

A woman with long dark hair tied back is running on a paved path. She is wearing a blue sleeveless top, dark blue leggings, and light-colored sneakers with orange accents. Her hair is blowing in the wind. In the background, there are trees and a body of water.

Recipes for The May 50K

- PROTEIN MAC 'N' CHEEZE

- HIGH PROTEIN

- CHIA SEED PUDDING

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nuzest[®]

THE MAY 50K



Did you know?

Nutritional yeast is a rich source of vitamin B12. Vitamin B12 is important for energy and the healthy functioning of the nervous system.

Protein Mac 'n' Cheeze

Ingredients- Serves 2

- 1 cup macaroni (or gluten free pasta alternative)
- 2 ½ cups unsweetened plant-based milk
- 1 serve (25g) of Just Natural Clean Lean Protein
- 2-3 tbsp nutritional yeast
- 1 tbsp onion powder
- 1 tsp dried dill
- 1 tbsp white miso paste
- 1 tbsp tamari
- ½ tsp turmeric powder
- ½ tsp ground paprika
- Salt and pepper

Method

1. Cook your pasta as per packet instructions.
2. In a separate medium-sized pot, stir your soymilk over a low heat slowly whisking in the nutritional yeast, onion powder, dill, white miso paste, tamari, ground paprika, turmeric, salt and pepper.
3. Once combined, slowly add the protein and whisk continuously to ensure the mixture doesn't get clumpy.
4. Whisk over a low heat for a further 2 minutes until combined and smooth – do not let it boil!
5. Once the pasta is cooked, drain and pour your pasta into the pot of cheeze sauce and mix until combined. Allow the pasta to sit over a low heat for a further 2 minutes to allow the sauce to thicken further.
6. Serve with a grating of plant-based parmesan and some paprika, or fresh cracked pepper and chopped parsley.



Nuzest tip!

Chia seeds are a great source of plant-based protein and fibre. One 28g serve of chia seeds provides 4.7g of protein.

High Protein Chia Seed Pudding

Ingredients - Serves 2

- ¼ cup chia seeds
- 1 cup milk of choice
- 1/3 cup Greek yogurt
- 1-2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon

Optional toppings

- Banana
- Greek yoghurt
- Granola or toasted muesli of your choice

Method

1. Place the chia seeds, milk, Greek yogurt, maple syrup, cinnamon and vanilla extract into a bowl and whisk together until combined.
2. Place the bowl into the fridge for 20 minutes or until the chia seeds absorb the liquid and the mixture thickens. You can also do this the night before and leave it in the fridge to set overnight.
3. Divide the chia seeds into two portions. You can layer the chia seeds mixture with extra Greek yogurt, granola and fruit.