



Lizi's[®]

SUMMER RECIPES

A collection of nutritious recipes to help you
enjoy a healthy lifestyle.





Welcome to the summer edition
of our E-Recipe Book.....

As you've probably gathered, we care passionately
about our products and creating 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 summer recipes include both sweet and savoury dishes, we've even
thrown in one or two of our own favourites! There's also a bumper
selection of the summer staple - the smoothie - to help mix up your
usual 'go to' ingredient list.

Thanks to everyone who's submitted recipes for this edition, with
special mention to Lizi's friend and nutritionist Lily Soutter (find her on
page 16). You'll be seeing much more of Lily in the coming weeks if you
follow us on social so be sure to keep checking in. For now, Lily's parfait
recipe here is a perfect taste of summer.

Enjoy your summer and get creating.....





VEGAN BUTTERNUT SQUASH SALAD WITH GRANOLA CRUNCH

This vegan salad bowl is packed with goodness, its zingy colour palette and delicious flavours will be sure to brighten your day.



INGREDIENTS

- 2 small red onions, peeled and cut into wedges
- Half a butternut squash
- ½ teaspoon of chilli flakes
- 2 tablespoons of oil
- 2 heads of red chicory or radicchio
- 100g of rocket leaves
- 1 tin of cooked borlotti beans
- 1 tablespoon of agave nectar or maple syrup
- 1 teaspoon of whole grain mustard
- 4 tablespoons of balsamic vinegar
- 4 tablespoons of olive or rapeseed oil
- 1 ice cube
- 2 clementines or 1 orange (peeled and finely sliced)
- Sundried tomatoes, thinly sliced
- A sprinkle of Lizi's High Protein Granola

METHOD TO SERVE 2

1. Cut a butternut squash in half long-ways and then scoop out the seeds from the half you are going to roast. (or roast all of it and save the other half to make soup or add to another recipe).
2. Slice the squash into thin slices crossways leaving the skin on (the skin is packed with nutrients and tastes delicious roasted).
3. Put the slices of squash and the wedges of red onion into a roasting tin, sprinkle with the oil and chilli flakes and put into the oven to roast at 180 degrees for about 35 minutes.
4. Tip the borlotti beans and their water into a small pan and cook for about five minutes, put to one side to cool.
5. Pile the salad leaves onto a serving dish.
6. Put the mustard, agave nectar, balsamic vinegar and oil into a jam jar with the ice cube. Put a lid on and shake well.
7. Pile the squash onto the salad leaves, add the borlotti beans, sundried tomatoes, and chopped clementine or orange and toss gently to combine with some of the dressing.
8. Sprinkle the granola on top, drizzle with a little more dressing and serve immediately.



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BAKED SALMON WITH A GRANOLA CRUST

A simple and nutritious supper that is bound to become a weeknight favourite, or why not make a bigger batch and enjoy for healthy lunches all week.



INGREDIENTS

- Two pieces of fresh salmon (approx. 250g)
- 70g Lizi's Low Sugar Maple Pecan Granola
- Grated zest of ½ a lemon
- 2 tablespoons of lemon juice
- Salt and pepper
- 2 teaspoons of mustard
- 1 tablespoon of olive or rapeseed oil
- 1 egg yolk (lightly beaten with a fork)
- Broccoli (tenderstem)

METHOD

1. Remove the skin from the salmon and then put the salmon pieces into an oiled roasting tin, with the skinned side up.
2. Preheat the oven to 200 degrees.
3. Put the granola, lemon zest, lemon juice, mustard and egg yolk in a bowl. Season well with salt and pepper.
4. Brush the top of the salmon with the olive oil.
5. Gently press half of the mixture onto each piece of salmon.
6. Put into the oven to bake for 10-15 minutes or until the top is golden and crispy and the salmon is cooked underneath. If it needs a little longer, cover the top with foil to stop the granola crust burning.
7. Boil or steam the broccoli for about 3-5 minutes or until tender, not soggy.
8. Serve with rice.



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SWEET POTATO, APRICOT AND SAGE GRANOLA STUFFING

Delicious with your Sunday roast, these little parcels of stuffing are packed with chilli-roasted sweet potato and studded with apricots and apple.

INGREDIENTS

- 2 tablespoons rapeseed or olive oil
- 2 red onions
- 1 tablespoon of honey
- 1 teaspoon of chilli flakes
- 1 eating apple, peeled cored and chopped
- 1 large sweet potato (about 400 -500g)
- Sage leaves, finely chopped (put a few leaves to one side to garnish)
- 250g Lizi's Digestive Health Granola
- 100g dried apricots (chopped)
- A pinch of salt and pepper
- A pinch of mixed spice
- 1 egg
- 125g full fat cream cheese

METHOD TO MAKE 12-14 STUFFING BALLS

1. Preheat the oven to 200c.
2. Peel the onions and sweet potato then cut into small wedges.
3. Place both the onion and sweet potato wedges into a deep roasting tin. Drizzle with oil and sprinkle over with chilli flakes.
4. Roast for around 20 minutes. In the meantime, peel, core and chop the apple into chunks.
5. Remove from the oven and add in the chopped apple. Put back into the oven to roast for a further 10-15 minutes.
6. Remove from the oven and drizzle over the honey. Leave to cool.
7. Place sage, mixed spice, salt and pepper, apricots and Lizi's Digestive Health Granola into a large mixing bowl and stir to combine.
8. Use a fork to mash some of the sweet potato and then add the sweet potato, onion and apple from the roasting tin into the mixing bowl.
9. Add in the egg and the cream cheese and mix well.
10. Tear non-stick baking paper into squares and crush each square into a ball. Un-crumple and use each square to line a hole in a muffin tray.
11. Spoon the mixture into rough balls and place onto the baking paper.
12. Turn down the oven to 180c and bake for 15-20 minutes.



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GUT-FRIENDLY SUMMER FRUIT TRIFLE

Packed full of fibre, this vegan trifle uses chia seeds (a nutritional powerhouse which is rich in omega-3 fats), summer fruits, coconut cream and Lizi's Digestive Health Granola which is full of good gut bacteria.

INGREDIENTS

- 5 tbsp of chia seeds
- 300ml of water
- 4 kiwis, peeled and sliced
- 5 heaped tbsp of dairy-free yoghurt
- 75g of raspberries
- 150g of strawberries
- 250ml coconut cream
- A handful of blueberries
- 175g of Lizi's Digestive Health Granola

METHOD FOR 8-10 PORTIONS

1. Add the chia seeds to a mixing bowl and stir in 300ml of water (if you're making this dish bigger or smaller, always stick to a ratio of 1:6 when it comes to chia seeds and water). Put the dish to one side to soak.
2. After ten minutes, the chia seeds will have absorbed the water to form a gel-like consistency (if the mixture is still a little dry, continue to slowly add more water).
3. Stir in 2 tablespoons of your coconut cream to your chia seeds. This will form the base of the trifle.
4. Pour chia seed mix into the base of the dish.
5. Slice your kiwis and layer over the chia seed mix.
6. Pour dairy free yoghurt over the kiwi layer until covered.
7. Sprinkle over your raspberries and half of the Lizi's Digestive Health Granola
8. Spoon over your coconut cream to form the final layer of this trifle.
9. Garnish this layer with strawberries, granola and blueberries.



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PANCAKE TACOS

By Lucy Evans

We love this simple pancake taco idea from Lucy - especially as you can personalise the filling with all your own favourites!

INGREDIENTS

- 60g of self raising flour
- 1 tsp of baking powder
- 1 tsp of sweetener
- 1 medium egg
- A splash of vanilla
- And a splash of milk

METHOD

1. Mix all ingredients together. You want just enough milk to combine the ingredients to make a thick batter.
2. Set aside for 5 minutes.
3. Spray pan with Frylight and add your batter. Make into oval shapes so they sit better in the taco stand.
4. Cook until bubbling on a medium heat and then flip and cook a further couple of minutes.
5. Once cooked and still warm place into taco stand.
6. Top with all your favourite things especially lots of Lizis granola.



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BERRIES & GRANOLA YOGHURT BARK

By Alessandra Felice

Who would have thought 'bark' could taste so good!

INGREDIENTS

- 250 gr of yoghurt of choice, I used an almond based one but any that you like will work
- 50 gr of Lizi's Original Nuts and Seeds Granola
- 2 spoonfuls of wild blueberries and cranberries mix
- 1 heaped tbsp of tahini or cashew/almond/peanut butter
- 1 tbsp of maple or other liquid sweetener if you'd like a sweeter flavour to your bark
- Coconut chips di cocco, cacao nibs and extra granola for the top

METHOD TO SERVE 2-4

1. Mix together all ingredients except the toppings in a bowl until combined.
2. Transfer to a container lined with parchment paper (the one I used was 25x15 cm) and spread evenly with a spatula or a spoon.
3. Sprinkle coconut chips, nibs and granola on the top.
4. Place in the freezer for 30 minutes. Then take it out, wait for about 5 minutes and then cut into squares.
5. Store in an airtight container in the freezer and go and grab one whenever you like!



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LIZI'S CHOCOLATE & RASPBERRY BREAKFAST SUNDAE

By Donna Fletcher

If you're in a rush but still want to squeeze in a breakfast full of goodness, this one is a winner!

INGREDIENTS

- Fat free natural Greek style yoghurt
- Sweetener
- Frozen raspberries
- Lizi's Belgian Chocolate Granola
- Strawberries

METHOD

It's all about the layers! And no specific weights and measures as this depends on the size of your sundae dish.

Simply add layers -

- Raspberries
- Fat free natural Greek style yoghurt
- Sweetener
- Lizi's Belgian Chocolate Granola

Repeat until the dish is full then top with strawberries
Enjoy!



Belgian Chocolate

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SUMMER FRUIT CHIA POTS

By Mumma's Vegan Kitchen

This is one of our summer favourites - it looks as good as it tastes. Truly delicious!

INGREDIENTS

- 1 ½ cups of frozen summer fruit
- 1 ½ cups of water
- 2 tsps agave (optional)
- ½ cup chia seeds
- 150ml coconut yoghurt
- ½ cup Lizi's High Protein Nuts and Seeds Granola

METHOD FOR 3 POTS (250ML EACH)

1. Add the frozen fruit, water and agave to a high speed blender and blitz until smooth.
2. Pour 2 cups (500ml) of this juice into a measuring jug.
3. Add the chia seeds and stir. Let it sit for 5 minutes for the chia seeds to soak.
4. Fill each of the pots about half full with the chia mixture. Refrigerate for about an hour.
5. Blitz the remaining chia mixture on a high speed until it's completely smooth.
6. Remove the pots from the fridge and spoon a layer of yoghurt onto the set layer of chia pudding. (approx 3 tbsp of yoghurt in each pot)
7. Fill the remainder of each pot with the blitzed chia mixture, leaving a little space for the granola.
8. Top with Lizi's High Protein Nuts and Seeds Granola.



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FRUITY RHUBARB FOOL

Quintessentially English and so nostalgic, in this recipe, homemade rhubarb fool is transformed into stunning knicker-bocker-glories. Pretty layers of pink rhubarb fool, crumbly golden granola, scarlet strawberry compote and vanilla scented cream complement each other perfectly.



INGREDIENTS

- 500g rhubarb
- 75g caster sugar
- Juice of 1 orange
- 300ml double or whipping cream
- 300ml crème fraiche
- 1 teaspoon of vanilla bean paste or vanilla extract
- 75g icing sugar
- 100g strawberries (keep four whole strawberries to one side and chop the rest)
- 200g Lizi's Digestive Health Granola

METHOD TO MAKE 4 LARGE/6 STANDARD SUNDAES

1. Cut the rhubarb stalks into small pieces.
2. Place the rhubarb, orange juice and sugar in a pan and bring to the boil. Simmer until soft and completely cooked.
3. Remove from the heat and strain through a sieve, collecting the syrup in a bowl. Place the strained rhubarb in a bowl to one side to cool.
4. Chop up the strawberries. Pour the syrup back into the pan and add in the chopped strawberries.
5. Bubble together the syrup and strawberries to make a simple compote on a medium heat for around five minutes.
6. Remove the strawberry compote from the heat. Use a fork to roughly crush the strawberries and then put to one side to cool.
7. Whisk the cream, icing sugar, vanilla and crème fraiche together with an electric hand whisk until softly peaked.
8. Fold two thirds of the whipped cream mixture into the cooled rhubarb.
9. Spoon a layer of the rhubarb fool into each glass. Layer with Lizi's Digestive Health Granola and the strawberry compote. Repeat until the glasses are almost full.
10. Decorate with strawberries and a sprinkle of the granola. Enjoy!



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PROTEIN BERRY SMOOTHIE

By Amy Henshaw

This smoothie is packed with a great fruit selection and looks amazing!



INGREDIENTS

- Smoothie:
- 1 banana (freeze to get a thicker texture)
 - 80g frozen mango
 - 40g frozen blueberries
 - 40g frozen raspberries
 - 15g vanilla protein powder (can be made without)

Toppings:

- Lizi's Low Sugar Granola
- Fresh berries
- Honey

METHOD TO SERVE 1

1. Break up the banana and weigh the frozen fruit and protein powder into a blender.
2. Blend all ingredients together until smooth. Depending on the power of your blender you may need to shake/move the fruit around to help blend them.
If you like a drinkable smoothie then blend for longer.
3. Top with fresh fruit, granola and a drizzle of honey. Optional toppings that also go well: peanut butter, any seeds, cocoa nibs.
4. Enjoy!



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RASPBERRY & BANANA SMOOTHIE BOWL

By Danica Douglas

Kicking off our summer smoothies recipes with a super simple, yet scrummy, recipe from Danica.

INGREDIENTS

- 250 grams 0% fat Greek yoghurt
- 200g frozen raspberries
- 1 medium banana
- 50ml soy milk
- 1 teaspoon of honey
- 50g Lizis High Protein Granola

METHOD TO SERVE 1

1. Weigh out all of the ingredients.
2. Blend all of the ingredients.
3. Top with granola.



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OCEAN SMOOTHIE BOWL

By Ashley Morton

For a true summer theme, this ocean smoothie lives up to it's name! Thanks for sharing with us Ashley.

INGREDIENTS

Smoothie:

- 100g frozen mango
- 1 frozen banana
- ½ frozen apple
- 1 tsp blue spirulina
- Almond milk to blend

Toppings:

- Lizi's Belgian Chocolate Granola
- Peanut butter drizzle
- Hemp seeds

METHOD TO SERVE 1

1. Combine all of your ingredients into a blender cup and blend on a high speed.
2. Shake half way in between, adding more milk if required. For a thicker smoothie, add very little liquid.
3. Top and enjoy! Served with my favourite chocolate granola.



Belgian Chocolate

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PROTEIN SMOOTHIE BOWL

By Tawny Day

If you're a raspberry fan you're going to love Tawny's smoothie recipe. It looks good enough to eat too!

INGREDIENTS

Smoothie:

300ml milk of choice

100g raspberries

1 banana

1 scoop of vanilla protein powder (optional)

Splash of water or milk to make it to your desired consistency

Toppings:

50g Lizis High Protein Granola (or your favourite Lizis granola!)

15g chia seeds

1 tbsp cacao nibs

Handful of raspberries (frozen or fresh)

METHOD TO SERVE 1

1. Blend all of the smoothie bowl ingredients together in a blender. Adjust consistency to your desired preference.
2. Add all toppings on to your bowl.
3. Enjoy!



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YOGHURT PARFAIT WITH CHERRIES

By Lily Soutter

A huge thank you to Lily for allowing us to include this summer dish from her recipe collection.

INGREDIENTS

140 grams cherries (pitted and cut in half)

1/2 orange zest

1 tbsp orange juice

143 grams plain Greek yoghurt (or soy, coconut, almond yoghurt)

25 grams Lizis's Original Nuts and Seeds Granola

METHOD TO SERVE 1

1. In a small saucepan add cherries, orange zest, and juice. Heat over medium heat until bubbling, then reduce to medium-low heat.
2. Simmer for about 8 to 10 minutes, lightly mashing the fruit and occasionally stirring until cherries are tender, and compote is slightly concentrated and can coat the cherries.
3. Cool if desired before topping, or transfer to an airtight container and refrigerate up to 3 days.
4. In a medium-sized cup or jar, layer yoghurt, then cherry compote, 1/2 tablespoons granola, then repeat layer one more time.
5. Taste the compote and add any additional sweetener like maple syrup, or honey as needed.
6. Enjoy immediately or cover and enjoy the next day.



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We really hope you've found this book useful and inspiring. We can't wait to get started on the Autumn 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 Lizi'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 autumn edition!

Bye for now

x

