

Banoffee Recipes

Learn easy ways to create nutritionally-balanced and delicious treats with Form's newest flavour



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Thank you for downloading this PDF, I hope you have fun creating the recipes and adding your personal touches.

At Form the process of developing a new flavor is very meticulous as quite frankly, making organic pea powder naturally taste good is no easy task! That is why we are beyond excited to introduce a new member to the Performance family: Banoffee - and it is as tasty as it sounds!

I tell friends that my job is to transform my favourite desserts into healthy protein shakes. Banoffee is inspired by the classic British dessert and it has a lovely subtle flavour with notes of banana and toffee. It is a versatile blend that I'm confident will work with your favourite smoothie or pancake recipe.

I hope you enjoy it.

Kind wishes,

Natalia Bojanic

Brand Director, Co-founder



Banoffee Shake

PREP TIME

2 mins

COOK TIME

30 secs

SERVES

1

In its original incarnation, Banoffee pies are far from vegan-friendly. Fortunately, Form's Banoffee Performance Protein is formulated to achieve the great taste of this quintessential british dessert while also providing plant-based protein and Curcumin C3 to help build muscle, recover and meet your training goals quicker.

INGREDIENTS:

250ml Almond milk
30g Performance Banoffee
1 Frozen ripe banana (100g)
1 tbsp White tahini
½ tsp Cinnamon
½ tsp Vanilla extract

INSTRUCTIONS:

1. Blend all ingredients in a blender on high until smooth.
2. Top your smoothie with some sesame seeds and a sprinkling of cinnamon and enjoy!



INGREDIENT SPOTLIGHT

Sesame seeds, the main ingredient in tahini, is a great source of calcium, magnesium, iron and zinc. Sesame seeds are also a good source of fibre.

Nutrition information per serving (This will vary depending on ingredients)

Calories 331 **Protein** 27g **Fat** 13g **Carbs** 31g **Fibre** 4.5g

GF



Banoffee smoothie bowl

PREP TIME

5 mins

COOK TIME

30 secs

SERVES

2

A handy tip when making smoothie bowls is to let the frozen fruits rest for 5-10 minutes in the blender before blitzing them. This ensures a thick texture, while looking after the health of your blender. We also recommend adding the liquid slowly to ensure you don't end up with a watery smoothie.

INGREDIENTS:

3 Ripe frozen bananas (300g)
50g Medjool dates (2-3)
1 tbsp Cashew butter
3 tbsp Performance Banoffee
6 tbsp Water
1 tsp Vanilla extract

INSTRUCTIONS:

1. Blend the bananas and dates in a powerful food processor until creamy and smooth.
2. In a small bowl mix the protein, water and vanilla extract until smooth. Make sure there are no lumps.
3. Pour the mixture into the food processor and then add the cashew butter and blend it all. Top with granola and enjoy!

TOPPINGS:

Banoffee granola



INGREDIENT SPOTLIGHT

Dates are a natural energy booster. It's one of the healthiest sweeteners, as it's packed with antioxidants and it's anti-inflammatory. It can also help keep you regular.

Nutrition information per serving of smoothie. Granola not included. (This will vary depending on ingredients)

Calories 365 Protein 26g Fat 7g Carbs 56g Fibre 6g

GF



Banoffee Granola

PREP TIME

5 mins

COOK TIME

12-15 mins

SERVES

500g

Versatile, easy to adapt to different tastes, and wonderfully simple to make, granola is a timeless recipe that's impossible not to love.

INGREDIENTS:

200g Jumbo oats
50g Pumpkin seeds
50g Pecan nuts
50g Cashew
50g Puffed rice
40g Performance Banoffee
2 tbsp Coconut oil
3 tbsp Maple syrup
3 tbsp Almond butter
2 tsp Cinnamon
¼ tsp Nutmeg
2 tsp Vanilla extract
¼ tsp Salt
70g Dried bananas

INSTRUCTIONS:

1. Preheat oven to 180c. Line a large, rimmed baking tray with parchment paper.
2. In a bowl, combine oats, puffed rice, seeds and nuts.
3. In a saucepan, gently melt the oil, mix in the maple syrup, almond butter, spices, salt and vanilla.
4. Once incorporated, add this into the dry mixture bowl. Mix well to coat everything.
5. Spread it out evenly on the baking tray. Bake it for 12-15 minutes.
6. Leave to cool, before scattering the dried bananas over the granola and mix thoroughly. Store it in an airtight container for up to 2 weeks.



INGREDIENT SPOTLIGHT

Vitamin E, found in almonds - is an antioxidant that protects our cells. It is also great for keeping our blood flowing freely throughout our body.

Nutrition information per ¼ cup serving (This will vary depending on ingredients)

Calories 160 **Protein** 5.6g **Fat** 8.5g **Carbs** 16g **Fibre** 2g

GF



Banoffee Overnight Proats

PREP TIME

3 mins

SOAK TIME

Min 4 hours

SERVES

1

Overnight oats is a simple, reliable and easy dish that you can have fun with by mixing up your toppings. Adding protein to your overnight oats makes you feel fuller for longer. Overnight oats is also the perfect breakfast to make a few ahead of time so you always have a healthy breakfast to-go.

INGREDIENTS:

1 tbsp Performance Banoffee
½ cup Oats
½ tsp Cinnamon
½ tsp Vanilla extract
Pinch of salt
100ml Oat milk

TOPPINGS:

Crushed hazelnuts
Cacao Hazelnut spread
Cacao nibs
Raspberries

INSTRUCTIONS:

1. Mix the dry ingredients together in a bowl, then add the oat milk and mix together.
2. Get a glass jar and add half the oat mixture, then top it with the hazelnut spread and crushed hazelnuts to add crunch.
3. Keep layering until all the oat mixture has been used. Once assembled, let it soak for at least 4 hours in the fridge. Top it with some fresh raspberries and enjoy!



INGREDIENT SPOTLIGHT

Oats contain the prebiotic fibre beta-glucan, as well as phenolic acids that offer antioxidant and anti-inflammatory protection.

Nutrition information per serving of proats only, without toppings (This will vary depending on ingredients)

Calories 284 **Protein** 22g **Fat** 5g **Carbs** 38g **Fibre** 5.6g

GF



Banoffee Parfait

PREP TIME

3 mins

COOK TIME

0 mins

SERVES

1

This parfait doesn't just taste great thanks to the reliable flavour pairing of banana, coconut, and peanut butter; the Curcumin C3 and plant-based protein in Form's Performance protein gives it an extra-healthy kick.

INGREDIENTS:

3 tbsp Banana chips
5 tbsp Coconut yogurt
2 tbsp Performance Banoffee
½ tsp Maple syrup
¼ tsp Vanilla extract
1 tsp Peanut butter
½ tsp Crushed nuts

INSTRUCTIONS:

1. Start by breaking the banana chips into smaller pieces and place them in the glass jar.
2. In a small bowl mix the coconut yogurt, Performance Banoffee until smooth, make sure there are no lumps. The powder will make the yogurt consistency thicker. Then add the maple syrup and vanilla extract. Mix well.
3. Layer this cream on top of the banana chips, then top with the peanut butter and crushed nuts. Enjoy!



INGREDIENT SPOTLIGHT

Coconuts contain lauric acid, iron, potassium, magnesium & calcium. It's a rich source of antioxidants and it has antibacterial properties.

Nutrition information per serving (This will vary depending on ingredients)

Calories 324 Protein 32g Fat 13g Carbs 22g Fibre 2.3g

GF



Banoffee Loaf

PREP TIME

10 mins

COOK TIME

35-40 mins

SERVES

1 loaf

When it comes to post-lunch treats, this Banoffee loaf is hard to beat. Making between eight and ten slices, serve to friends and revel in their disbelief that these are a/ not loaded with white sugar and b/ that they're completely vegan.

INGREDIENTS:

100g Ripe banana, mashed
80g Pitted medjool dates
250ml Oat milk
1 tbsp Chai spices
2 tsp Vanilla extract
¼ cup Coconut oil
50g Coconut sugar
40g Performance Banoffee
150g Self-raising GF flour
¼ tsp Salt
40g Blanched hazelnuts

INSTRUCTIONS:

1. Preheat oven to 180°C Fan. Finely chop the pitted dates.
2. In a pan, mix the oat milk, chai spices, vanilla extract, banana and dates on medium heat. Simmer for approximately 5 mins until dates have softened and mix is thickened.
3. Let it cool down while you mix the dry ingredients together. Sieve in the powders one by one.
4. Add the dry ingredients into the date mix. Stir well and slowly add in the melted coconut oil.
5. Pour the mix into a greased loaf pan. Bake for 35-40 mins. We like to slice and serve it while it's still warm from the oven.



INGREDIENT SPOTLIGHT

Bananas are great for replenishing muscle glycogen, along with potassium to help regulate your muscle contractions.

Nutrition information per slice (This will vary depending on ingredients)

Calories 258 Protein 6g Fat 11g Carbs 36g Fibre 2g

GF

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Empowering the Individual

Performance is yours to define. We're all on a path to fulfil our potential. Whatever your goals, there's room for everyone at our table.



Flourishing Ethically

We use trusted research and sustainable practices to naturally support your wellbeing. How we choose to nourish ourselves impacts others.



For People and Planet

We believe human health depends on the health of our planet and that together we can impact society in a way that's bigger than our products alone.






Unbound by Convention

We are quick thinkers who don't rush. Our success lies in doing the unexpected, taking our time and not compromising.

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