



Lizi's[®]

SPRING RECIPES

A collection of nutritious recipes to help you
kick start your healthy lifestyle.



Lizi's

Tah dah! It's here - our very first E-Recipe Book.....

You've probably realised by now if you're already a Lizi's follower that we're about so much more than just a breakfast cereal - a healthy life, a positive mindset, for a whole lot better you!

We use 100% natural ingredients; all our delicious flavours are high in fibre and glycaemic load tested; we've got a range of low sugar and high protein; we're vegan-friendly, and we've even created some just for the kids, not to mention our muesli selection!



But what makes Lizi's extra special is our community, people like you who are immersing yourselves in everything 'Lizi's' - from our fantastic Instagrammers to our amazing email followers, and all your lovely feedback and inspirational stories.

Our granolas reflect you and your desire for a healthier way of living. That means across all things - not just in the kitchen. We take fitness and wellbeing extremely seriously (if you've read any of our blogs or followed us on social, you'll know what we mean) and like you, we care passionately about our future and the planet, so all of our packaging is 100% recyclable.

Sorry for blowing the Lizi's trumpet - we can't help sharing our enthusiasm!

Now to our book. Thanks to our amazing community, we've had some great contributions for our first spring edition. And if you thought a bowl of granola was just that, be prepared to be inspired!

Happy reading and creating.....





CRUNCHY GRANOLA HALLOUMI BITES

By Alex Solomou

We absolutely adore Alex's Halloumi bites! Who'd have thought serving with a lime yoghurt or sweet chilli dip would work so well!

INGREDIENTS

- 225g halloumi
- 1 egg
- Plain flour
- Lizi's High Protein Nuts & Seeds Granola
- Drizzle of honey

METHOD

1. Preheat your oven to 200c or 180c fan. Lay greaseproof paper on a baking tray.
2. Beat the egg in a bowl. On two separate plates, sprinkle roughly 3 tablespoons plain flour and 3 tablespoons Lizi's granola.
3. Slice the halloumi into finger-like bites roughly 2cm thick.
4. Taking one at a time, cover each halloumi bite in egg followed by the plain flour (this helps the granola stick to the halloumi). Dip the flour covered bite into the egg again and fully cover before coating with granola. Place on the baking tray and repeat for each halloumi bite.
5. Drizzle the halloumi bites lightly with honey and bake for roughly 15 mins. Serve with a lime yoghurt or sweet chilli dip.



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COCONUT & BLUEBERRY OAT GRANOLA MUFFINS

By Charli Williams

Everyone loves a muffin – combining coconut and blueberries together with the granola crunch makes Charli's version a real winner!

INGREDIENTS

- 255g Dried oats
- 4 tbsp light brown sugar
- 2 tsp baking powder
- 2 tbsp desiccated coconut or coconut chips
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- 2 eggs
- 1 tsp vanilla extract
- 125g coconut Greek yoghurt
- 85g honey
- 2 tbsp melted coconut oil
- 350ml coconut milk
- 200g blueberries (fresh or frozen)
- 120g your favourite granola

METHOD TO SERVE 2-4

1. Preheat oven to gas Mark 4 and line a 12 hole muffin tin with individual muffin cases.
2. In a large bowl, mix together the oats, coconut, brown sugar, baking powder, cinnamon & sea salt.
3. In a smaller bowl, mix together the eggs, honey, vanilla, coconut yoghurt and melted coconut oil using a whisk. Slowly add the coconut milk whilst whisking and mix until totally combined. Add the mix to the dry ingredients bowl and stir gently. Once the mix has come together gently add the blueberries and mix through.
4. Spoon the mix into the muffin cases evenly, filling almost to the top. Cover the top of each muffin with granola.
5. Bake in the oven for 45 minutes or until muffin has browned lightly and the centres are set. (You can test this by inserting a toothpick, if it comes out clean the centres are set, if the toothpick has mix on pop the muffins back in the oven for a little longer)
6. Allow to cool for 15 mins - delicious as a healthy snack with a cup of tea warm, or as an on the go breakfast treat!



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CHOCOLATE CHIP GRANOLA COOKIES

By Maude Luneau-Chagnon

What's not to like about the simplicity of this recipe! Thanks for sharing Maude. Even those of us with precious spare time can rustle up these cute cookies.

INGREDIENTS

- 2 cup Lizi's Granola
- 1 cup almond flour
- ¼ cup coconut sugar
- ¼ cup Xylitol (or any other sweetener)
- Pinch of salt
- ⅓ cup chocolate chips
- ½ melted coconut sugar
- ½ almond milk

METHOD

1. Preheat oven to 350°F.
2. In a medium bowl, mix together Granola, Almond Flour, Coconut Sugar, Xylitol, Salt and Chocolate Chips.
3. Add Melted Coconut Oil and Almond Milk and whisk again.
4. Roll the mixture to shape and scoop the batter onto parchment paper.
5. Bake 8 to 10 minutes or until light brown. Cool slightly; remove from cookie sheet. Cool on wire rack.



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BLACKBERRY PARFAIT

By Fabiana Conde

We'll be picking blackberries in the hedgerows late summer but for now use fresh or frozen ones to concoct this mouth-watering parfait dish.

INGREDIENTS

- 3 small cups. 1 small cup serves one person
- 100g fresh blackberries
- 100g vegan yogurt or Greek yogurt
- Lizi's Granola

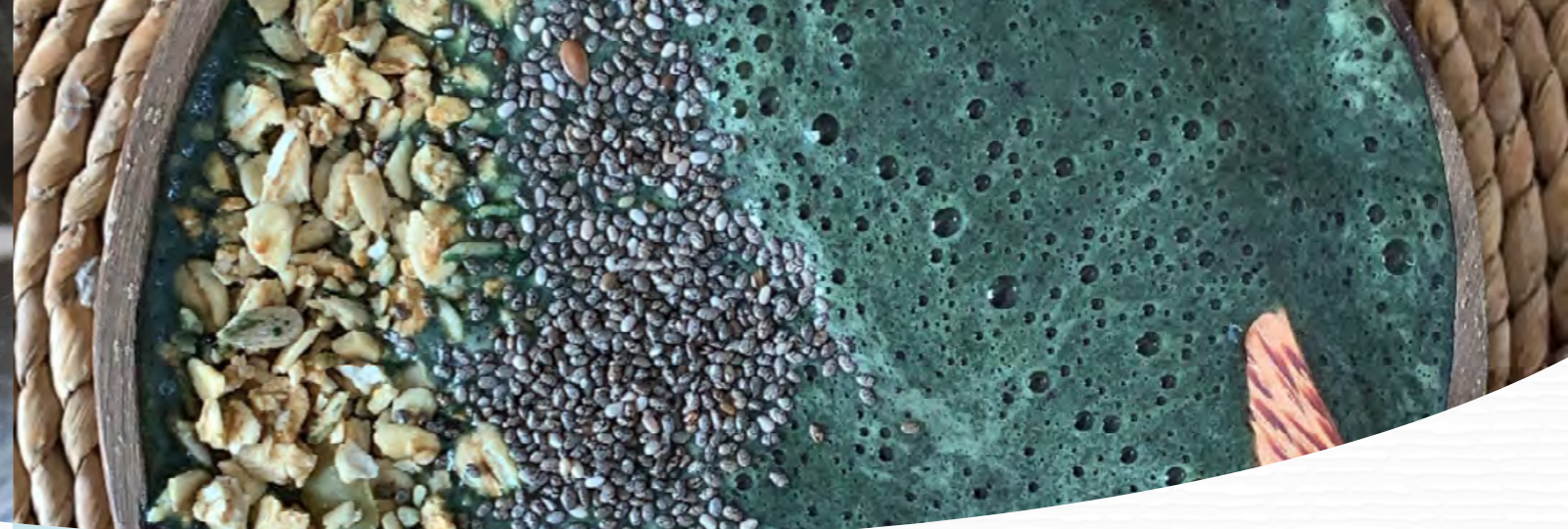
METHOD TO SERVE 2-4

1. In a blender, combine yogurt with blackberries.
2. Blend until combined and smooth.
3. Pour the combined blackberry and yogurt mixture into the cups, about 3/4 of the way.
4. Fill the remain 1/4 with plain yogurt.
5. Sprinkle your granola on top, and add fresh blackberries to top.



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STRAWBERRY & LIME CHEESECAKE

By Daisy Kha

One of our favourite spring desserts of all time – the cheesecake! Daisy has introduced our Crispies range for something a little different!

INGREDIENTS

- 60g of creamcheese
- 120g of plain yogurt
- 60g of Strawberry Adventurers Granola Crispies
- 1 tbsp of lime juice
- ½ tbsp of honey (or more depends on how sweet you would like)
- ½ tsp of vanilla extract
- Strawberry (optional)

METHOD

1. Mix cream cheese, yogurt, lime juice, honey and vanilla extract in a bowl.
2. Divide the strawberry granola Crispies into 2 glasses.
3. Topped the glasses with the cream cheese mix.
4. Leave in the fridge to chill for 3 hours, topped with fresh strawberry or more granola crispie if you'd like or mint/ lemon peel to decorate.



Strawberry Adventurers Granola Crispies

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GRANOLA-TOPPED SPIRULINA-BLUEBERRY BOWL

By Samantha Mannering

It wouldn't be spring without a smoothie on the go and Samantha's blend of ingredients sounds delicious to us!

INGREDIENTS

- 150g fresh spinach
- 80g frozen açai purée
- 1 frozen banana
- 150g frozen blueberries
- 100g frozen raspberries
- 100g coconut yogurt
- ¼ cup almond milk
- 1 tsp spirulina powder
- Topping:
- 40g Lizi's Low Sugar Granola
- 1 tsp chia seeds

METHOD TO SERVE 2-4

1. Add all the base ingredients to a blender and blend until smooth.
2. You can adjust the amount of almond milk to make it thicker or thinner, depending on how you enjoy it.
3. Once poured into a coconut bowl, add the granola and chia seeds.
4. Enjoy with a wooden spoon or bamboo straw.



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APPLE & CINNAMON BREAKFAST CRUMBLES

By Katie Allen

Four seasons rolled into one – a crumble works all year round and apple, cinnamon and raisins are always amongst our favourites.

INGREDIENTS

- 1 apple
- 1 tsp raisins
- ¼ tsp cinnamon
- 50g Lizi's Low Sugar Granola
- 1 tbsp plain soy (or dairy) yoghurt
- 1 tsp vanilla protein (optional)

METHOD

1. Dice the apple up into cubes - no need to peel!
2. Place in a ramekin with the cinnamon, raisins & a dash of water.
3. Bake covered at 180 degrees for 20 minutes until the apple is soft.
4. Remove from oven and add the granola - bake uncovered for a further 5 minutes.
5. Meanwhile if using, mix the protein powder with the yoghurt - this creates a thick vanilla sauce which is delicious!
6. Remove crumble from the oven, dollop the yoghurt on top and enjoy!



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MINI MIXED BERRY & GRANOLA CRUMBLES

By Alex Solomou

Excuse us but we couldn't resist including a second crumble recipe – this one includes baked granola topping drizzled with honey. Sounds scrumptious!

INGREDIENTS

- 2 tbsp frozen berries
- 2 tbsp Lizi's High Protein Nuts & Seeds Granola
- Drizzle of honey

METHOD TO SERVE 2-4

1. Pre-heat your oven to 180c or 160c fan.
2. In a ramekin (or other small baking dish) spoon in two tablespoons of frozen berries. Top with two tablespoons of Lizi's granola.
3. Drizzle honey over the top of the granola and bake for 15-20mins (until the granola is golden brown and the berries have cooked).



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VERY BERRY SMOOTHIE JAR

By Katie Tincello

There's something about eating your smoothie out of a jar that makes it that much more delicious!

INGREDIENTS

- ½ a frozen banana
- 100g frozen berries of choice (blueberries, blackberries, strawberries)
- 1 tbsp nut butter of choice
- 1 cup oat or coconut milk
- A handful of ice cubes

TOPPINGS:

- Banana slices
- Berries (sliced strawberries or blueberries work well)
- Lizi's Granola
- Coconut flakes

METHOD

1. Add the banana, berries, nut butter, milk, and ice cubes to a high-power blender.
2. Blend until completely smooth. Add additional liquid if necessary to help mix together, but not too much as this will make the smoothie runny not thick.
3. Add some Lizi's granola to a jar, then a layer of banana slices or berries, then add a few spoonfuls of the smoothie. Repeat to fill the jar.
4. Enjoy!



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STRAWBERRY & BANANA BREAD

By Stephanie Elizabeth McNeil

Eating bread has never been so good! This takes bread making to a whole new level and Stephanie we salute you for sharing this with us.

INGREDIENTS

- 1 ½ cups wholemeal bread flour
- ½ tsp baking powder
- 1tsp ground ginger
- ½ tsp salt
- 2 eggs
- ¼ cup brown sugar
- Splash almond milk
- 1 large banana
- Handful strawberries
- 25g Lizi's Low Sugar Granola
- 30g raisins

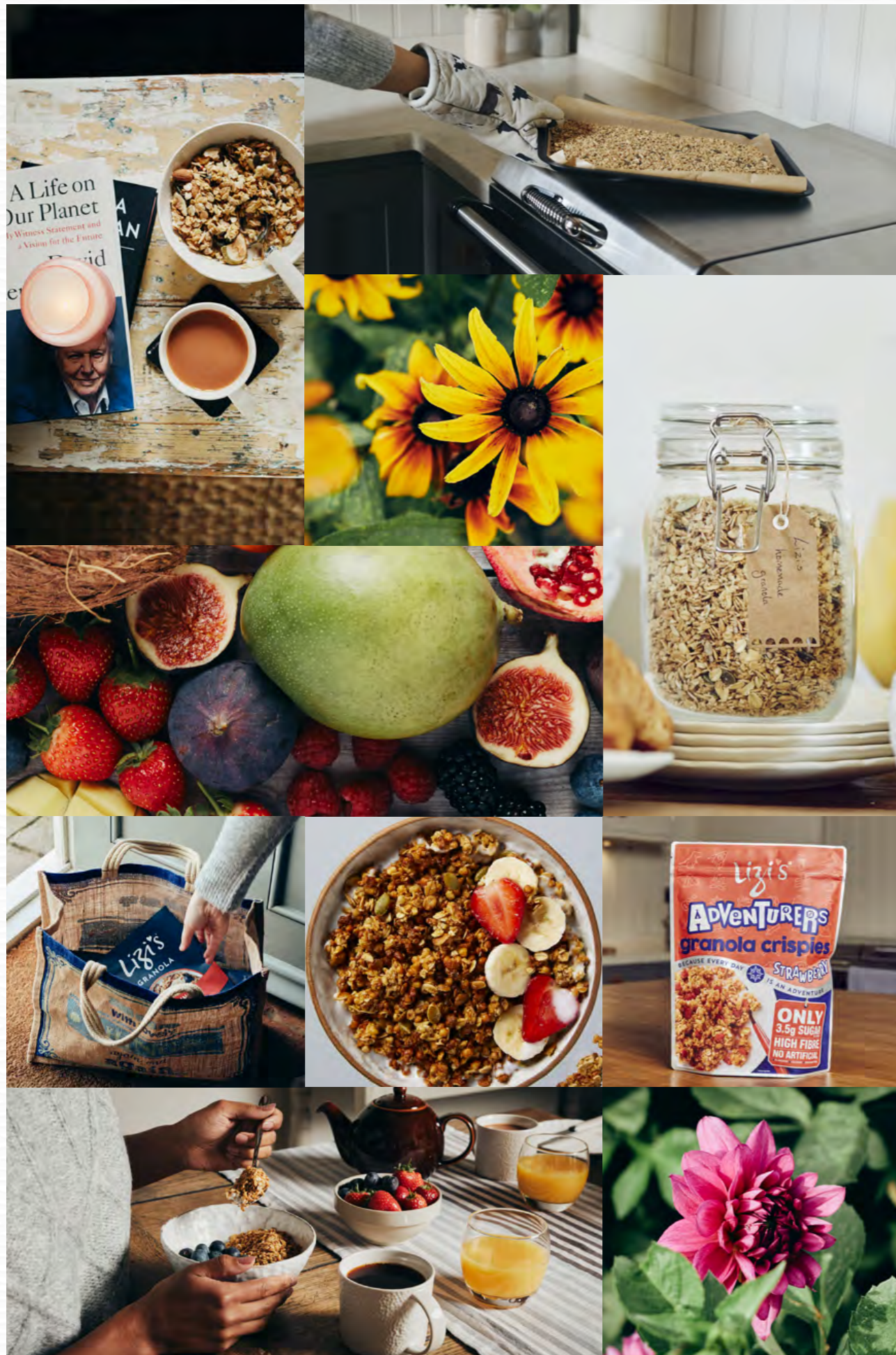
METHOD TO SERVE 2-4

1. Preheat oven to 190 degrees.
2. Sift the flour, baking soda, salt and ginger together in a large mixing bowl.
3. In a separate bowl, whisk together the eggs with the mashed banana and then stir in the sugar and almond milk.
4. Dice the strawberries and fold into the wet ingredients with the raisins and Lizi's granola.
5. Mix the dry ingredients with the wet ingredients in the large bowl and gently stir until the texture is thick and doughy (don't overstir!)
6. Line a rectangular baking tray with grease proof paper and spoon the dough onto it, spreading the mixture evenly across the tray.
7. Add a sprinkle of Lizi's granola across the top of the dough.
8. Bake in the oven for 40-50 minutes, using a skewer to determine if the bread is cooked through.
9. Once cooked, remove from the oven and place on a rack to cool for 10 minutes. Then serve and store the bread in an air tight container at room temperature for up to 3 days.



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We really hope you've found this book useful and inspiring. We can't wait to get started on the summer edition. If you want to submit a recipe now for inclusion, or have feedback to share with us on this first book, please feel free to send it to us here: marketing@lizi.co.uk

If you're not already part of our online community, why not start following us? You'll pick up lots more recipe ideas as well as nutritional, health and wellbeing tips and advice.



Finally, if you're hunting down our Lizzi's range, take your pick in our [online shop](#) or find our best sellers along the breakfast aisle at Waitrose, Sainsbury or Tesco.

Back soon with our summer edition!

Bye for now

x

