

DR FRANKIE'S

Recipe book



Barebells

FUNCTIONAL FOODS

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Dr Frankie Jackson-Spence is an NHS doctor with an interest in preventative medicine. Dr Frankie's approach helps you to optimise your health and wellbeing to ensure you live your healthiest life. She believes in the fundamentals of exercise, good nutrition, quality sleep and minimum stress. Dr Frankie has created this book full of delicious recipes using our Barebells products and we can't wait for you to try them!

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BAREBELLS MILLIONAIRE SHORTBREAD

The ultimate Barebells recipe! Shortbread has always been my favourite dessert. This is my favourite recipe in my book!

Ingredients

BASE

- 180 g ground almonds
- 40 g coconut oil
- 30 ml maple or golden syrup

CARAMEL

- 1 can of condensed milk
- 50 g coconut oil
- 40 ml maple syrup
- 2 Barebells Hazelnut & Nougat bars

CHOCOLATE TOPPING

- 100 g milk chocolate
- 40 g hazelnut butter
- 50 g white chocolate

Method

BASE

1. Preheat oven to 180°C.
2. Lightly grease a shallow baking tin.
3. Melt the coconut oil and combine with the maple syrup and ground almonds.
4. Press into the baking tin using the back of a spoon.
5. Bake for 15 minutes until golden brown.
6. Put aside to cool.

CARAMEL

1. Combine the condensed milk, coconut oil and maple syrup in a saucepan.
2. Slowly heat on the hob and bring to the boil for 5-10 minutes.
3. Stir regularly until mixture is thickened and golden.
4. Allow to cool completely.

5. Chop up the 2 Barebells bars into small pieces and stir into the cooled caramel.
6. Pour over the cooled almond base and put in the fridge to set until firm.

CHOCOLATE TOPPING

1. Melt the milk chocolate over a water bath or carefully in the microwave.
2. Stir in the hazelnut butter.
3. Pour over the caramel layer.
4. Melt the white chocolate and drizzle in vertical lines along the length of the milk chocolate topping.
5. Using a knife to create a pattern in the chocolate topping by scoring the topping width ways up and down against the direction of the white chocolate lines.



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VANILLA + CINNAMON
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BAREBELLS BLUEBERRY + VANILLA MUFFINS

I love baking with the Barebells Milkshakes. It really adds a light texture to the muffins. These are great for breakfast on the go - you can even store them in the freezer for a rainy day!

Ingredients

- 250 g plain flour
- 125 ml agave syrup
- 100 g unsalted butter (softened)
- 75 g natural yoghurt
- 2 tbsp Barebells Vanilla milkshake
- 2 large eggs
- 1 tsp vanilla extract
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- A pinch of salt
- 125 g fresh blueberries (you can also use frozen)

Method

1. Pre-heat the oven to 180°C.
2. Line your muffin tin with muffin cases.
3. Beat the butter until its soft and whisk in the agave syrup until the mixture is pale and fluffy.
4. Add the eggs and beat for approximately 1 minute further.
5. Stir in the yoghurt, Barebells milkshake and vanilla extract.
6. In a separate bowl, mix together the flour, baking powder and bicarbonate of soda with a pinch of salt.
7. Fold into the butter/egg/agave syrup mix.
8. Once all combined, gently fold in the blueberries.
9. Divide equally into the muffin cases.
10. Bake for 18 minutes until golden (can insert a knife to check if they are done which should come out clean).



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VANILLA + CINNAMON FRENCH TOAST

Nothing beats an indulgent breakfast, especially on a Sunday morning!

Ingredients

- 2 slices of bread (I use fruit loaf)
- 1 Barebells Vanilla milkshake
- 2 tsp cinnamon
- 1 large egg

TOPPINGS

- Maple syrup, blueberries, strawberries and icing sugar

Method

1. Whisk the egg with a fork and the Barebells milkshake.
2. Stir in the cinnamon.
3. Soak each slice of bread in the egg/shake mixture.
4. Fry in low calorie spray in a medium heat frying pan until golden on both sides.
5. Serve warm with maple syrup, fresh berries and a sprinkling of icing sugar.



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BAREBELLS BANANA BREAD

The protein bars really compliment this nutty banana loaf.
You can also make this mix into muffins!

Ingredients

- 140 g wholemeal flour
- 100 g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 300 g mashed banana
- 1 banana for the topping
- 4 tbsp agave syrup
- 3 large eggs
- 100 ml natural yoghurt
- 50 ml Barebells Vanilla milkshake
- 1 Salty Peanut Barebells bar (chopped)
- 25 g chopped walnuts (optional)

Method

1. Pre-heat the oven to 160°C.
2. Line a loaf tin with baking paper.
3. Mix in dry ingredients (wholemeal flour, self-raising flour, bicarbonate of soda, baking powder and a pinch of salt) in a large bowl.
4. Mix in the wet ingredients (eggs, banana, agave syrup, yoghurt and Barebells Vanilla milkshake) separately in a bowl then combine with the dry ingredients.
5. Chop up your favourite Barebells bar, some nuts and some extra dark choc chips and stir into the mixture.
6. Pour into the greased loaf tin.
7. Cut the banana in half and place on the top of the loaf for decoration.
8. Bake for 1 hour.



TOP TIP! If the top looks like it is browning too quickly, you can cover it with some tin foil to lessen the exposure of heat.

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SALTY PEANUT BUTTER CUPS

A Barebells twist on the classic and with no baking time, these are perfect when you need a Barebells-fix, fast!

Ingredients

- 3 tbsp coconut oil (melted)
- 3 tbsp cacao powder
- 1 tbsp natural sweetener
- 30 g agave syrup
- 1 jar peanut butter
- 1 Barebells Salty Peanut bar (chopped)

Method

CHOCOLATE LAYER

1. To make the chocolate, mix the melted coconut oil with the cacao powder, natural sweetener and agave syrup in a bowl.
2. Pour half the mixture into the silicone moulds, put the other half to one side to use later.
3. Put in the freezer for 5 minutes.

PEANUT BUTTER LAYER

1. Choose a runny peanut butter and pour over the chocolate layer.
2. Chop up a Barebells Salty Peanut bar into small pieces and place into the peanut butter layer.
3. Freeze for a further 5 minutes.

CHOCOLATE LAYER

1. Pour on the rest of the chocolate to create the top layer.
2. Put back into the freezer for at least 10 minutes until serving.



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CARROT CAKE MUFFINS

Our Barebells take on the classic! You can use this recipe for both muffins or a full-sized cake.

MUFFINS

Ingredients

- 150 g coconut sugar
- 100 g wholemeal self-raising flour
- 100 g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp mixed spice
- Zest of 1 orange
- 2 large eggs
- 150 ml sunflower seed oil
- 200 g grated carrots

Method

1. Pre-heat the oven to 180°C.
2. Line a 12 hole muffin tin with cases.
3. Mix the dry ingredients (coconut sugar, flour, bicarbonate of soda, mixed spice and orange zest) in a large mixing bowl.
4. Whisk the eggs in another bowl.
5. Add the oil to the whisked eggs and whisk further.
6. Stir the oil/egg mix into the dry ingredients.
7. Stir in the grated carrot.
8. Divide the mixture between the bun cases.
9. Bake for 20 minutes (check its cooked by inserting a knife into the centre, should come out clean).
10. Leave to cool before icing.



BAREBELLS VANILLA + ORANGE SPICED CREAM CHEESE FROSTING

Ingredients

- 250 g cream cheese
- 100 g butter (softened)
- 1 Barebells Vanilla milkshake
- 250 g powdered sweetener icing mix
- Juice of 1 orange
- 1 tsp mixed spice

Method

1. Beat the butter until soft.
2. Beat the cream cheese into the butter.
3. Mix the powdered sweetener icing mix into the butter/cheese mix.
4. Pour in Barebells Vanilla milkshake until you get a fluffy butter icing consistency.
5. Use a knife to spread the icing over the cooled muffins.

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BAREBELLS BLISS BALLS

These no-bake bliss balls are thr perfect snacks. Whether you're on the go at work, or in need of a pre-workout energy boost, these balls are a great sweet treat filled with healthy fats to keep you fuller for longer!

Ingredients

- 3 Medjool dates
- 3 tbsp cacao powder
- 1 handful cashew nuts
- Juice of ½ lemon
- 3 tbsp coconut oil
- 3 tbsp almond butter
- ½ Barebells Chocolate milkshake
- 3 scoops chocolate powder

Method

1. Blend the cashew nuts in a food processor until they are all small pieces.
2. Add the dates to the blender until they are also broken up.
3. Add the cacao powder, protein powder and coconut oil.
4. Add the remaining wet ingredients (lemon juice, almond butter and Barebells milkshake) until the mixture forms a smooth paste that is still slightly sticky.
5. Roll 1 tbsp of mixture into balls and then roll in either shredded coconut or cacao powder.
6. Store in the fridge for up to 5 days.



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BEST OF BOTH BROWNIES

These treats are great for when you just can't choose what you want... I've combined two of my favourite things to create the "Best of Both Barebells Brownie".

COOKIE DOUGH

Ingredients

- 3 scoops of vanilla protein powder
- 1 cup almond flour
- 100 g natural sweetener
- 2 tbsp agave syrup (or golden/maple syrup)
- ½ cup almond butter
- Add Barebells Vanilla milkshake until you get the consistency of a cookie dough.

Method

1. Grease or line a baking tin with baking paper.
2. Blend all of the cookie ingredients in a Nutribullet style mixer until cookie dough consistency, adding water, Barebells Vanilla milkshake and sweetener as necessary.
3. Once a sticky dough is formed, add chocolate chips.
4. Use your hands to press the dough into the bottom of a greased or lined baking tin.

BROWNIE

Ingredients

- 100 g coconut oil
- 100 g dark chocolate
- 100 g plain flour
- 50 g cacao powder
- 3 large eggs
- 200 g natural sweetener
- 3 Barebells bars of your choice (to make the chocolate chunks)

Method

1. Bring a pan of water to boil.
2. Melt the coconut oil and chocolate in a bowl over the boiling water.
3. In another bowl, whisk the eggs (electric mixer preferred).
4. Take the chocolate/coconut oil mix off the heat and stir into the whisked eggs.
5. Gently fold in the flour, cacao powder and sweetener.
6. Leave the batter to cool before you add chunks of Barebells to stop them from melting.
7. Pour on top of the cookie dough in the tin.
8. Bake for 10-15 mins until you can insert a knife into the mixture and only a small amount stays on the knife.



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MILK(SHAKE) & COOKIES

Nothing beats a good cookie, especially one filled with chewy Barebells chunks!

Ingredients

- 220 g plain flour
- 100 ml agave syrup
- ½ tsp baking powder
- 12 g butter (softened)
- Pinch of salt
- 1 large egg
- 30 ml Barebells Vanilla milkshake
- 2 Barebells bars of your choice chopped (I used White Chocolate Almond)

Method

1. Preheat the oven to 180°C.
2. Line a baking tray with baking paper.
3. Mix the flour, agave syrup, baking powder and a pinch of salt in a large bowl.
4. Combine with the butter.
5. Mix in 1 egg.
6. Add in Barebells Vanilla milkshake until it forms a firm and slightly sticky dough (approx. 30 ml).
7. Chop up 2 of your favourite Barebells bars into small chunks and mix through the dough.
8. Place small dollops of dough onto the baking tray (approx. 1 dessert spoon per cookie).
9. Bake for 10-12 minutes depending on whether you like your cookies chewy or firm!



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A delicious alternative to my gooey chocolate brownies. Add in the Salty Peanut bar for the perfect treat. Best served with a cup of Yorkshire tea!

Ingredients

- 150 g coconut sugar
- 50 ml agave syrup
- 1 tsp baking powder
- 200 g butter (melted)
- 175 g plain flour
- 3 large eggs
- 50 ml Barebells Vanilla milkshake
- 3 Barebells bars of your choice
- (I used Salty Peanut)
- 3 tsp peanut butter (optional)

Method

1. Lightly grease a brownie tin (21 x 21 cm) with butter.
2. Whisk 3 large eggs in a bowl and mix in the coconut sugar and agave syrup in. Whisk until the whisk leaves a trail in the mixture for a couple of seconds.
3. Melt the butter in a pan (or carefully in the microwave) and stir into the egg/coconut sugar/agave syrup mix.
4. Pour in 50 ml of Barebells Vanilla milkshake.
5. Sift the plain flour and baking powder and fold into the mix.
6. Chop the 3 Barebells bars into small chunks.
7. Stir into the brownie mix.
8. Stir in 3 tsp of peanut butter (optional).
9. Lightly grease a 21 x 21 cm brownie tin with butter, pour in the mix and bake for 30 mins at 180°C.



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