



**NICE NOT
NAUGHTY**



myvitamins™



**BE YOUR BEST THIS
SEASON AND TRY
OUR NICE NOT
NAUGHTY TAKES
ON SOME OF YOUR
FAVOURITE DESSERTS
AND SNACKS.**

**SHARE YOUR
#NICENOTNAUGHTY
RECIPES WITH US.**

@MYVITAMINSUK

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STICKY GINGERBREAD BUNDT CAKE



INGREDIENTS

- 150g unsalted butter, plus extra to grease
- 200g plain flour
- 50g myvitamins cacao butter buttons
- 300g dark muscovado sugar
- 200g black treacle
- 4 balls stem ginger in syrup
- 2 large eggs
- 1 tsp bicarbonate of soda
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 225ml natural yogurt

FOR THE TOPPING

- 75g icing sugar
- Fresh pomegranate seeds
- myvitamins cacao nibs

METHOD

1. Grease a 1.5 litre bundt tin then heat the oven to 180°C/350 °F/gas 4.
2. Over the hob, melt the butter, cacao butter buttons, sugar and treacle gently until the mixture is runny and the sugar is dissolved. With a balloon whisk, mix in the stem ginger and eggs.
3. In a separate bowl, sift the flour with the spices and bicarb. Pour in the sugar/butter mixture and stir with a balloon whisk, then stir in the yogurt until combined. Pour into the greased bundt tin.
4. Bake for 50 minutes. Leave to cool for 30 minutes in the tin, then transfer onto a cooling rack.
5. Finally, make the topping; mix the icing sugar with a dash of warm water until a thick, but still runny icing is formed. Drizzle over the cake and sprinkle the pomegranate seeds and cacao nibs on for a beautiful gingerbread bundt cake.



SUPERFOOD HOT CHOCOLATE



INGREDIENTS

- 100ml non-dairy milk of choice
- (soy/almond/coconut)
- 1 tbsp myvitamins cacao powder
- 1/2 tsp myvitamins maca powder
- 1/2 tsp Wunder Workshop Golden Turmeric Powder
- 1/2 tsp of ground cinnamon
- 1 tbsp raw honey (or more to taste)
- 2 tsp Bioglan coconut oil
- 1 tsp Beanies orange coffee

METHOD

1. Add the milk to a saucepan and bring to the boil.
2. Add the cacao powder, lower to a simmer and stir.
3. Mix in the turmeric, cinnamon and maca powder, stir until blended, then add the honey.
4. Add coconut oil and whip in until all chunks are melted and mixture becomes thick.
5. Enjoy immediately!

TO SERVE

- Marshmallows



ALMOND BUTTER FUDGE



INGREDIENTS

- 6 tbsp almond butter or allergy friendly alternative such as coconut butter
- 2 1/2 tbsp Bioglan coconut oil

TO SWEETEN

- 2 1/2 tbsp liquid sweetener of choice
- A few drops of maple extract

METHOD

1. Combine the almond butter and coconut oil.
2. Gently warm until the nut butter is easily stir-able and the coconut oil is liquid.
3. Stir in the sweetener¹ if desired, then spoon into a plastic container or silicone moulds.
4. Freeze for 4 hours until solid, and store leftovers in the freezer.

¹To sweeten, you can use maple syrup, agave, honey, stevia drops, etc. We actually really like this without any sweetener at all, and if you're the kind of person who eats peanut butter from the jar, you might also like it unsweetened.



VEGAN AVOCADO BROWNIES



INGREDIENTS

- 1 large avocado
- 100g unsweetened applesauce
- 75g maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 100g coconut flour
- 100g myvitamins cacao powder
- 1/4 tsp sea salt
- 1 tsp baking soda

METHOD

1. Preheat the oven to 180°C/350°F/ gas mark 4.
2. Combine avocado, applesauce, maple syrup and vanilla in a food processor, then add the eggs in and whisk.
3. Add in coconut flour, cacao powder, sea salt and baking soda and stir until well-combined.
4. Add the batter into a well greased baking tin.
5. Bake for 25 minutes and leave to cool for 20 minutes.



CHRISTMAS BARK BRITTLE



INGREDIENTS

- 75g roughly chopped myprotein dried cranberries
- 75g roughly chopped pistachios
- 350g white chocolate chips
- 1 tablespoon myvitamins organic maca powder

METHOD

1. Line a baking sheet with greased baking paper.
2. Melted the white chocolate chips in the microwave for 30 seconds at a time, stirring in between until fully melted.
3. Once melted stir in the dried cranberries and pistachios leaving a handful of each to sprinkle over the mixture once spread out on the baking paper.
4. Spread it out in an even layer on your prepared baking sheet and refrigerate until firm.



VEGAN CHOCOLATE CAKE



INGREDIENTS

- 225g plain flour
- 1½ tsp beanies cinnamon hazelnut coffee
- 75g myvitamins cacao powder
- 1½ tsp bicarbonate of soda
- ½ tsp fine sea salt
- 300g soft dark brown sugar
- 375ml boiled water
- 90ml Bioglan coconut oil
- 1½ tsp cider vinegar or white wine vinegar
- 1 tbp chopped pistachios

FOR THE ICING

- 60 ml water
- 75g coconut butter
- 50g soft dark sugar
- 1½ tsp beanies cinnamon hazelnut coffee
- 1½ tbsp myvitamins cacao powder
- 150g myvitamins cacao liquor buttons

METHOD

1. Preheat the oven to 180°C/350°F/ gas mark 4.
2. Start with the icing; place all the icing ingredients, except cacao liquor buttons, into a pan and bring to the boil until everything is dissolved. Turn off the heat and add the cacao liquor buttons, it should turn into a glossy icing mixture. Leave to cool on the side while you make the cake.
3. Line your cake tin with baking paper.
4. Mix together the flour, bicarb, salt, instant beanies coffee and cacao powder in a bowl.
5. Place the sugar, water, coconut oil and vinegar in a separate bowl, mix, then add the dry ingredients.
6. Pour the mixture into the tin and bake for 35 minutes, check with a knife after 30 minutes just to be safe!
7. Allow the cake to cool completely, pour the icing over the top of the cake and decorate with pistachios and berries (optional).



RAW CHOCOLATE PROTEIN BALLS



INGREDIENTS

- 100g dates
- 200g hazelnuts
- 30g of raw cacao
- 3 tbsp of coconut oil
- 2 tsp of cinnamon
- 2 tsp of water
- myvitamins cacao liquor buttons

METHOD

1. Add the hazelnuts to a food processor and blitz until a flour is formed.
2. Add in the rest of the ingredients and blend.
3. Form into small balls with your hands, then place on a board and dust with cinnamon and cacao.
4. Pop in the fridge to harden...enjoy!



HONEY & FIG CAKE



INGREDIENTS

- 250g wholewheat flour
- ½ tsp baking powder
- 100g honey
- ½ tsp salt
- 2 tsp ground cinnamon
- 100ml rice milk
- 30g Bioglan coconut oil
- ½ tbsp beanies nutty hazelnut flavour coffee mixed with 50ml hot water
- 1 egg
- ½ tsp myvitamins cacao powder

FOR THE TOPPING

- 200ml whipping cream
- 200g mascarpone
- 4-8 figs, quartered
- Handful of chopped pistachios

METHOD

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Whisk flour, baking powder, salt and cinnamon together in a large bowl.
3. Make a well in the centre and add oil, honey, caster sugar, eggs, vanilla and espresso. Whisk well ensuring ingredients aren't stuck to the bottom of the bowl.
4. Once combined well, pour into greased tin and bake for 50 to 60 minutes or until an inserted skewer comes out clean. Allow to cool in tin for 10 minutes before inverting onto a wire rack to cool completely.
5. Whip cream until soft peaks form. Add mascarpone and beat for a minute. Spoon on top of cake, scatter figs on top and sprinkle with pistachios. If you want to add an extra taste of honey, drizzle a spoonful or two over the top.



COCONUT & PROTEIN SNOWBALLS



INGREDIENTS

- 150g almond flour
- 4 scoops myvitamins impact whey vanilla protein powder
- 250g unsweetened shredded coconut (separated into 150g and 50g)
- the juice and zest of 1 lemon
- 3 tbsp Bioglan coconut oil
- 1 tbsp myvitamins organic maca powder
- 3 tbsp honey
- 1 tsp vanilla
- 1 tsp sea salt

METHOD

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. In a food processor, mix 150g of shredded coconut with the almond flour and vanilla protein powder.
3. Add in the honey, coconut oil, maca powder, honey, vanilla, salt and lemon zest and mix until the dough comes together.
4. Roll into balls and place in the oven for 15 minutes.
5. Allow to cool completely.
6. Glaze the balls lightly in some honey and cover in shredded coconut.



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