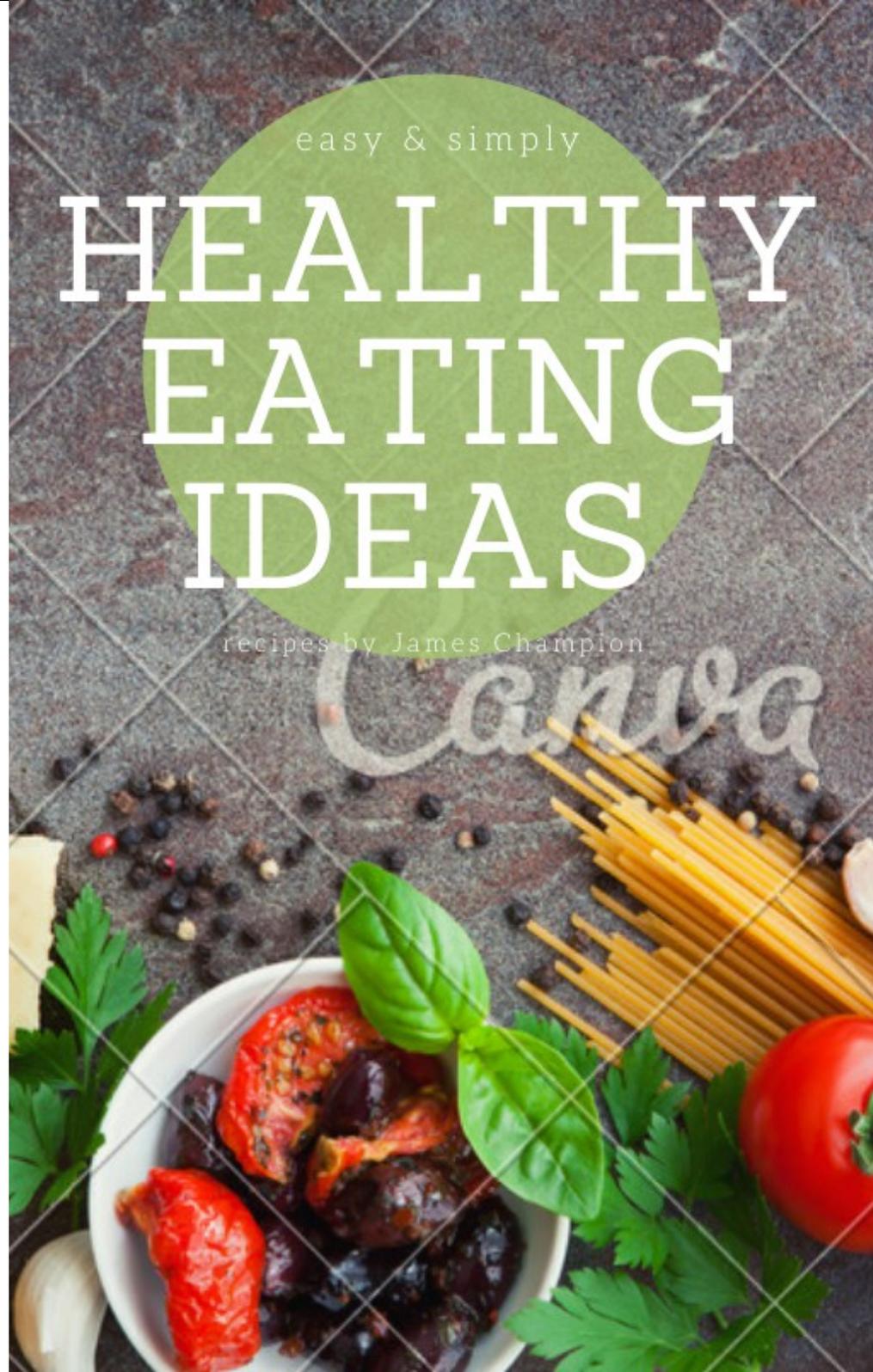


easy & simply

HEALTHY EATING IDEAS

recipes by James Champion

Canva



Baked egg cups

**Nutritional values
for 1 cup
Calories 133
Carbs 4g Fat 8.5g
Protein 10g**



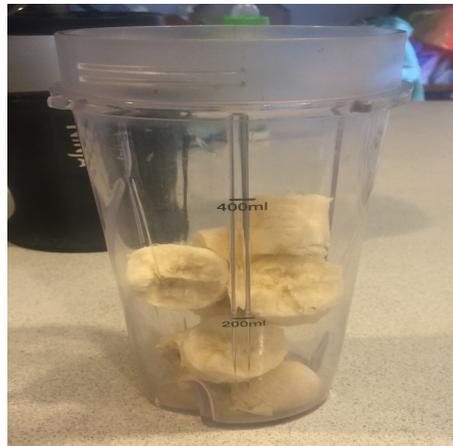
image supplied by popsugar uk

Step 1
grease cup cake tin & pre heated oven. 180-220c
step 2
place 3 slices of shaved ham in cup cake hole
Step 3
add a little cheese
step 4
add an egg
bake until cooked 10-20mins
until egg is no longer runny
serve warm.

**Ingredients
per cup
Shaved ham 3 slices
1 medium egg
Tasty cheese 5g
oil to grease tin**



**Nutritional values
for 1 smoothie**
279 calories
Carbs 43g Fat 7g
Protein 12g
sodium 21mg



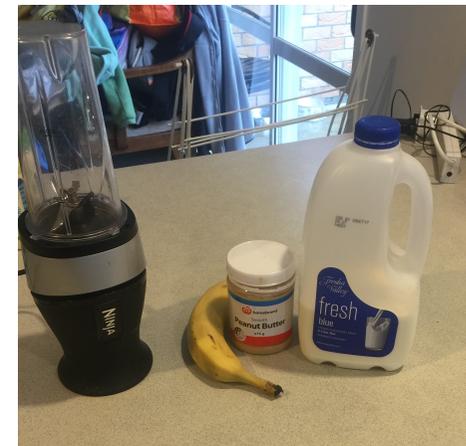
Smoothie peanut butter & banana



Step 1
break banana up & add to
smoothie maker
step 2
add the peanut butter
Step 3
add milk
step 4
add water if required
step 5
blend until smoothie

drink fresh and cold

Ingredients
1 medium banana
1 teaspoon of
smooth peanut butter (4g)
300ml semi skimmed milk
water to taste



Ingredients

1 x can of tuna in
spring water
1 x teaspoon of
mayo fat free 4g
lemon juice 10ml
1 x medium onion
1 x red bell pepper
Cucumber x 100g
Cherry tomatoes x 3



Tuna bites

Step 1 Put the follow bits in
a bowl to mix together

Tuna, Mayo, Lemon juice,

Step 2 Use approx 50g of
the red pepper chop it up
finely and add to bowl,

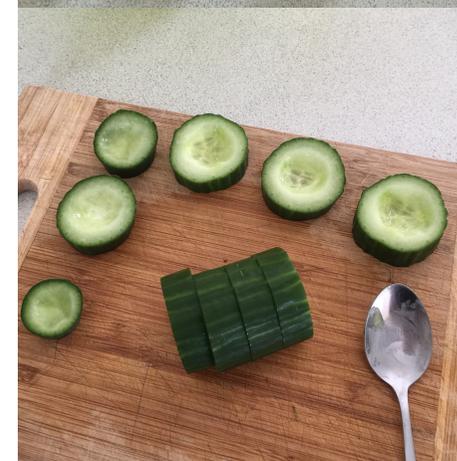
Step 3 Use approx half the
pepper grate into the mix as
well.

Step 4 Mix together well and
season with some black pepper

Step 5 Slice the cucumber
into to thick slices & core out
half the middle, to make like a
bowl shape.

Step 6 Use the tuna mix to
top the cucumber, & add a
small slice of tomato to garnish

Serve chilled & enjoy probably
go down well at a BBQ



Nutritional values for all

194 calories

Carbs 24g Fat 1g

Protein 21g sodium

255mg Sugars 12g

Baked Eggs

Ingredients

3 eggs

1 small potato (75g approx)

1 pepper (15g approx)

1 tomato (3 cherry toms)

12g cheese (2g for each)



Step 1 Pre heated oven 420F/215C
cook off the small potato, I cooked mine for a couple of minutes in the microwave

step 2

dice up the potato, pepper, tomato & cheese

Step 3

3 eggs, break into jug & beat them to well mixed

step 4

add the raw ingredients to a cupcake tin, mix and match to suit tastes, mine, 3 pepper, 3 chesses & tomato, 3 potato & cheese.

step 5

pour egg mix over each one sharing equally.

Step 6 bake in oven until cooked
serve warm & enjoy



**Nutritional values
for all 9
336 calories
Carbs 24g Fat 17g
Protein 22g sodium
282mg Sugars 4g**

Banana & strawberry smoothie

Ingredients

75g Frozen Strawberry

1 medium banana

300ml semi skimmed milk

$\frac{1}{2}$ cap vanilla essence



Step 1 peel banana

Step 2 add Strawberries, Banana, Vanilla essence & Milk to smoothie maker.

Step 3 top up mix with cold water to taste, not to much water.

Step 4 blend until smooth

Step 5 serve straight away whilst its cold & enjoy

Great for the summer it is a little naughty so share with a friend, my kids love it.

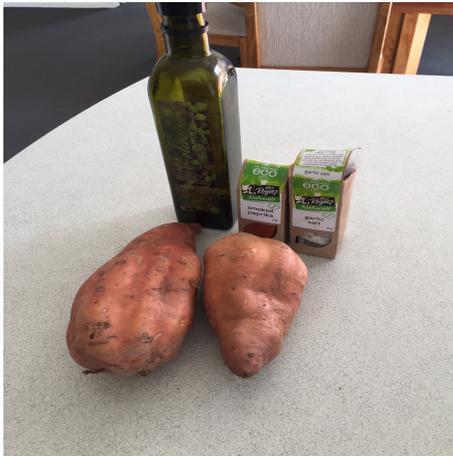


**Nutritional values
for all
291 calories
Carbs 49g Fat 6g
Protein 12g sodium
2mg Sugars 34g**

Sweet n Spicy Potato Fries

Ingredients

1 sweet potatoes
1Tbs extra-virgin olive oil
1 Tbs corn starch
1 teaspoon garlic salt
1 teaspoon paprika
 $\frac{1}{2}$ teaspoon pepper



Step 1 pre heat oven to 420F/215C degrees

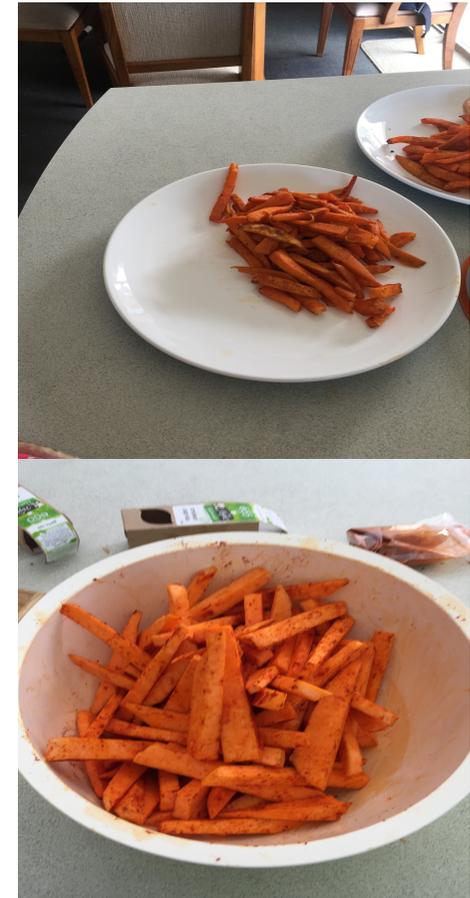
Step 2 in a large bowl combine the ingredients, try to get them coated evenly

Step 3 lay on a baking sheet try to get space between each of the fries

Step 4 bake for around 15 mins then turn them, and bake for another 10-15 mins until they are crisp on the outside

Step 5 serve straight away

healthish fries great to share with kids that's all I am going to say



**Nutritional values
for all
278 calories
Carbs 43g Fat 11g
Protein 4g sodium
1874mg Sugars 13g**

Baked tomatoes

Ingredients
4 x Tomatoes
garlic salt
ground chilli
25g cheese



Step 1 slice tomatoes 0.5mm thick I got 3 slices out of each tomato

Step 2 put them on some tin foil and place under grill until one side looks softer, and colour might change a little bit

Step 3 take them out, be careful to turn them over on the tin foil, then add the other ingredients, garlic salt, ground chilli, just a pinch to add flavour, and top with cheese

Step 4 put them back under grill until cheese is melted and getting crisp.

Step 5 serve them up best to eat them straight away I only managed half the amount

great side at any BBQ



**Nutritional values
for all
151 calories
Carbs 10g Fat 10g
Protein 8g sodium
642mg Sugars 7g**