Dietary and Nutritional

Chef Renu B can adapt recipes to your specialist dietary needs. Listed are some of my personally developed recipes, tried and tested on my fellow chefs

Nutritionally Balanced Snacks

Sprouted Beans, Peach, Pea Shoot, Orange Salad (veg vg gf)

Smoky Baked Chickpeas (veg vg gf)
Carrot, Apple Spelt Muffins (low sugar veg)

Beetroot Chocolate Brownies (low sugar veg)
Fruit and nut trail bars (veg vg gf)

Kale Chips (lower fat veg vg gf)

Lower Sugar Granola (lower sugar veg gf)

Gluten Free Focaccia (veg gf)

Linseed Smoothies (higher protein veg gf)

Edamame Bean Hummus, WholewheatTortilla Chips (veg vg)

Chocolate protein balls (veg vg gf)

Chef Renu B

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