



# THE OATS EDITION

Recipe Ebook

# WELCOME

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

## Timmy Håman

Higher Horizons Founder

### DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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Serves  
1 Adult



Prep Time  
5 Mins



365  
Calories

# WHITE CHOCOLATE & RASPBERRY OATS

## INGREDIENTS

- 40g Oats 200mls Unsweetened Almond Milk
- 30g Whey Protein - (White Chocolate Or Vanilla)
- 25g Raspberries
- 2 Squares White Chocolate (Grated)

## DIRECTIONS

- 01** Mix the oats, protein powder and the almond milk together until smooth and leave in the fridge over night.
- 02** Add in the raspberries and grated white chocolate on top to serve.



Serves  
1 Adults



Prep Time  
5 Mins

**365**  
Calories

**35**  
Protein

**36**  
Carbs

**9**  
Fats



Serves  
1 Adult



Prep Time  
5 Mins



431  
Calories

# STRAWBERRY CHEESECAKE OATS

## INGREDIENTS

### Dry Mix

- 40g Oats

### Wet Mix

- 200mls Unsweetened Almond Milk
- 50g 0% Fat Greek Yoghurt
- 30g Strawberries
- 30g Whey Protein (Strawberry Or Vanilla))

## DIRECTIONS

- 01** Place strawberries, protein powder, almond milk, and Greek yogurt into a food processor and process on high until fruit is almost puréed.
- 02** Transfer into a large bowl and add the oats. Mix with a spoon until combined.
- 03** Cover and place in the refrigerator for at least 2 hours or overnight.
- 04** Top with crushed shortbread and strawberry jam.



Serves  
1 Adults



Prep Time  
5 Mins

**431**  
Calories

**38**  
Protein

**45**  
Carbs

**11**  
Fats



Serves  
1 Adult



Prep Time  
5 Mins



358  
Calories

# PUMPKIN SPICE LATTE OATS

## INGREDIENTS

### Dry Mix

- 40g Oats

### Wet Mix

- 200mls Unsweetened Almond Milk
- 50g 0% Fat Greek Yoghurt
- 30g Whey Protein
- 1 Espresso Shot (Cold)
- 100g Pumpkin Puree(Unsweetened)
- 3g Mixed Spice

## DIRECTIONS

- 01** Place pumpkin puree, almond milk, and Greek yogurt, protein and coffee into a food processor and process on high until puréed.
- 02** Mix in the oats to the puree and place in refrigerator overnight or for at least 6 hours.



Serves  
1 Adults



Prep Time  
5 Mins

**358**  
Calories

**38**  
Protein

**38**  
Carbs

**6**  
Fats



Serves  
2 Adult



Prep Time  
5 Mins



390  
Calories

# NEAPOLITAN OATS

## INGREDIENTS

### Vanilla Oats

- 30g Oats
- 150mls Unsweetened
- Almond Milk
- 5mls Vanilla Extract

### Strawberry Oats

- 30g Oats
- 150mls Unsweetened
- Almond Milk

- 10g Sugar Free Strawberry Jam
- 20g Strawberries

### Chocolate Oats

- 30g Oats
- 150mls Unsweetened
- Almond Milk
- 60g Whey Protein (Chocolate)
- 5g Cocoa Powder

## DIRECTIONS

- 01** For the vanilla and chocolate oat layers, mix the 2 sets of ingredients in separate bowls and place in the refrigerator for at least 4 hours or overnight.
- 02** For the strawberry layer, place the strawberries, jam and milk into a small food processor or magic bullet and puree. Then, mix with the oats in a small bowl. Place in refrigerator for at least 4 hours or overnight.
- 03** In the morning, serve layered like Neapolitan ice cream.



Serves  
1 Adults



Prep Time  
5 Mins

**358**  
Calories

**38**  
Protein

**38**  
Carbs

**6**  
Fats



Serves  
1 Adult



Prep Time  
5 Mins



471  
Calories

# CHOCOLATE PEANUT FUDGE OATS

## INGREDIENTS

- 40g Oats
- 200mls Unsweetened Almond Milk
- 30g Whey Protein (Chocolate)
- 1 Small Banana (Mashed)
- 10g Peanut Butter
- 5g Maple Syrup
- 2g Cocoa Powder

## DIRECTIONS

- 01** Mash the banana, peanut butter, cocoa powder, protein powder and vanilla extract, in a large bowl or container.
- 02** Add the rolled oats, almond milk and maple syrup, and mix until completely combined.
- 03** Leave in the fridge overnight.



Serves  
1 Adults



Prep Time  
5 Mins

**471**  
Calories

**37**  
Protein

**56**  
Carbs

**11**  
Fats



Serves  
1 Adult



Prep Time  
5 Mins



471  
Calories

# LEMON, HONEY & THYME OATS

## INGREDIENTS

- 40g Oats
- 200mls Unsweetened Almond Milk
- 30g Whey Protein
- 10g Honey
- Lemon Zest
- 5g Chia Seeds
- 10mls Lemon Juice
- 5mls Vanilla Extract
- 50g 0% Fat Greek Yoghurt
- 2-3 Sprigs Fresh Thyme

## DIRECTIONS

- 01** In a bowl or container, mix together the oats, lemon zest, vanilla extract, yogurt, Chia seeds and milk.
- 02** Remove the thyme leaves from the stems, and mix the leaves into the oatmeal along with the honey.
- 03** Leave in the fridge overnight.
- 04** In the morning, add the lemon juice and mix together.



**Serves**  
**1 Adults**



**Prep Time**  
**5 Mins**

**360**  
**Calories**

**37**  
**Protein**

**39**  
**Carbs**

**6**  
**Fats**



Serves  
1 Adult



Prep Time  
5 Mins



421  
Calories

# CHERRY CHIA OATS

## INGREDIENTS

- 40g Oats
- 200mls Unsweetened Almond Milk
- 30g Whey Protein
- 50g Coconut Yogurt
- 40g Frozen Cherries
- 15g Chia Seeds

## DIRECTIONS

- 01** Place half the cherries, protein powder, almond milk, and coconut yogurt into a food processor and process on high until fruit is puréed.
- 02** Transfer into a large bowl and add the oats. Mix with a spoon until combined add in the remaining cherries.
- 03** Cover and place in the refrigerator for at least 2 hours or overnight



Serves  
1 Adults



Prep Time  
5 Mins

**421**  
Calories

**41**  
Protein

**35**  
Carbs

**13**  
Fats



Serves  
1 Adult



Prep Time  
15 Mins



294  
Calories

# CHOCOLATE & BERRY OAT CUPS

## INGREDIENTS

### Wet Mix

- 1/2 Small Banana
- 1 Egg
- 5g Honey
- 120mls Unsweetened Almond Milk
- 1tbsp Melted Coconut Oil

### Dry Mix

- 60g Oats
- 200ml Unsweetened Almond Milk
- 30g Whey Protein
- 20g Self Raising Flour
- 2g Baking Powder
- 2g Ground Cinnamon
- 40g Fresh Raspberries
- 20g Dark Chocolate Chips

## DIRECTIONS

- 01** Preheat oven to gas mark 5 and line a muffin tin with muffin liners.
- 02** Place banana into a large bowl and use a fork to mash. Then, add eggs, honey, and almond milk and mix to combine.
- 03** Add the oats, flour, baking powder, and cinnamon to the same bowl and mix until well combined.
- 04** Add in the raspberries and the chocolate chips and mix well.
- 05** Bake for 20 minutes. Allow to cool for 10 minutes before removing from muffin tin.



Serves  
2 Adults



Prep Time  
15 Mins

**294**  
Calories

**20**  
Protein

**40**  
Carbs

**6**  
Fats



Serves  
1 Adult



Prep Time  
15 Mins



414  
Calories

# BANANA & PECAN BAKED OATS

## INGREDIENTS

- 120g Oats
- 30g Whey Protein
- 30g Chopped Pecans
- 1 tsp Baking Powder
- 1 tsp Ground Cinnamon
- 1/4 tsp Salt
- 1 Large Banana (Mashed)
- 1 tsp Lemon Juice
- 160mls Unsweetened Almond Milk
- 20mls Maple Syrup
- 1 Large Eggs
- 1 tsp Vanilla Extract

## DIRECTIONS

- 01** Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.
- 02** In a medium bowl mix together oats, Pecans, baking powder, cinnamon, whey protein and salt.
- 03** In a separate mixing bowl mix together mashed bananas with lemon juice then add in milk, maple syrup, eggs, and vanilla extract and whisk until blended together.
- 04** Pour wet mixture into oat mixture and stir to combined. Pour mixture into prepared baking dish.
- 05** Bake in preheated oven until set, about 25- 30 minutes. Serve warm.



Serves  
2 Adults



Prep Time  
15 Mins

**414**  
Calories

**20**  
Protein

**43**  
Carbs

**18**  
Fats



Serves  
1 Adult



Prep Time  
15 Mins



352  
Calories

# CHERRY BAKEWELL BAKED OATS

## INGREDIENTS

- 40g Oats
- 175g 0% Fat Greek Yoghurt
- 1 Egg
- 10g Reduced Sugar Jam
- 20g Cherries
- 5mls Almond Extract
- Additional Almonds for topping optional

## DIRECTIONS

- 01** Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.
- 02** Add all of the ingredients, into a bowl and stir until combined.
- 03** Pour into the oven proof dish and place the cherry jam in the middle.
- 04** Bake for 25-30 minutes.



**Serves**  
**2 Adults**



**Prep Time**  
**15 Mins**

**352**  
**Calories**

**23**  
**Protein**

**49**  
**Carbs**

**7**  
**Fats**



Serves  
2 Adult



Prep Time  
15 Mins



355  
Calories

# MARMALADE BAKED OATS

## INGREDIENTS

- 40g Oats
- 175g 0% Fat Greek Yoghurt
- 1 Egg
- 10g Marmalade
- 20mls Orange Juice
- Orange Zest (Half Small Orange)

## DIRECTIONS

- 01** Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.
- 02** Add all of the ingredients, into a bowl and stir until combined.
- 03** Pour into the oven proof dish and place marmalade on top, pushing down slightly.
- 04** Bake for 25-30 minutes.



Serves  
2 Adults



Prep Time  
15 Mins

**355**  
Calories

**23**  
Protein

**50**  
Carbs

**7**  
Fats



Serves  
1 Adult



Prep Time  
15 Mins



355  
Calories

# LEMON & BLUEBERRY BAKED OATS

## INGREDIENTS

- 40g Oats
- 175g 0% Fat Greek Yoghurt
- 1 Egg
- 10mls Lemon Juice
- Lemon Zest (Half Lemon)
- 30g Blueberries
- 5mls Vanilla Extract

## DIRECTIONS

- 01** Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.
- 02** Add all of the ingredients, into a bowl and stir until combined.
- 03** Pour into the oven proof dish and Bake for 25-30 minutes.



Serves  
2 Adults



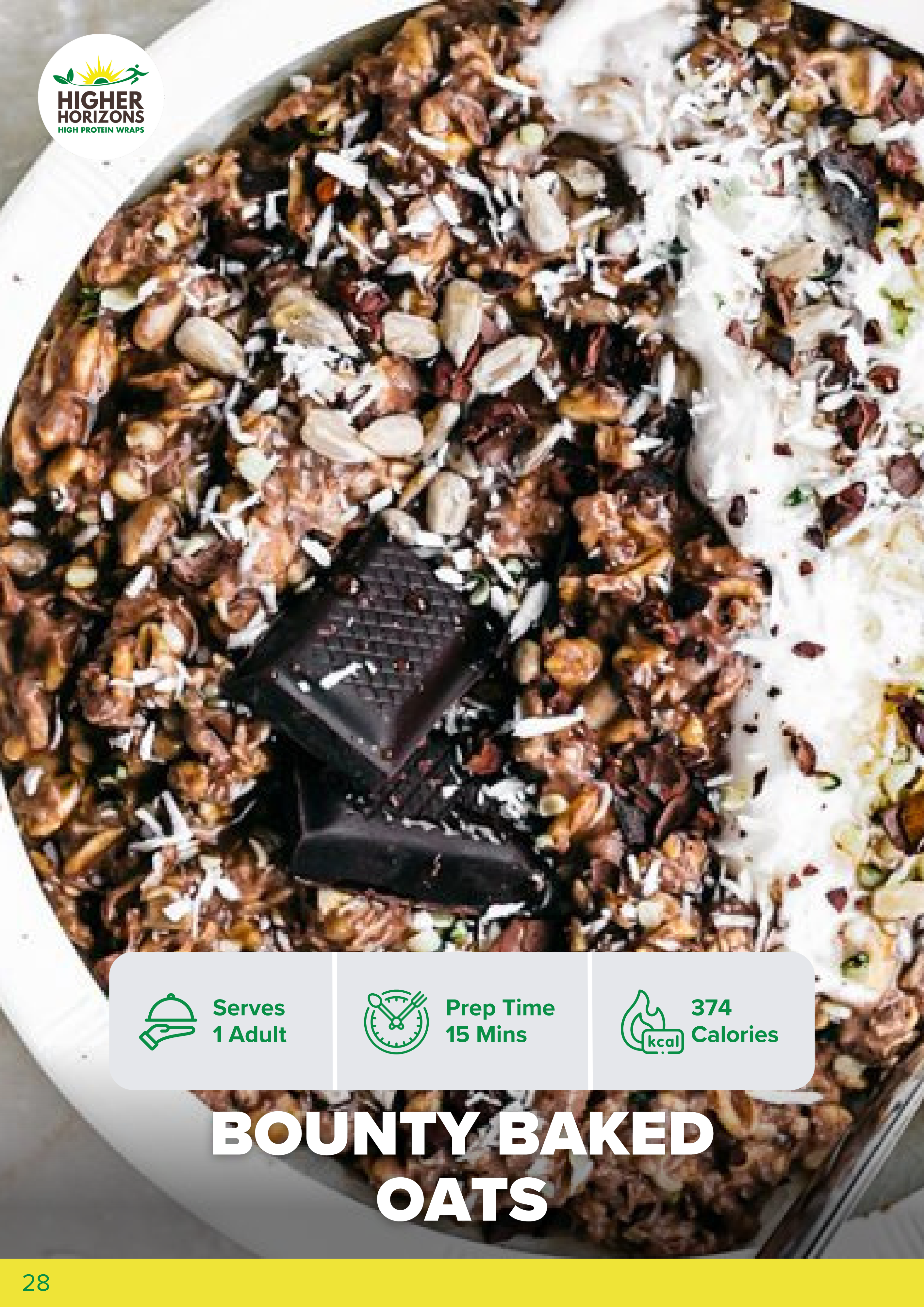
Prep Time  
15 Mins

**335**  
Calories

**23**  
Protein

**45**  
Carbs

**6**  
Fats



Serves  
1 Adult



Prep Time  
15 Mins



374  
Calories

# BOUNTY BAKED OATS

## INGREDIENTS

- 40g Oats
- 100mls Unsweetened Almond Milk
- 30g Whey Protein (Chocolate)
- 5g Cocoa Powder
- 15g Desiccated Coconut
- 5mls Vanilla Extract

## DIRECTIONS

- 01** Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.
- 02** Add all of the ingredients, into a bowl and stir until combined.
- 03** Pour into the oven proof dish and Bake for 20 minutes.



Serves  
2 Adults



Prep Time  
15 Mins

**374**  
Calories

**34**  
Protein

**28**  
Carbs

**14**  
Fats

