

The best breakfast **you don't eat**

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Protein sweets

You don't have to always take your muscle-gain powder in the form of a shake. These sweet snacks will give your protein a tasty twist

PROTEIN BALLS

- 180g peanut butter
- 90g agave honey
- 1 scoop of vanilla protein powder
- 45g porridge oats

Makes 10-12 balls

To make

Mix all ingredients together in a bowl and form into walnut-sized balls. Place the balls in the fridge for a couple of hours until they harden.

Why should I have it?

The porridge oats have a low glycaemic index, which means they release their energy slowly and keep your blood sugar levels steady so you won't crave unhealthy snacks.

The whey protein will also fuel muscle growth, while the peanut butter is rich in monounsaturated fat, which will boost the muscle-building hormone, testosterone.



Per ball ● 147 calories ● 12.2g carbs ● 6.6g protein ● 8.3g fat



Want more ways to make your protein tasty? Then visit mensfitness.co.uk/links/pimpmyprotein

APRICOT AND ALMOND BAR

- 3 large oranges with pips removed
- 170g almond butter
- 350g dried apricots, chopped
- 225g porridge oats
- 1 scoop of vanilla protein powder
- 125g wholemeal self-raising flour
- 25g mixed seeds
- ½ tsp bicarbonate of soda
- 1 tsp ground cinnamon

Makes 16 bars

To make

Preheat the oven to 190°C (Gas Mark 5). Measure 225g of the dried apricots and purée them with the oranges and almond butter in a blender to form a thick paste.

Place the oats, flour, seeds, protein powder, soda and cinnamon in a large bowl. Stir in the rest of the apricots and then combine with the purée.

Press the mixture into a greased shallow rectangular tin and smooth the top with the back of a spoon. Bake in the oven for 20-25 minutes until golden brown.

Leave to cool for ten minutes, then cut into small bars and store in an airtight container in the fridge.

Why should I have it?

The nut butter and seeds are full of muscle-building protein, while the oats provide the B vitamins needed for efficient energy release. Cinnamon contains anti-inflammatory compounds that soothe stiff muscles, while bicarbonate of soda can reduce lactic acid production in muscles, meaning you can train for longer.



Per bar ● 202 calories ● 25.1g carbs ● 7.8g protein ● 8.4g fat

CHOCOLATE AND ORANGE MOUSSE

- 175g plain chocolate (75 per cent cocoa solids)
- 350g silken tofu
- 1 scoop of chocolate protein powder
- Juice and zest of 2 oranges
- Grated orange zest and chocolate, to serve

Serves 4

To make

Melt the chocolate in a bowl over a pan of simmering water, stirring occasionally. Allow to cool slightly. Place the tofu, protein powder and orange zest and juice in a food processor or blender and blend until smooth and creamy.

Spoon into four individual dishes and chill in the fridge until set. Decorate with a little orange zest and grated chocolate.

Why should I have it?

Known for their muscle-healing vitamin C content, oranges are also packed with photochemical and flavonoids that protect muscles from oxidative damage caused by exercise. Tofu also contains muscle-building protein and calcium, as well as isoflavones, which can block the female hormone oestrogen and make testosterone more prevalent.



Per serving ● 294 calories ● 32.5g carbs ● 26.2g protein ● 6g fat

These recipes were created by nutritionist Christine Bailey. For more details visit thefoodandhealthadviser.co.uk.