

For  
adults

# Low Sugar Recipes



**THE REWARDS PROJECT** is a charity set to transform the reward culture in schools – and at home. Our campaign champions a total change in mindset in how we reward good behaviour of children in the classroom or with the family. All too often foods laced with sugar are used as a reward for good behaviour or performance. Our mission is to create a shift in the rewards culture to alternative sugar-free non-food solutions. So children can positively benefit from a life-long healthy eating habit. The Rewards Project is spearheaded by a passionate team of dentists, doctors, nutritionists and psychologists driven to improve the health and wellbeing of our children.



# Edamame beans & spicy sauce

## INGREDIENTS

2 handfuls of frozen  
edamame beans in pods

1 tsp coconut oil

¼ tsp chilli powder

pinch ground salt

pinch dried chilli flakes

## INSTRUCTIONS

- Add the frozen edamame beans to a pan of boiling water and leave to simmer for 3 minutes
- Melt the coconut oil in a bowl in the microwave for 20 seconds
- Add the chilli powder and salt to the coconut oil and stir with a spoon
- Drain the edamame beans and mix with the spicy sauce
- Top with extra salt and dried chilli flakes

## NUTRITIONAL INFORMATION

Edamame Beans (Serves 1). Kcal: 197

- Fat: 11g (of which saturates) – 3.2g
- Carbohydrates: 5.6g (of which sugars) – 3.7g
- Fibre: 7.5g
- Protein: 15g
- Salt: 0.58g



# Tomato & mozzarella balls

## INGREDIENTS

6 baby tomatoes

6 mozzarella balls (or  
'mozzarella pearls')

6 fresh basil leaves

## INSTRUCTIONS

- Wash the tomatoes
- Drain the mozzarella balls from the water
- Add all ingredients to skewer sticks

### NUTRITIONAL INFORMATION

Tomato & Mozzarella skewers (makes two skewers).  
Kcal: 321

- Fat: 25g (of which saturates) – 17g
- Carbohydrates: 1.7g (of which sugars) – 1.6g
- Fibre: 0.6g
- Protein: 22g
- Salt: 1.2g



# Frozen berry yoghurt

## INGREDIENTS

2 tbsp Greek yoghurt

Handful of frozen raspberries (plus extra for topping)

Pinch cinnamon

## INSTRUCTIONS

- In a bowl, mix the yoghurt with the frozen raspberries and leave to sit for 5 minutes
- Stir again to allow the pink colour of the raspberries to mix into the yoghurt
- Top with a pinch of cinnamon and extra frozen raspberries for crunch

## NUTRITIONAL INFORMATION

Frozen berry yoghurt (Serves 1). Kcal: 77

- Fat: 0.5g (of which saturates) – 0.2g
- Carbohydrates: 5.8g (of which sugars) – 5.4g
- Fibre: 4g
- Protein: 9.9g
- Salt: 0.1g





# Peanut energy balls

## INGREDIENTS

5 tablespoons of oats

1 date

1 tablespoon of peanut butter

1 tablespoon of coconut oil

1 tablespoon of coconut shavings

## INSTRUCTIONS (MAKES 12 BALLS)

- Melt the coconut oil and then mix all the ingredients together using a food processor
- Combine and form into bite sized balls
- Put in fridge in an airtight container for a week or store for 1 month in the freezer

### NUTRITIONAL INFORMATION

Peanut energy balls (nutritional info is per ball – makes 12). Kcal: 43

- Fat: 2.8g (of which saturates) – 1.5g
- Carbohydrates: 3.3g (of which sugars) – 0.5g
- Fibre: 0.6g
- Protein: 0.9g
- Salt: 0.g



# Berry & oat crumble

## INGREDIENTS

2 handfuls of frozen mixed berries (e.g. 'summer fruits')

2 dates

2 tbsp oats

1 tbsp shredded coconut

## INSTRUCTIONS

- Add the frozen berries to a bowl and heat in the microwave for 2 minutes (stirring half way)
- In the meantime, finely slice the dates
- In a separate bowl, mix the dates, oats and shredded coconut
- Add the dry mix on top of the cooked berries and heat in the microwave for 1 minute

## NUTRITIONAL INFORMATION

Berry & Oat crumble (per serving). Kcal: 222

- Fat: 6.9g (of which saturates) – 4.6g
- Carbohydrates: 32g (of which sugars) – 19g
- Fibre: 7.4g
- Protein: 4.5g
- Salt: 0.3g

# Shop bought options



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## Kick Sugar

Get our new charity cookbook that reveals how to kick your sugar habit in just 14 days. This is NOT just a cookbook... this is a movement. Our mission is to reawaken your taste buds and boost your health. We work to shift the current rewards culture away from sweets and chocolates towards a fun, quick, healthy and affordable reduced sugar diet. Our team of professionals include Dentists, Doctors, a Nutritionist, Psychologists and a chef.

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