

10 MUST-HAVE NOURISHING RECIPES FOR LIVING YOUR ABSOLUTE POTENTIAL



ABSOLUTE POTENTIAL
Health and Performance

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INTRODUCTION

Hungry much? You've come to the right place. At Absolute Potential we believe food should be fuel for living, playing and above all, enjoying. After all, life is waaaaay too short to live on dry crackers and celery alone (not to mention also not conducive to long-lasting energy, building muscle or remaining injury-free and happy). Have a browse thorough, drool and try them out! And if you can wait long enough, take a pic of your attempts and tag us on Facebook ([facebook.com/absolutepotentialhp](https://www.facebook.com/absolutepotentialhp)) or Instagram (@absolutepotential_fuel). We'd love to see them!

All recipes have been lovingly tried, tested and enthusiastically taken to training by the author and her partner (no responsibility will be taken for increased energy and feeling great).

All photos taken by the author on a Samsung S5.

WHERE IT ALL BEGAN...

The beginnings of this e-book and all the recipes in it came about in 2013, when my partner got really sick and we began what was to be a life-changing search for more natural solutions to counterbalance the merry-go-round of antibiotics and medications he was given.

He was looking for answers on how to heal his gut, regain his performance as an athlete and simply be well; as a health practitioner who had always been interested in holistic wellbeing, taking care of others and is a self-confessed foodie, this proved to be a powerful motivator for me to delve into the world of nutrition as medicine.

In addition to this, I also wanted to improve my health and have more energy. At the time I was juggling a part time job, starting my own business and exercising every day. I was getting through the weeks but by the end, was tired, both physically and mentally, and I knew things could be better – I just didn't know how.

One of the first things we did was cut out dairy (he's lactose intolerant), gluten and processed foods, which pretty much put a stop to the traditional white flour/white sugar/white milk-containing baked goods that I regularly made for him and his team. I had to find a way to turn my regular recipes into equally delicious treats he could eat without getting sick – and which were better for health in the long run.

After many taste tests (some downright flops!), changes and internet research, ten of my most successful and favourite recipes are here in this very book.

Each and every recipe has been baked, eaten and taken to training sessions by both of us and they've passed our required tests of:

- 1. Not needing 100 unobtainable and expensive ingredients (most of them are readily available from your local supermarket, farmers market or health food store).*
- 2. Not requiring hours spent in the kitchen (I know what it's like trying to juggle work, exercise, family while trying to stay healthy all at the same time!) and finally,*
- 3. They taste AWESOME!! Even though they are completely gluten, dairy and refined sugar free (Yes, your kids will even eat them)*

Hopefully you love them as much as we do!

Sissy xx

P.S I'd love to see your version of these recipes, so don't forget to share them on Facebook (facebook.com/absolutepotentialhp) or tag me on Instagram (@absolutepotential_fuel).



2016: Happy, fitter and with more energy than I've ever had!

GOOEY CHOC BROWNIES WITH CHOCOLATE ICING

These were the first successful 'paleo' (no grains, refined sugars or dairy) baked goods that I ever made and they've been on my regular rotation ever since! They're the crumbly-on-the edges, moist-in-the middle sort of brownies. The best secret is in the chocolate icing – your kids/partner won't have any idea it contains a green vegetable!

BROWNIE BATTER

- 1 cup almond butter (any nut butter will do)
- 1/3 cup maple syrup or honey
- 1 egg
- 1 tsp vanilla
- 1/3 cup cocoa powder
- 1/2 tsp baking soda
- Pinch Himalyan salt, cinnamon

ICING

- 1 large ripe avocado
- 3 1/2 tbs honey
- 2 1/2 tbs cocoa powder
- Pinch of salt



METHOD

Preheat the oven to 180 degrees C.

In a large bowl, whisk together the almond butter, syrup, egg and vanilla. Stir in the cocoa powder and baking soda.

Pour the batter into a 20cm baking pan lined with baking paper (less washing up). Bake for 20 minutes, until the brownie is done, but still soft in the middle. Leave to cool in the tray for 5 minutes then take out, removing the paper, and cool on wire rack. I usually do a 4 step process of putting a chopping board on the top of the brownie (while still in the tray), flipping it over, removing the tray and paper, holding the wire rack on the bottom then flipping it back over onto the rack.

Notes: If you're using a larger tray, bake for 12-15mins or brownies will be too dry. 15mins will give you a slightly gooey and soft in centre brownie!

I usually add frozen blueberries to the mixture before baking then cover in icing once it's done. You can also add maca powder, sprinkle shredded coconut over the top or substitute any other nut butter. These also taste awesome frozen straight out of the freezer!

CHOC WALNUT BREKKY MUFFINS

These are super easy to make and are naturally higher in protein due to the almond meal, egg and nuts. Being low in natural sugars and high in good fats, these are a perfect excuse to have a muffin for brekky.



INGREDIENTS

- 1 cup almond meal
- ⅛ tsp baking soda
- Pinch of salt
- 2 tbs raw honey
- ½ cup coconut milk, full fat
- 2 tbs coconut oil, melted
- 1 egg
- Handful chopped walnuts
- 2 pieces dark choc finely chopped or grated (I used Alter Eco dark chocolate with cacao nibs)
- Cinnamon

METHOD

Preheat oven to 180 deg C

Mix dry ingredients together

Mix wet ingredients together

Combine wet and dry ingredients, making sure not to over mix - basically just fold through until you don't see any more chunky dry ingredients. Put 1-2 tablespoons into muffin tray/liners in tin (depends on how big you want them!) Bake for 20 mins until skewer comes out clean. Notes: Adjust the temperature according to the size; 20 minutes works well for a normal small sized patty liner but I always put a timer on for 5 minutes less than the recommended time because you can always leave them in for longer but an overdone cake is much harder to rescue!

Sprinkle desiccated coconut on top if you want, otherwise these are delicious warm and freeze really well!

RAW CHOCOLATE

For lovers of the chocolate kind, in other words, everyone.

High quality dark chocolate can be super healthy for you. If you've never tried making it yourself, then this is the perfect time to try.

Vegan (egg and dairy free)



INGREDIENTS

- 100g cacao butter (if chopped smaller, it will melt quicker)
- 6 tbs organic cacao powder
- 3 1/2 tbs raw honey
- 1-2 tsp maca powder
- Pinch Himalayan salt
- Pinch cinnamon
- Optional toppings: coconut flakes, berries

METHOD

Melt butter in a glass bowl set over a pot of boiling water; simmer over low heat once boiling to allow butter to slowly melt.

Add the cacao powder, cinnamon and salt and mix until combined. Add honey to taste; you can add more if you want it sweeter.

Allow to cool slightly; add maca powder (best not to add to a hot liquid so to protect maca's good benefits). Taste to check that maca is not overpowering.

Pour into a tray lined with baking paper. Add toppings as you wish and put in freezer.

After few hours or overnight, remove from freezer and crack into pieces. Keep chocolate in the fridge or freezer, this chocolate will melt when left.

Notes: Maca powder is an ancient Incan superfood that's highly regarded for its effects on boosting energy, stamina, athletic performance, hormonal problems and increasing fertility.

BEST EVER BAKED PROTEIN BARS

This protein slice is super tasty, filling and doesn't have any artificial nasties or chemicals that many store-bought bars do. You can easily substitute the gluten free (GF) cereal for your favourite cereal or muesli mix. My partner loves this as a post-training recovery snack!

FILLING

- 1 ripe banana
- 1/4 cup coconut
- 1/2 cup nut butter (any will do)
- 1 1/2 cup GF cereal
- 1 egg
- 2 tbs coconut/almond milk
- 2 tbs honey/maple syrup
- Cinnamon
- Pinch salt



BASE/CRUST

- 1 cup dates, chopped
- 1 1/4 cup shredded or desiccated coconut
- 1/2 cup GF cereal or almond meal

METHOD

Blend crust ingredients, press into tray. Blend banana & honey. Add to nut butter, milk, egg, cereal and stir well. Pour filling over crust.

Bake in 180 deg C oven for 25-30 mins; these are ready once firm. Let them cool in the tray then cut into bars. You can wrap them individually for a convenient grab-and-go snack.

These can be frozen once wrapped and taken out when you head to your training session, they'll be defrosted and ready to eat by the time you're done.

Notes: You want to use organic free range eggs whenever possible. Conventional cage eggs from hens fed on grain are much higher in pro-inflammatory omega-6 fatty acids and recent research shows it's having too high levels of O-6 compared to O-3 fatty acids that contributes to the many health conditions we see today.

CHOC MINT WELCOME HOME COOKIES

Containing only a tablespoon of raw honey + the chocolate chips, this is a healthy yet super tasty cookie. Being completely nut- and nut-flour free means they also make a perfect lunchbox snack for kiddies whose schools are nut-free zone.

These were delicate and light, slightly crumbly but stay together perfectly when dunked into hot tea.

(They were also the perfect 'welcome home' treat for my mint-loving boyfriend after one of his rugby trips away!)

Vegan



INGREDIENTS

- 1 cup plain gluten-free flour
- ¼ tsp baking soda
- 1 tbs raw cacao powder
- 1 tsp maca powder
- Pinch Himalayan salt
- Cinnamon
- ¼ cup coconut oil, melted
- 1 tbs honey
- 1 tsp vanilla essence
- 1 tbs coconut water or milk
- ¼ cup organic dark mint chocolate (I used four squares of Alter Eco Dark Mint chocolate), finely chopped

METHOD

Preheat oven to 180 deg C and prepare a tray with baking paper.

Mix all wet ingredients. Mix all dry ingredients and add to wet. Combine then fold in chopped chocolate.

Using a tablespoon, make cookies on a lined baking tray and flatten slightly (cookies won't change shape when cooking so you can make them flat or round balls, you may just have to adjust cooking times slightly for balls).

Bake for 8-12 mins until firm. Let them cool for 5 minutes on the tray as they'll crumble if you try to move them while they're still hot.

Notes: The flour can be substituted for almond meal for a higher protein cookie but will not be nut-free.

I like to chop the chocolate quite finely so it's distributed throughout the whole cookie. You can also do bigger pieces if you like a choc chip cookie with chunks.

I always use baking paper so I don't have to wash up and will reuse the same sheet over and over. Most cookies don't leave anything behind so you can do this easily.

BERGAMOT BANANA MUFFINS

Have no eggs in the house and bananas that are getting ripe? These delicious bergamot-infused muffins are the perfect answer! They're super soft, with the nuts adding crunch and the bergamot oil giving these vegan-and-tasty muffins that little something extra.

Bergamot essential oils are thought to help boost confidence, reduce stress and anxiety and also be antibacterial, just what you want in a muffin!

Vegan, paleo



INGREDIENTS

- 1 cup mashed banana (2-3 should do the trick, the riper the better/sweeter)
- 1/4 cup coconut oil
- 1/4 cup coconut milk or any other dairy free milk
- 1 tbs maple syrup (can be omitted if your bananas are ripe enough)
- 2 tbs nut butter
- 2 tbs chia seeds + 1 tbs gelatin/collagen hydrolysate
- 1 tsp vanilla essence
- 1 tsp baking soda
- Pinch of salt
- Cinnamon
- 2 drops organic Bergamot essential oil
- Approx. handful of chopped walnuts
- 6 tbs coconut flour

METHOD

Preheat oven to 180 deg C

Blend/food process everything except for the coconut flour and nuts

Transfer to a mixing bowl and stir in the flour and chopped nuts. You can add chopped chocolate if you're feeling crazy; just a couple of squares of good quality dark chocolate (My fav is the Altereco organic brand, Dark Sea Salt flavour). Dollop 1-2 heaped tablespoons into oiled muffin tins or liners.

Bake for 20 mins, take out and cool on a rack. Demolish.

Notes: The benefits of collagen hydrolysate on improving skin elasticity and ligament integrity are well researched but not well known. I use the Great Lakes brand.

DOUBLE CHOC CUPCAKES WITH PUMPKIN ICING

Pumpkin icing sounds weird but these are actually really tasty and don't taste pumpkin-y at all. Coconut products are wonderfully versatile, as well as being anti-bacterial and great for gut and bowel health. Coconut flour requires a high liquid ratio than other flours so swapping it for another type will change the consistency, texture and taste – I wouldn't recommend it.



CUPCAKE BATTER

- 1/3 cup coconut flour
- 2 tbsp unsweetened cocoa powder
- 1 tsp baking powder
- Pinch of salt
- 4 organic free-range eggs, beaten
- 1/3 cup maple syrup
- 1/3 cup coconut oil, melted
- 2 tbsp almond milk
- 1 tsp vanilla extract
- 1/3 cup mini dark chocolate chips

ICING

- 1/2 cup coconut cream
- 1/3 cup pumpkin puree (I steamed pumpkin then mashed it)
- 2 tbsp maple syrup or honey
- 1 tsp cinnamon
- 1/2 tsp vanilla

METHOD

Preheat the oven to 180 deg C. Lightly oil a muffin tin or use paper liners – they may stick to the liners but will prevent you having to wash up.

Whisk together the coconut flour, cocoa powder, baking powder, and salt in a large bowl. Add eggs, maple syrup, coconut oil, almond milk, and vanilla. Stir well to combine. Fold in the chocolate chips.

Divide the batter equally into the muffin cups.

Bake for 15-20 minutes, until a toothpick inserted into the center comes out clean. Place the muffin tin on a cooling rack and allow to cool for 10 minutes. Remove the cupcakes from the tin and cool completely before adding icing.

To make the icing, stir together the coconut cream, pumpkin puree, maple syrup, cinnamon, and vanilla in a small bowl. Place in the refrigerator for 30 minutes to chill. Ice the cupcakes once they have cooled

COCONUT PANNA COTTA WITH MANGO PUREE

Want something super impressive but super easy and healthy too? Try this coconut panna cotta, which is wonderfully creamy and delicious; it reminds me of an Indonesian dessert my mum used to make. You just need to prep it in advance so it has time to set overnight.

Vegan (with modifications)

INGREDIENTS

- 1 400ml can full-fat coconut milk or cream
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 1¼ tsp grass-fed gelatin (use agar agar for recipe to be vegan-friendly)
- Flesh of 1 ripe mango



METHOD

Using a blender or a food processor, puree the mango flesh until it reaches a smooth consistency. Spoon about 2 tablespoons into the bottom of 6 small dishes (I used small wide mouthed glasses)

In a small saucepan, add half the can of coconut milk then whisk in the gelatin. Allow to sit for 2 minutes to allow the gelatin to "bloom." Add in the vanilla, then gently heat the mixture over a medium-low heat, continuing to whisk well to help the gelatin dissolve. Be careful NOT to boil this mixture! Once the gelatin has completely dissolved, remove from the heat and stir in the maple syrup/honey and remaining coconut milk.

Pour the mixture onto the mango puree. Pouring over the back of spoon can help the coconut mixture from making a 'hole' in the mango puree. It still tastes good, it just won't look as pretty.

Place panna cotta in the fridge to set for at least 4 hours before serving, making sure you don't put them on the coldest shelf; they can freeze easily and you don't get the lovely, soft jelly-like consistency of panna cotta.

Serve in the dishes. The puree is a delicious contrast to the creamy 'cotta!

NUTTY PROTEIN BALLS

Who doesn't like protein balls? These nutty balls are so named because their protein comes mainly from the nut butter used rather than from the addition of protein powder. Whilst I don't have anything against a good quality, no-filler whey or vegan protein as a supplement to a good diet (especially post training), I don't often add them to snacks that I make for my partner because of him being lactose-intolerant. It also makes these balls pretty much as clean and unprocessed as you can get!

Vegan, honey-free



INGREDIENTS

- 1 cup dates, roughly chopped
- 1/2 cup organic nut butter
- 1/3 cup mixed seeds (sunflower, pepita)
- 1 tbs raw cocoa powder
- Pinch cinnamon
- Pinch Himalyan salt
- Desiccated coconut for rolling

METHOD

Put chopped dates in a blender or food processor and blend until moderately smooth. Add seeds, blend further (they can stay a little chunky). Add nut butter, cinnamon & salt and blend until the mixture comes together. You may need to add a little bit of water to get the mixture smooth.

Spoon out tablespoons of mixture, roll into balls and press into coconut.

These are awesomely stick-to-the-roof-of-your-mouth-delicious, great as an alternative to chocolate and perfect as a high energy snack after training or a workout. I would recommend keeping them in the fridge but they won't last for long!

BANANA COCONUT CRANBERRY CAKIES

These 'cakies' were hatched up on a cold, rainy day while babysitting my niece in my hometown of Melbourne. She was 10 months old at the time, had one 'toof' and was a foodie/chow hound in the making...she's since grown a few more teeth and will still eat anything she can get her hands on! These were baby-proofed - made without any honey, sugar, dairy or gluten. She loved them and they're definitely adult-friendly too!

Paleo-ish, honey-free



INGREDIENTS

- 1/4 cup nut butter
- 1/2 cup coconut cream
- 2 eggs
- 1 mashed ripe banana
- 1/4 cup coconut flour
- Handful (or 2 mini snack boxes) sultana & cranberry mix
- Cinnamon

METHOD

Preheat oven to 180 deg C

Mix butter, cream, eggs and banana. stir in flour and dried fruit. Plop large spoonfuls on a baking paper lined tray and bake for 10mins until brown. Allow to cool slightly before putting on a wire rack to cool.

These aren't overly sweet because I purposely didn't add any sweeteners, but you get nice little pops of fruity bursts from the sultanas & cranberry. You can use them as a base and add toppings (I ate them with a lashing of nut butter), as an awesome post workout snack or with tea!

Notes: If you want them sweeter, you can add 1-2 tablespoons of honey but this makes them not suitable for young bubs! Also depending on how big your banana is and what size eggs you use, the mixture may turn out slightly runny; in this case simply put the batter into muffin trays or liners - they make an awesome breakfast muffin!