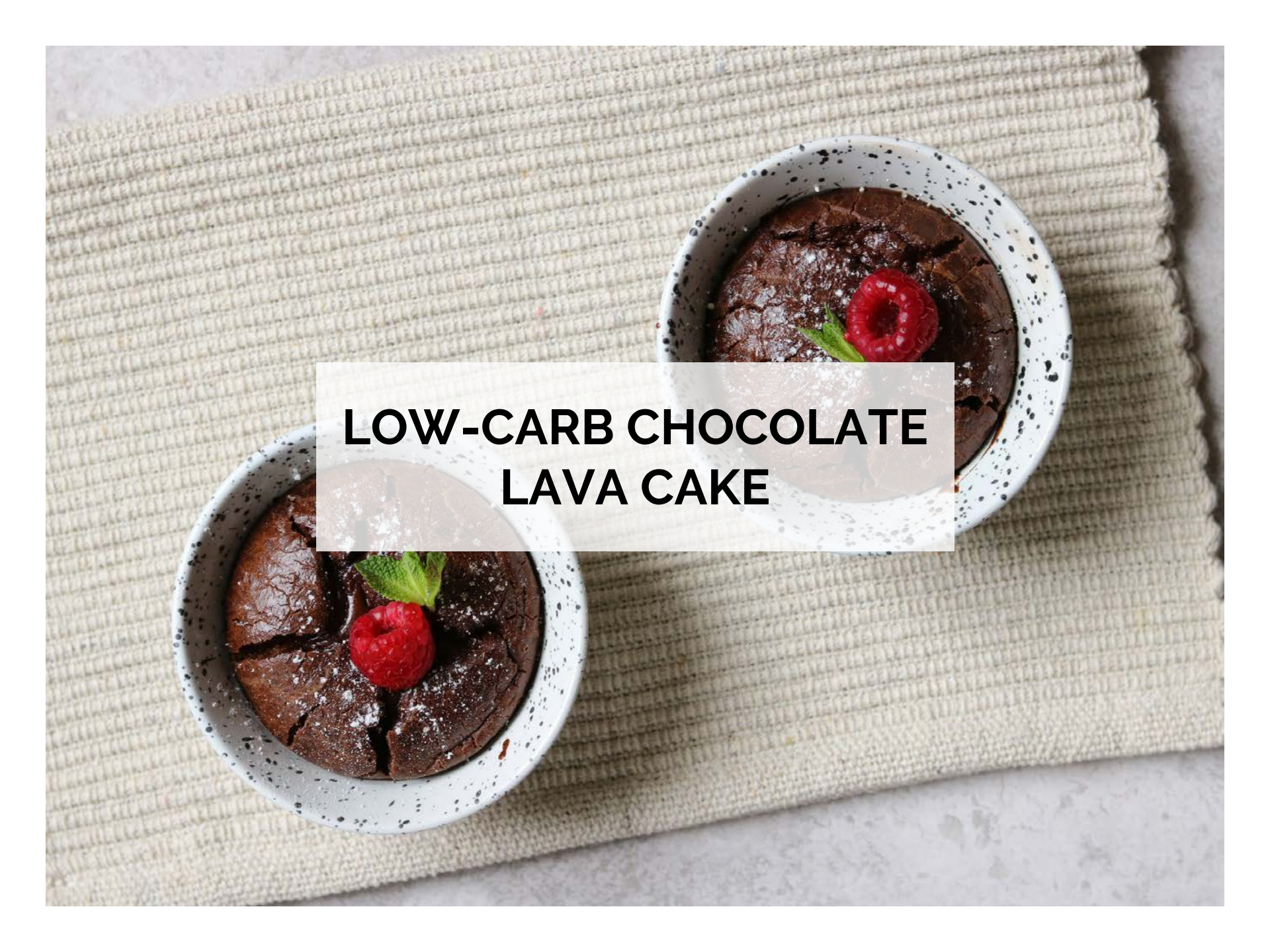
Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cocoa powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) – you should be able to invert the bowl, and the whipped brine should not move an inch.

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.



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**LOW-CARB CHOCOLATE
LAVA CAKE**

LOW-CARB CHOCOLATE LAVA CAKE



Serves: 4
Prep: 10 mins
Chill: 5-7 mins



Nutrition per
serving:
205 kcal
19g Fats
3g Carbs
5g Protein



WHAT YOU NEED

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- 1/2 tsp vanilla extract
- 2 eggs

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and grease 4 small ramekins with butter.

Place the chocolate in a saucepan, add butter and slowly melt together.

Add the vanilla extract and stir until smooth, then set aside. Allow the chocolate to cool slightly.

Crack the eggs into a bowl and beat with a hand mixer until fluffy. Pour in the melted chocolate and mix well.

Transfer the batter into the greased ramekins and place in the oven. Immediately lower the heat to 350°F (175°C). Bake for 5 mins, then remove from the oven and serve lukewarm with a dab of crème or ice cream (optional and not included in nutrition info).



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**VEGAN CRÈME
BRÛLÉE**

VEGAN CRÈME BRULEE



Serves: 4
Prep: 10 mins
Chill: 1 hr



Nutrition per
serving:
138 kcal
9g Fats
15g Carbs
1g Protein



WHAT YOU NEED

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside.

In a pot bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool in room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.



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The image shows four small, round, white ceramic bowls arranged in a diamond pattern. Each bowl contains a thick, golden-brown custard. A dollop of bright red jam is spread in the center of each custard, and it is topped with a generous amount of finely shredded white coconut. The bowls are placed on a light-colored, textured fabric with a subtle pattern. A semi-transparent white rectangular box is centered over the bowls, containing the text 'COCONUT CUSTARD' in bold, black, uppercase letters.

**COCONUT
CUSTARD**

COCONUT CUSTARD



Makes: 4
Prep: 5 mins
Cook: 45 mins



Nutrition per
serving:
163 kcal
12g Fats
8g Carbs
6g Protein



WHAT YOU NEED

- 3 eggs
- 1 tsp. vanilla extract
- 2 tbsp. stevia
- 1 cup desiccated coconut, unsweetened
- 1 2/3 cup (400ml) coconut milk, unsweetened
- 2 tbsp. strawberry jam

WHAT YOU NEED TO DO

In a bowl beat together the eggs, vanilla, and stevia until fluffy. Fold in the coconut and add the milk. Mix well and transfer into 4 small ovenproof ceramics. Bake for 45 minutes, until the top, is slightly browned.

In the meantime, prepare the sauce by mixing the jam with 2-4 tbsp. of water.

Serve warm with strawberry sauce on top.



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A photograph of several oatmeal muffins in white paper liners, arranged on a wooden surface. Some muffins are topped with a dollop of red jam. A semi-transparent white box with black text is centered over the image.

**PEANUT BUTTER &
JAM OAT MUFFINS**

PEANUT BUTTER & JAM OAT MUFFINS



Serves: 8
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
288 kcal
11g Fats
41g Carbs
7g Protein



WHAT YOU NEED

- 1 1/2 cups (140g) rolled oats
- 1 tsp. baking powder
- 1/4 cup (60ml) honey
- 1 egg
- 1 cup (235ml) almond milk
- 1/2 cup (120g) natural peanut butter
- 8 tsp. raspberry jam

WHAT YOU NEED TO DO

Heat the oven to 350°F (180C). Line a muffin tray parchment with muffin liners.

In a large bowl mix all ingredients, apart from the jam into the muffin liners.

Bake for 20-25 minutes, until lightly golden. Cool completely before storing.

Store in a sealed container at room temperature for up to 4 days or freeze for up to 3 months.



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LEMON & POPPY SEED MUFFINS



LEMON & POPPY SEED MUFFINS



Makes: 9
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
192 kcal
9g Fats
23g Carbs
5g Protein



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WHAT YOU NEED

- scant 1 ½ cups (180g) buckwheat flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 tbsp. poppy seeds
- zest from 2 lemons
- 1/3 cup (65g) coconut sugar
- 2 large eggs
- 5/8 cup (150g) vanilla soy yogurt
- juice from 1 lemon
- ½ tsp. almond extract
- ¼ cup melted coconut oil

WHAT YOU NEED TO DO

Preheat oven to 375F (190C). Line a muffin tin with 9 muffin liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and poppy seeds.

In a separate bowl add lemon zest and sugar, and rub the lemon zest into the sugar with your fingers. Next add in eggs, yogurt, lemon juice and almond extract; mix until smooth and well combined.

Fold in the dry ingredients until almost combined, then stir in melted and cooled coconut oil.

Divide batter evenly between the 9 muffin cups. Bake in the oven for 15-20 minutes or until toothpick comes out clean.

Allow to completely cool before serving.



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CARAMEL MUFFINS



CARAMEL MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
146 kcal
6g Fats
21g Carbs
5g Protein



WHAT YOU NEED

- 1 7/8 cups (225g) buckwheat flour
- 3 eggs
- 1 tsp. cinnamon
- 1 banana
- 1 apple, peeled, cored and chopped
- 1 1/2 tsp. baking powder
- 2/3 cup (150ml) coconut or almond milk
- 1/2 cup (100g) 75% dark chocolate

WHAT YOU NEED TO DO

Preheat the oven to 370 F (190C).

Mash the banana with a fork in a large bowl. Then add the buckwheat flour, eggs, cinnamon, baking powder, milk, apple, and mix well.

Grease a muffin tin and evenly fill 12 molds with the batter. Bake in the oven for about 25 minutes. Leave to cool before serving.



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A close-up photograph of several brownies, each topped with a thick layer of white cashew icing. The brownies are dark and fudgy, and the icing is smooth and slightly textured. The background is a plain, light-colored surface.

**BROWNISS WITH
CASHEW ICING**

BROWNIES WITH CASHEW ICING



Makes: 9
Prep: overnight
Cook: 30 mins



Nutrition per
serving:
296 kcal
19g Fats
32g Carbs
6g Protein



WHAT YOU NEED

For the brownies:

- ½ cup (115g) coconut oil, melted
- 2 eggs
- ½ cup (95g) coconut palm sugar
- 3 tbsp. maple syrup or honey
- 1 tsp vanilla extract
- ¾ tsp baking powder
- pinch salt
- ½ cup (50g) unsweetened natural cocoa powder
- 1 cup (120g) buckwheat flour

For the icing:

- ½ cup (75g) raw cashews, soaked*
- juice of ½ lemon
- 1 tbsp. maple syrup
- 1 tbsp. plant milk
- 1 tsp. vanilla extract
- pinch of salt

WHAT YOU NEED TO DO

Preheat oven to 350F (176 C) and grease an 8x8 inch baking tin with a little coconut oil.

Place the melted coconut oil in a large bowl, then stir in the eggs, sugar, maple syrup, vanilla extract, baking powder, salt and cocoa powder. Next, add the flour and mix well.

Scoop the batter into the greased baking tin and bake for about 25-30 mins. Once ready, remove from the oven and let cool completely (about 1 hour) before covering with icing.

To make cashew cream icing combine all of the icing ingredients together in a high-speed blender and blend until smooth. Add more milk, as needed, to thin the icing and more salt or sweetener to taste.

Once brownie has cooled spoon the frosting on top, cut into 9 squares and enjoy.

**Soak cashews in a large bowl covered with a few inches of water for at least 6 hours or overnight*



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A photograph of several rectangular, golden-brown blondies studded with dark chocolate chips. The blondies are arranged on a white surface, with one piece slightly separated from the main group. In the background, a piece of dark chocolate and the handle of a knife are visible. A semi-transparent white box with black text is overlaid on the right side of the image.

**GLUTEN-FREE
ZUCCHINI BLONDIES**

GLUTEN-FREE ZUCCHINI BLONDIES



Makes: 12
Prep: 10 mins
Cook: 35-45 mins



Nutrition per
serving:
130 kcal
5g Fats
20g Carbs
3g Protein



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WHAT YOU NEED

- 5.2 oz. (150g) buckwheat flour
- 1 tsp. gluten-free baking powder
- 1/2 tsp. salt
- 7 oz. (200g) zucchini, finely grated
- 3 tbsp. soy yogurt
- 1 tsp. vanilla extract
- 2 tbsp. honey, or maple syrup
- 2.5 oz. (70g) coconut sugar
- 3.5 oz. (100g) dark chocolate, roughly chopped

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C) and grease a 23cm square brownie tin.

In a bowl mix together flour, baking powder and salt.

In a separate bowl combine the grated zucchini, soy yogurt, vanilla extract, honey and sugar. Mix until well blended.

Gently add the dry ingredients into the wet ingredients, then fold in the chopped dark chocolate. Transfer the batter into the brownie tin and bake for 35-45 minutes, until the top is firm and brown.

Remove from the oven and let cool completely in the pan. Cut into 12 pieces and serve.



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**GLUTEN-FREE
BANANA BREAD**

GLUTEN-FREE BANANA BREAD



Serves: 12
Prep: 10 mins
Cook: 60-75 mins



Nutrition per
serving:
247 kcal
12g Fats
31g Carbs
6g Protein



WHAT YOU NEED

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) coconut palm sugar
- 2-3 tbsp maple syrup
- 3 1/2 tsp. baking powder (gluten free)
- 3/4 tsp. sea salt
- 1 tsp. ground cinnamon
- 3/4 cup (180 ml) unsweetened almond milk
- 1 1/4 cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

WHAT YOU NEED TO DO

Preheat the oven to 350F (180C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 mins, until firm and golden.

Remove from the oven and let cool completely before serving.



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**VEGAN LEMON &
COCONUT CAKE**

VEGAN LEMON & COCONUT CAKE



Serves: 12
Prep: 30 mins
Cook: 45 mins



Nutrition per
serving:
207 kcal
11g Fats
24g Carbs
2g Protein



WHAT YOU NEED

Wet ingredients:

- 1 cup (240ml) almond milk, at room temp.
- 1/3 cup (80g) coconut oil
- 2/3 (125g) coconut sugar
- 2 tbsp. lemon juice

Dry ingredients:

- zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1¾ cups (210g) all-purpose white flour, sifted
- 1 tsp. baking powder
- ¾ tsp. baking soda

WHAT YOU NEED TO DO

Heat the oven to 180°C (355° F).

Line a 1 kg / 2 lb tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature almond milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).



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**FIERY GINGER
COCONUT MACAROONS**

FIERY GINGER COCONUT MACAROONS



Makes: 8
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
310 kcal
19g Fats
30g Carbs
4g Protein



WHAT YOU NEED

- 3 eggs
- 1 cup (200g) of coconut sugar
- 2 ½ cups (225g) desiccated coconut, unsweetened
- 2 tbsp. crystallized ginger, finely chopped
- 1 tsp. red chili pepper, finely chopped

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.

Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.

Bake in the oven for about 20 min until golden brown.



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**PEANUT BUTTER
GRANOLA BARS**

PEANUT BUTTER GRANOLA BARS



Serves: 12
Prep: 20 mins
Chill: 2 hrs



Nutrition per
serving:
204 kcal
11g Fats
21g Carbs
4g Protein



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WHAT YOU NEED

- 1/3 cup (100g) honey
- 1/4 cup (65g) peanut butter
- 1/4 cup (50g) coconut oil
- 1 tsp. vanilla extract
- pinch salt
- 1/2 cup (70g) almonds, chopped
- 2 cups (185g) rolled oats
- 3/8 cup (65g) dark chocolate, chopped

WHAT YOU NEED TO DO

Prepare an 8 x 8 inch baking tray by lining it with baking paper.

In a medium saucepan, mix together the honey, peanut butter and coconut oil. Heat over low heat, until everything is melted. Bring to a simmer and cook for 1 minute. Remove from the heat and allow to cool for 10 minutes.

Once cooled slightly, stir in the almonds, rolled oats and most of the chocolate (leave some to top the bars).

Transfer the mixture into the lined tray and firmly press it down.

Tops with the remaining chocolate, then refrigerate for minimum 2 hours.

Once chilled, cut into 12 bars and store in a air tight container in the fridge for up to 2 weeks.



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A top-down view of a white ceramic bowl with black speckles, filled with several round, golden-brown almond energy balls coated in shredded coconut. The bowl sits on a light-colored wooden surface. A semi-transparent white rectangular box is centered over the bowl, containing the text "FIT ALMOND ENERGY BALLS" in bold, black, uppercase letters.

**FIT ALMOND
ENERGY BALLS**

FIT ALMOND ENERGY BALLS



Makes: 6
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
178 kcal
14g Fats
8g Carbs
6g Protein



WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond meal into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.



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A close-up photograph of several round, white truffles coated in shredded coconut, resting on a piece of brown parchment paper. The truffles are arranged in a loose cluster, with one in the foreground being the most prominent. The background is softly blurred, showing more truffles and the texture of the paper.

VANILLA & COCONUT TRUFFLES

VANILLA & COCONUT TRUFFLES



Makes: 10
Prep: 10 mins
Chill: 60 mins



Nutrition per
serving:
222 kcal
21g Fats
6g Carbs
1g Protein



WHAT YOU NEED

- 2 cups (200g) desiccated coconut + 3 tbsp.
- ¼ cup (60ml) coconut milk, canned
- ¼ cup (50g) coconut oil
- ½ tsp vanilla extract
- 3 tbsp. maple syrup

WHAT YOU NEED TO DO

Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.

Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.

Pro tip: add more milk if the batter is too dry and does not want to roll into balls.



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A close-up photograph of several dark chocolate-covered nut clusters scattered on a white parchment paper. The clusters are irregular in shape, with some showing the texture of the nuts inside. The background is a light-colored wooden surface, slightly out of focus. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text "CHOCOLATE AND SEA SALT NUT CLUSTERS" in bold, black, uppercase letters.

**CHOCOLATE AND SEA
SALT NUT CLUSTERS**

CHOCOLATE AND SEA SALT NUT CLUSTERS



Makes: 30
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
38 kcal
3g Fats
2g Carbs
1g Protein



WHAT YOU NEED

- ½ cup(100g) 75% dark chocolate
- 90 almonds (around 3 oz./90g)
- sea salt

WHAT YOU NEED TO DO

Melt the chocolate in a bowl bath or in the microwave.

Place the almonds in the melted chocolate and mix well until all the almonds are covered.

Using a fork take out 3 almonds at a time and transfer onto a sheet of baking paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.

Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 mins.



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A top-down view of several tahini-stuffed dates coated in dark chocolate and sprinkled with white coconut flakes, arranged on a light-colored surface. The chocolate coating is thick and glossy, and the coconut flakes are finely shredded. The dates are scattered across the frame, with some showing the characteristic shape of a date. The background is a light, neutral color, possibly parchment paper or a light-colored surface.

**TAHINI STUFFED DATES
IN DARK CHOCOLATE**

TAHINI STUFFED DATES IN DARK CHOCOLATE



Makes: 9
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
126 kcal
6g Fats
13g Carbs
3g Protein



WHAT YOU NEED

- 1/3 cup (50g) chopped dark chocolate
- 9 pitted medjool dates, pitted
- 3 tbsp. tahini
- 1 tbsp. desiccated coconut (optional)

WHAT YOU NEED TO DO

Melt the chocolate in the microwave or in a water bath.

Fill the dates with tahini and cover with the dark chocolate. Place on a chopping board covered with a sheet of baking paper and sprinkle with desiccated coconut (optional).

Finally, place the dates on the chopping board in the fridge for 10 mins to allow the chocolate to set, then remove and enjoy.



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**CHOCOLATE
HUMMUS DIP**

CHOCOLATE HUMMUS DIP



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
93 kcal
3g Fats
11g Carbs
5g Protein



WHAT YOU NEED

- 12.7 oz. (360g) chickpeas
- 2 tbsp. natural unsweetened cocoa powder
- 2 tbsp. maple syrup
- 1 tbsp. tahini
- ½ tsp. cinnamon
- 1 tsp. vanilla essence
- 2 tbsp. water

WHAT YOU NEED TO DO

Drain and rinse the chickpeas. Put all the ingredients in a food processor or a high-speed blender and blend into a smooth paste. Add more water if necessary to achieve the desired consistency.

Serve as a dip with fruit.



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**GRILLED PEARS WITH
LEMON YOGURT**

GRILLED PEARS WITH LEMON YOGURT



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
163 kcal
12g Fats
8g Carbs
6g Protein



WHAT YOU NEED

- 4 pears, halved
- zest of 1 lemon
- ½ tsp. ground cardamom
- 1 tbsp. honey
- 8.8 oz. (250g) natural yogurt
- 1 oz. (30g) pecans
- 8 biscoff biscuits

WHAT YOU NEED TO DO

If you are using the BBQ, heat it up. If not, then prepare a non-stick grill pan.

Halve the pears and remove the core with a spoon.

Mix the lemon zest, cardamom, and honey with the yogurt. Chop the pecan nuts coarsely. Break the biscuits into pieces.

Grill or BBQ the pears for 5 minutes.

Spread the grilled half pears over the plates, top with a spoonful of yogurt, sprinkle with the pecan nuts and decorate with a few pieces of biscuit.



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PROTEIN CREPES

PROTEIN CREPES



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
152 kcal
7g Fats
12g Carbs
10g Protein



WHAT YOU NEED

- ½ cup (65g) buckwheat flour
- 1 scoop (0.8 oz./25g) vanilla whey powder
- ¼ tsp. baking soda
- 2 eggs
- 2 tsp vanilla paste
- ½ cup plant based milk
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl combine all ingredients and mix well.

Heat a pan and grease with some coconut oil. Pour batter into skillet and move it around so it spreads out thin.

Once the batter starts slightly bubbling flip the crepe and cook on the other side for another minute. Transfer on a plate and repeat the process until you use up all the batter.

Stuff with your favorite toppings and serve.



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**CHERRY
SORBET**

CHERRY SORBET



Serves: 4
Prep: 10 mins
Cook: 1 hr



Nutrition per
serving:
109 kcal
1g Fats
24g Carbs
2g Protein



WHAT YOU NEED

- 1 $\frac{3}{4}$ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. lemon juice, 4 tbsp. yogurt and 4 tbsp. water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve immediately.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).



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A close-up photograph of a glass jar filled with a variety of roasted and spiced nuts. The nuts include almonds, cashews, and pecans, all coated in a golden-brown seasoning. The jar is set against a light, neutral background. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text "CURRIED NUT MIX" in a bold, black, sans-serif font.

CURRIED NUT MIX

CURRIED NUT MIX



Makes: 14 oz.
(400g)
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
106 kcal
10g Fats
4g Carbs
3g Protein



WHAT YOU NEED

- 1 cup of each cashews (150g), almonds(140g), pecans (100g)
- 4 tbsp. coconut oil
- 2 tsp. coconut palm sugar
- 4 tbsp. curry powder
- ½ tsp salt
- 1 tsp. cumin
- cayenne pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 300F (150C). Line a baking tray with baking paper.

In a small saucepan, melt the oil with brown sugar, curry powder, salt, cumin and cayenne powder. Stir for a few minutes until the sugar has dissolved.

Pour this mixture over nuts and stir well to coat. Spread the nuts out on the lined baking sheet and bake for 25 to 30 minutes until golden brown.

Let it cool and store in an airtight container.

This recipe makes around 14 oz. (400g) and the nutrition value is approximate for ½ oz. (15g).



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