

# Choc Hazelnut Recipes

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



# Contents

Introduction 1

## Recipes:

Choc Hazelnut Shake 2-3

Hazelnut Porridge 4-5

Choc Hazelnut Waffles 6-7

Ferrero Mousse 8-9

Roche Protein Balls 10-11

Choc Hazelnut Brownies 12-13





We are delighted to introduce a new flavour to the Performance protein family: Chocolate & Hazelnut — a match made in heaven! The sweetness and creaminess of hazelnut work perfectly with rich cacao, reminding us of the genius Italian creation, Gianduia.

This delicious chocolate spread was invented in Turin in 1806, due to a strain in cacao supplies as a consequence of Napoleon's restricting British goods from entering European ports.

A bit of history there to remind us that constraints can be the birthplace of creativity!

Performance Chocolate & Hazelnut works beautifully in smoothies, porridges, baked goods and you might even try making your own gelato with it.

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

Kind wishes,

A handwritten signature in black ink, appearing to be 'N. Bojanic', with a stylized, flowing script.

Natalia Bojanic

Brand Director, Co-founder





# Choc Hazelnut Shake

## PREP TIME

2 mins

## COOK TIME

30 secs

## SERVES

1

All of our delicious flavours are made to be enjoyed with water; shaken, or stirred. But if you want to elevate your post-workout nutrition further, then this decadent shake is the way to go. Makes like a smoothie, tastes like dessert.

## INGREDIENTS:

250ml Almond milk  
30g Performance Choc Hazelnut  
1 Frozen ripe banana (100g)  
1 tsp Choc hazelnut spread  
¼ tsp Vanilla extract

## INSTRUCTIONS:

1. Blend all ingredients in a blender on high until smooth.
2. Top your smoothie with some cacao nibs and a sprinkling of crushed hazelnuts and enjoy!

## TOPPINGS:

Cacao nibs  
Hazelnuts



### INGREDIENT SPOTLIGHT

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

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

**Calories** 280 **Protein** 25g **Fat** 7g **Carbs** 32g **Fibre** 3.5g

GF







# Hazelnut Porridge

## PREP TIME

0 mins

## COOK TIME

5-10 mins

## SERVES

1

As the days start to get colder it's worth waking up to a hearty bowl of piping hot porridge. The winter staple is made extra satisfying with a tablespoon of our Choc & Hazelnut protein — for flavour, and gains — along with some hazelnut milk to continue the nutty theme.

## INGREDIENTS:

1 tbsp Performance Choc Hazelnut  
50g Oats  
¼ tsp Orange extract  
200ml Hazelnut milk

## INSTRUCTIONS:

1. Stir all ingredients, minus the protein in slow heat until creamy.
2. Once the porridge achieves the desired consistency, remove it from the heat, add the protein, mix well, transfer to your bowl, add toppings and enjoy.

## TOPPINGS:

Sliced pear  
Hazelnuts  
Activated buckwheat



### 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, without toppings (This will vary depending on ingredients)

**Calories** 338 **Protein** 20g **Fat** 7g **Carbs** 49g **Fibre** 6g

**GF**





# Choc Hazelnut Waffles

## PREP TIME

5 mins

## COOK TIME

10 mins

## SERVES

4 waffles

How do you like your waffles in the morning? We like ours made vegan, of course, and with a 50g scoop of our new Choc & Hazelnut flavour, mixing all that chocolatey goodness into the batter, with no toppings required — although it's also hard to resist some coconut yoghurt, chocolate spread and maple syrup poured liberally from above.

## INGREDIENTS:

2 Ripe frozen bananas (200g)  
180ml Oat milk  
1 tbsp Coconut oil  
1 tsp Raw cacao powder  
1 tsp Vanilla extract  
A pinch of salt  
100g Oat flour  
50g Performance Choc Hazelnut  
1 ½ tsp Baking powder

## TOPPINGS:

Coconut yogurt  
Choc hazelnut spread  
Fresh seasonal fruit  
Maple syrup

## INSTRUCTIONS:

1. Mash the bananas with coconut oil and vanilla extract on a plate.
2. Mix the dry ingredients in a bowl, then add the milk and then the banana mix. Mix well.
3. Fill your waffle maker carefully leaving room for the waffle to expand.
4. If you're using an electric waffle maker, you can ignore the ready warning sign and only remove the waffle once it looks firm, golden and crispy. It takes approximately 10 minutes to cook. Do not open the machine before it's ready as it will damage the waffle - steaming is normal.



### INGREDIENT SPOTLIGHT

Coconut oil contains lauric acid, which has antimicrobial & antibacterial properties. It also contains oleic acid, linoleic acid and Vitamin E.

Nutrition information per waffle. Toppings not included. (This will vary depending on ingredients)

Calories 246 Protein 14g Fat 6g Carbs 33g Fibre 5g

GF





# Ferrero Mousse

## PREP TIME

5 mins

## COOK TIME

0 mins

## SERVES

4

Dinner party coming up? Stuck for ideas on how to finish the show? Give this smooth, creamy mousse a try. Made vegan with the genius addition of avocados for bulk, we find this dish best served in individual jars with a sprinkle of cacao powder and chopped hazelnuts over the top.

### INGREDIENTS:

240g Ripe avocado flesh  
1/3 cup Raw cacao powder  
3-4 tbsp Hazelnut milk  
4 tbsp Maple syrup  
2 tsp Hazelnut spread  
1 tsp Vanilla extract  
1/3 cup Performance Choc Hazelnut  
1/8 tsp Salt

### TOPPINGS:

Coconut yogurt  
Cacao powder  
Chopped hazelnuts

### INSTRUCTIONS:

1. Combine all the ingredients in a blender or food processor until completely smooth.
2. Top with a dollop of yogurt, sprinkle of cacao powder & chopped hazelnuts.



#### INGREDIENT SPOTLIGHT

Avocados are rich in essential fatty acids. They increase the body's ability to assimilate nutrients. They're also a great source of glutathione, which helps boost immunity.

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

**Calories** 265 **Protein** 15g **Fat** 14g **Carbs** 22g **Fibre** 11g

GF





# Roche Protein Balls

## PREP TIME

15 mins

## COOK TIME

0 mins

## SERVES

25-30 balls

Inspired by one of the most beloved confections in the world — Ferrero Rochers if you hadn't guessed — these protein balls add in some superfoods (dates are a rich source of fibre and minerals) for a treat that's as healthy as it is tasty.

### INGREDIENTS:

200g Roasted blanched hazelnuts  
40g Performance Choc Hazelnut  
1 tsp Raw cacao powder  
1/8 tsp Himalayan salt  
150g Pitted medjool dates  
2 tbsp Coconut oil  
¼ tsp Vanilla extract

### INSTRUCTIONS:

1. In a powerful food processor, blend the hazelnuts together with all the other dry ingredients until they're broken down into smaller pieces.
2. Add the dates, coconut oil and vanilla into the mix and blend until it has a sticky crumble-like consistency.
3. Place the mix into the freezer for about 10 minutes, then squeeze it into small balls. Store them in the freezer or fridge.



#### INGREDIENT SPOTLIGHT

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

Nutrition information per 1 ball (This will vary depending on ingredients)

**Calories** 70 **Protein** 2.1g **Fat** 5.2g **Carbs** 5g **Fibre** 1g

**GF**





# Choc Hazelnut Brownies

## PREP TIME

10 mins

## COOK TIME

30-35 mins

## SERVES

8

Brownies are an office favourite at Form HQ, and so we just couldn't wait to try out our new chocolatey flavour in the classic bake. Make a batch, store them in the fridge, and take them into the office when you're next in; we guarantee you'll be the most popular person in the building.

### INGREDIENTS:

240g Kidney beans, rinsed & drained  
1/3 cup Choc & hazelnut spread  
3 tbsp Maple syrup  
1 tbsp Coconut oil  
2 tsp Vanilla extract  
3 tbsp Performance Choc Hazelnut  
3 tbsp Coconut sugar  
2 tbsp Cacao powder  
1 tbsp Flaxseed  
1/8 tsp Salt  
1/2 tsp Baking powder  
1/2 tsp Baking soda  
1/4 cup Oat milk

### INSTRUCTIONS:

1. Preheat oven to 180c.
2. In a food processor, add the wet ingredients except for oat milk and blend together.
3. In a bowl, mix the dry ingredients, then add it to the wet ingredients, add in the oat milk and process until the batter is smooth.
4. Spread batter evenly in a baking pan lined with parchment paper.
5. Sprinkle the hazelnuts on top and press it down.
6. Bake for 30-35 mins or until the toothpick comes out clean and the edges are a tiny bit brown. The batter may look underdone, but you don't want them to dry out. Cool pan for 20-30 minutes on a wire rack. Stored covered in the fridge, it will last 3-5 days.

### TOPPINGS:

1/3 cup Hazelnuts



#### INGREDIENT SPOTLIGHT

Beans are rich in protein, fibre, antioxidants & minerals. The fibre found in beans also feed our good gut bacteria. Healthy gut = healthy body

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

Calories 229 Protein 8g Fat 11g Carbs 26g Fibre 4g

GF

## Our values



### 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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Recipe development: Natalia Bojanic  
Nutritional information: Vanessa Rohmig  
Photography: Natalie Penny  
Editing: Richard Jones

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