



HEALTHY KITCHEN

RECIPES FOR YOUR HEALTH AND WELL-BEING



SIMPLE, EASY, HEALTHY

It's our mission at Kilner® to create products that help healthy eating easily become part of your daily routine. Food can have such a powerful effect on our health and well-being, so we've put together our favourite recipes from the Kilner® kitchen to inspire you!

We've tried and tested all these great recipes and included a range of vegan and free-from options. Look out for the handy icons to check what's suitable for you.

CSF

CANE SUGAR FREE

GF

GLUTEN FREE

V

VEGETARIAN

VE

VEGAN

EF

EGG FREE

R

RAW

WF

WHEAT FREE

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THRIVE ON A PLANT BASED DIET

Veganism has become more mainstream as people search for healthier alternatives to meat and dairy products. Whether choosing a full-time vegan diet or a more flexitarian approach, there are many flavour filled options that help to boost fibre, vitamin and nutrient intake.

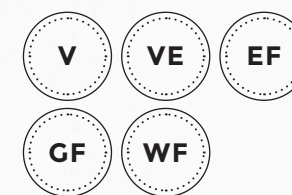
Well-planned vegan meals can offer exciting and tasty substitutes to many family favourites, with the added benefit of packing in antioxidant rich foods which are not only friendly on your gut, but also on your pocket too.

We have put together some delicious plant based recipes that you can create using our Kilner® products.

VEGAN APPLE SAUCE TRIFLE

INGREDIENTS

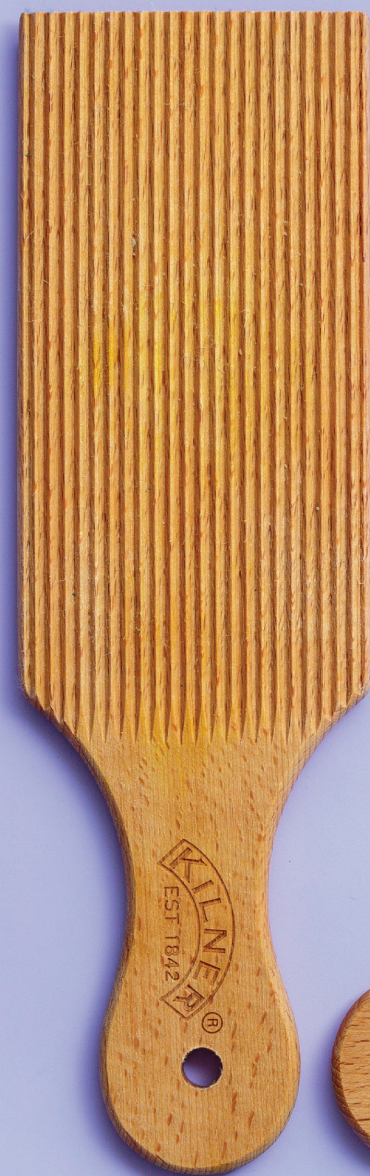
5 large cooking apples
60g granulated sugar
50ml water
100g walnuts
300ml dairy free, plain yogurt



INSTRUCTIONS

1. Peel and chop the apples and remove the core. Place them into a saucepan.
2. Add in the water and 40g sugar and heat up the mixture. Let the apples simmer until they are slightly soft.
3. When the apples are soft, remove them from the heat and set them aside to cool.
4. Once cooled, using the Kilner® Sauce Press Jar Set, press the apples until they become a smooth puree.
5. Bake the walnuts for 10 minutes. When baked, use a clean cloth to remove the skins.
6. Melt 20g of sugar in a pan and add to the walnuts. Once cooled, add to a blender and blend.
7. Using a Kilner® Jar distribute your ingredients in layers.
8. Top it off with vegan whipped cream and garnish with cinnamon and maple syrup.





VEGAN BUTTER

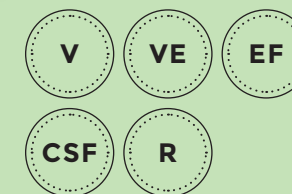
Creating your own homemade vegan butter is a great alternative to the processed ready-made versions. The great thing about this recipe is that homemade butter can be used exactly the same way as regular butter. It is easily spreadable and can even be used in baking!

INGREDIENTS

4 tbsp almond flour
5 tbsp unsweetened almond milk
1 tsp nutritional yeast
½ tsp salt
½ tsp apple cider vinegar
2 tbsp olive oil
120ml melted unrefined coconut oil
½ tsp turmeric (optional - this adds colour)

FLAVOURING OPTIONS

1 tsp lemon juice
Small handful of chives
Small handful of parsley



INSTRUCTIONS

1. Measure out ingredients and gather in one place. This will make it easier to combine all ingredients together without any mess.
2. Using your Kilner® Butter Churner, add in the almond flour, almond milk, salt, nutritional yeast and cider vinegar and churn until smooth.
3. Once smooth, pour in the melted coconut oil and olive oil and then continue to churn at a high speed until the mixture is smooth. Add in the turmeric for colour if required (this is optional).
4. At this stage, add in any flavourings that you would like to use to create your flavoured butter.
5. Once the desired consistency is reached, add to a Kilner® Preserve or Clip Top Jar. Leave to set for a couple of hours. Place in the freezer for 3 minutes to set faster.
6. Keep refrigerated and consume within 2 weeks.



KILNER HEALTHY KITCHEN

SNACK TIME SORTED

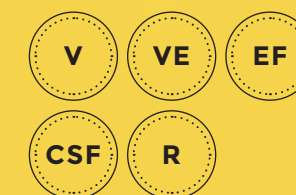
Protein balls are the perfect healthy snack to supplement your body with necessary nutrients giving you energy and helping to repair muscle tissue after a workout.

Eating portion controlled protein snacks can help reduce hunger between meals. When faced with hunger pangs, rather than opting for a sugary snack like chocolate, choose a low-glycemic treat which provides constant and prolonged energy levels so your blood sugar doesn't spike and crash.

These Matcha Protein Balls are ideal as they're nutritionally-balanced with energy-providing healthy fats, long-lasting carbohydrates and proteins.



MATCHA PROTEIN BALLS



TIP

You can substitute the matcha powder for 1tsp of turmeric or a dash of beetroot juice

INGREDIENTS

50g ground almonds
130g rolled oats
6-8 dates, pitted
Dash of coconut water
2½ tbsp coconut oil, melted
2 tsp chia seeds
1½ tsp matcha green tea powder
1½ tsp agave or maple syrup
1 scoop of vanilla protein powder
4 tbsp fine desiccated coconut

INSTRUCTIONS

1. To prepare multiple batches, layer all of the dry ingredients in a Kilner® Jar for future use. By keeping all of the dry ingredients in one jar, it makes prep time shorter and simpler.
2. Combine the energy ball ingredients together by tipping the contents of the jar into a food processor along with the coconut oil and agave/maple syrup. Add a dash of the coconut water to the mix and keep blending until you get a moist mixture that is soft but still holds its form.
3. Roll up those little bursts of energy into balls of your desired size.
4. Keep in the fridge for up to 7 days, or in the freezer for a couple of weeks - if they last that long!

GRAB YOUR GRANOLA

Homemade granola is not just a tasty treat to wake up to in the morning, it also has health benefits including improved digestion, promotes weight loss, reduces cholesterol and improves energy levels.

Containing dozens of vitamins, minerals and not to mention a high fibre content, homemade granola is an extremely versatile mixture of nuts, oats and dried fruit making it a healthy and convenient option for breakfast or as a snack.

As an alternative to store bought recipes which can contain high sugar levels and unhealthy fats, the homemade equivalent can be tailored to personal diets and the additional sugars and oils can be controlled and minimised, often substituted with natural fruits.
Don't take our word for it, try it yourself!



TRAY BAKE GRANOLA

INGREDIENTS

425g rolled oats	1 tbsp golden syrup
½ tsp ground cinnamon	150g chopped or flaked almonds
1 tsp ground ginger	110g dried cranberries
¾ tsp salt	70g chopped hazelnuts
110g light brown sugar	
170g agave or maple syrup	



INSTRUCTIONS

1. Preheat the oven to 160°C. Line a large baking sheet with parchment paper.
2. In a large bowl, mix together the oats, cinnamon, ginger and salt.
3. In a medium bowl, mix the brown sugar, golden syrup and agave/maple syrup until thoroughly combined.
4. Add the wet ingredients to the dry ingredients. Mix well, until all of the oats are coated.
5. Spread on to the prepared baking tray.
6. Bake for 20 minutes, then remove the baking tray from the oven and turn the granola over ready to bake the reverse side.
7. Return to the oven and bake for an additional 10 to 15 minutes, or until crisp and golden. Take care not to burn the oats.
8. Remove from the oven and cool completely on the baking sheet.
9. Break up the granola into chunks and stir in the almonds, hazelnuts and dried cranberries. Store in a Kilner® Clip Top Jar.
10. Use a Kilner® Breakfast Jar to eat on-the-go.
11. Store in an airtight container, in a cool, dry spot and consume within six months.



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