



10 GREAT TREAT MEAL IDEAS

This bonus is a fun one - it's 10 of my all-time favourite healthy treat meal ideas. A great little document to keep on file for when you'd like to have a break to normal eating but can't remember what some clean treat options might be.

Enjoy :)

1. CANADIAN PANCAKES

<http://womanincredible.com/canadian-pancakes/>

2. GLUTEN FREE NUT TOAST

Gluten free toast with tahini, almond spread, cashew spread, macadamia spread (you get the picture). Add half a banana if you're really hungry or if you just worked out.

3. GF PENNE WITH BROCCOLI

<http://womanincredible.com/gluten-free-pasta-with-salmon-and-broccoli/>

4. GF TACOS

These are now widely available in your organic store, as are a range of Mexican inspired gluten free options. Marinate some steak strips in a good oil, some real salt, and some cumin (marinate for an hour) and then pan-fry before serving with tacos, cheese, and salad.

5. GF HOMEMADE PIZZA!

<http://womanincredible.com/quickneasy-gluten-free-pizza/>



6. CHOCOLATE PORRIDGE

<http://womanincredible.com/chocolate-protein-porridge/>

7. FRENCH TOAST

Soak some wholegrain or fruit gluten free bread in a scrambled egg mix, and pan-fry for a minute or so each side. Serve with cinnamon, sugar and berries, or go all out and serve with bacon, banana and maple syrup. Delicious and a personal favourite of mine!

8. HOME-MADE CHOCOLATE

<http://womanincredible.com/healthy-chocolate/>

9. GLUTEN FREE AVO TOAST

Gluten-free toast with avocado mash (take 1/2 a ripe avo, grab a fork, and mash with some organic sea salt, some pepper, some lemon, and some garlic or chilli if you're feeling brave).

10. SIMPLE DESSERT DELIGHT

You don't always have to spend time making fancy clean treat options, sometimes the simple stuff is the most delicious. One of my favourites is organic good quality ice-cream served with berries and dark chocolate sauce.