



**FITFISH**  
**FOR A FIVER**  
**FEB RECIPE PACK**  
**2025**



## Dark Chocolate and Chickpea Cookies



Try this twist on chocolate chip cookies for a wholesome treat, perfect with a cuppa or as an after-school snack with a glass of milk. The chickpeas add nutrients and make these cookies extra filling, while dark chocolate and honey bring a deliciously healthy touch!



Prep: 10 min

Cook: 20 min



Beginner



Makes 12 cookies

- 1 can (400g) chickpeas, drained and rinsed
- 100g dark chocolate (70% cocoa or higher), roughly chopped
- 80g smooth peanut butter (or almond butter)
- 80g honey (roughly 60 ml)
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 tsp ground cinnamon (optional)
- Pinch of salt

# Dark Chocolate and Chickpea Cookies



## Method

1. Preheat the oven to 180°C (160°C fan) / 350°F. Line a baking tray with parchment paper.
2. Blend the chickpeas in a food processor until smooth. Scrape down the sides as needed.
3. Mix the wet ingredients by adding peanut butter, honey, and vanilla extract to the chickpea mixture. Blend until well combined.
4. Incorporate the dry ingredients by adding baking powder, cinnamon, and salt. Blend again until you have a smooth dough.
5. Stir in the chocolate chunks by folding them into the dough with a spatula.
6. Form the cookies by scooping tablespoon-sized portions of the dough onto the prepared baking tray. Flatten slightly with the back of a spoon.
7. Bake for approx 20 minutes or until the edges are golden brown and the cookies stay together.
8. Cool & enjoy! Let the cookies cool on the tray for a few minutes before transferring to a wire rack.
9. You can store these in an airtight container for 2 days, in the fridge for 5 days, or freeze for up to 3 months.

### **Allergen Information**

Contains nuts



## Oat and Nut Snack Bars



Replace the Ultra-Processed bars in your cupboard with these tasty and filling snacks. Great for keeping in the fridge for up to a week or freezing!



Prep: 10 min

Cook: 15 min



Beginner



Makes 12-18 bars

- 160g rolled oats (gluten-free if needed)
- 40g unsweetened desiccated coconut
- 25g chia seeds or flaxseeds
- 60g chopped nuts
- 80g dried fruit (raisins, chopped dates, or apricots—no added sugar)
- 120g natural peanut or almond butter (no added sugar or oils)
- 60ml honey or maple syrup (adjust to taste)
- 1/4 teaspoon vanilla extract (optional)
- 1 egg, beaten

# Oat and Nut Snack Bars



## Method

1. Preheat your oven to 180°C (350°F) and line an 8x8-inch baking dish with baking paper.
2. In a large bowl, combine the oats, coconut, seeds, nuts, and dried fruit.
3. In a saucepan over low heat, gently warm the nut butter and honey (or maple syrup) until smooth and well-blended. Add the vanilla extract if using.
4. Pour the wet mixture over the dry ingredients and mix well until everything is coated.
5. Add the whisked egg.
6. Mix again.
7. Transfer the mixture into the lined baking dish and press it down firmly with a spatula or the back of a spoon.
8. Bake for 12–15 minutes until lightly golden. Allow to cool completely before cutting into bars.
9. Keep in an airtight container for up to 3 days or refrigerate for up to 1 week. You can also freeze these bars.

### Allergen Information

Contains nuts, seeds and oats



## Zesty Apple Cider Vinegar Dressing



This quick and easy recipe will elevate any salad and help you enjoy the health benefits of Apple Cider Vinegar



Prep: 5 min

Cook: 0 min



Beginner



Makes 4-6 servings

- **3 tbsp extra virgin olive oil**
- **1 tbsp apple cider vinegar (unfiltered, with the "mother")**
- **1 tsp Dijon mustard**
- **1 tsp honey (or maple syrup for a vegan option)**
- **1 clove garlic, crushed (optional)**
- **Freshly ground black pepper to taste**

# Zesty Apple Cider Vinegar Dressing



## Method

- Add all the ingredients to a small bowl or jar.
- Whisk together (or shake the jar with a lid tightly closed) until mixed.
- Taste and adjust the seasoning, adding more honey for sweetness or vinegar for tanginess.
- Drizzle over your favourite salad and enjoy!
- Keep your dressing in the fridge for up to a week. Shake before using!
- Add fresh herbs like parsley or thyme for an extra flavour boost.

### **Allergen Information**

Contains:  
mustard, honey, garlic



## Apple and Almond Butter Energy Bites



The bites are perfect to pack in a small container for your desk, or just whip them up at home when that 2 PM slump strikes. They're tasty, easy to make, and will give your brain the energy it needs to power through the rest of the day.



Prep: 20 min

Cook: 0 min



Beginner



Makes 8-10 balls

- **1 medium apple (any variety)**
- **2 tbsp almond butter (or any nut butter of your choice)**
- **20g rolled oats**
- **1 tsp honey or maple syrup (optional for sweetness)**
- **A pinch of cinnamon**

# Apple and Almond Butter Energy Bites



## Method

1. Grate the apple finely.
2. Combine the apple, rolled oats, almond butter, honey, and cinnamon. Stir well until you create a sticky mixture.
3. For added crunch and texture, place the bites in the fridge for 15 minutes before eating.
4. Grab a couple whenever you need a quick pick-me-up!

For variety, add a sprinkle of chia seeds or linseeds to the mixture for an extra nutrient boost.

### **Allergen Information**

Contains: Nuts



## Mediterranean Baked Chicken with Tomatoes & Olives



This is one of my go-to Friday night dinners! Quick, easy and tasty!

You can also use chickpeas and butterbeans to make a **vegetarian version**.



Prep: 10 min

Cook: 35-45 min



Beginner



Serves 2, multiply ingredients for a larger dish

- 2 chicken breasts or thighs
- 1 tin (400g) chopped tomatoes
- 1 small onion, finely sliced (I use chopped frozen)
- 2 cloves garlic, crushed (I use frozen)
- 1 red pepper, sliced
- 10 olives (black or green), halved
- 1 tbsp capers, drained
- 1 tbsp olive oil
- 1 tsp dried oregano or Italian herbs (you can use fresh if available)

# Mediterranean Baked Chicken with Tomatoes & Olives



## Method

- Preheat oven to 190°C (375°F).
- Mix the chopped tomatoes, onion, garlic, peppers, olives, and capers in a baking dish. Drizzle with olive oil and sprinkle with the herbs.
- Add the chicken: Nestle the chicken thighs or breasts into the tomato mixture, ensuring they are partially covered.
- Bake for 30–35 minutes until the chicken is cooked through and the sauce has thickened slightly.
- Serve with sides of your choosing.

### **Allergen Information**

Check for Sulphites in olives and capers if sensitive.