

MAYVER'S™

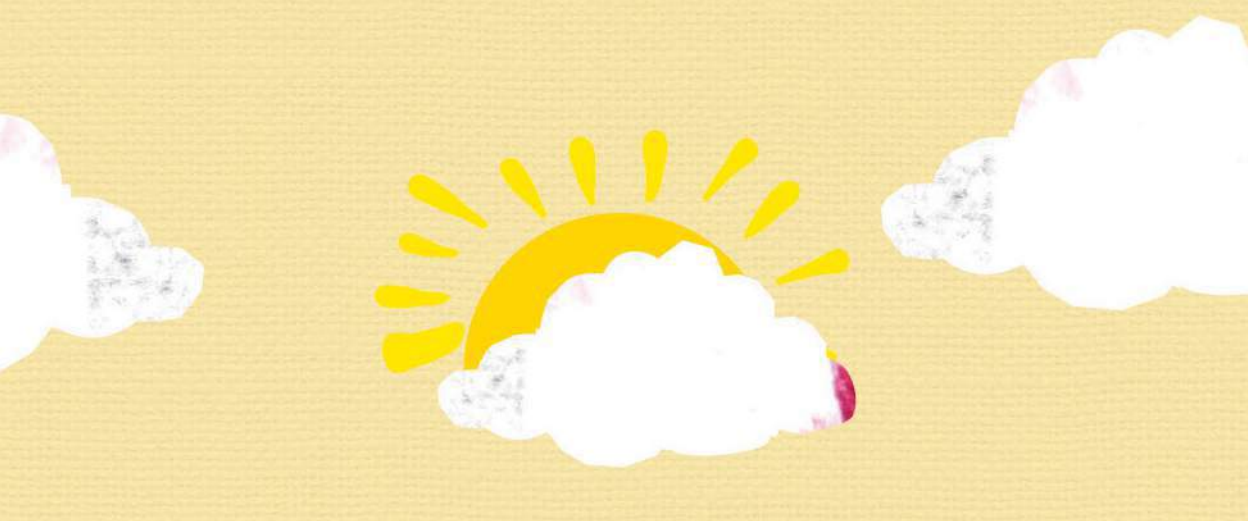
• Better For You. Naturally •

Nothing
BUT
Goodness

Recipe Book



AMAZING
Recipes



Made with love, just for you!

This recipe book is a collection of some of our favourite recipes, using fresh ingredients and our favourite Mayver's products. We hope you love to enjoy and share it with your friends and family as much as we do.

Here's an easy guide to get the most out of our recipes:

GF Gluten Free

SF Sugar Free

DF Dairy Free

V Vegetarian



BREAKFAST DELIGHTS

EASY DELICIOUS
BREAKFAST IDEAS *for*
EVERY *morning*

FARMER JON'S SUNDAY BREAKFAST

PREP TIME: 20 MINS



(SERVES 2)



Ingredients

1 tbs Mayver's Black Tahini
1 red Onion, sliced
2 rashers Bacon, diced
½ slab Feta
1 handful Kale, roughly chopped
1 handful Silverbeet, roughly chopped
1 handful Spinach, roughly chopped
1 tsp Butter
4 pieces Bread of choice
½ cup Water, boiling

1. On low heat, sauté onion and bacon in butter until soft in frypan.
2. Meanwhile, toast bread, assemble on plates and put in oven on low heat to keep warm.
3. Add kale, silverbeet, chard and bacon to onion frypan and turn up to high and cook for a minute.
4. Add water and cook on high until evaporated and greens are wilted.
5. Crumble feta and quickly toss with greens, bacon and onion.
6. Serve on warm toast and drizzle with Mayver's Tahini.

MAYVER'S PEANUT, CACAO AND COCONUT GRANOLA

PREP TIME: 35 MINS



(SERVES 10)



Ingredients

½ cup Mayver's Smooth Peanut Butter
2 tbs Cacao powder
1 cup Coconut flakes
1 cup Rolled oats
½ Chia seeds
1 cup Pecans, roughly chopped
3 tsp Vanilla extract
1/3 cup Pepitas
1/3 cup Rice malt syrup
½ cup Sesame seeds
¼ cup Sunflower seeds
2 tsp Cinnamon, ground

1. Preheat oven to 130 degrees.
2. In a large bowl, mix oats, coconut flakes, pecans, pepitas, and all seeds and set aside.
3. In a medium bowl, add in Mayver's Smooth Peanut Butter, cacao powder, vanilla, syrup and cinnamon, mix until combined and add to larger bowl – ensuring all is coated.
4. On two lined baking trays, spread out mixture evenly and bake for 30 minutes, turning over half way through.
5. Once toasted, remove from oven and leave to cool. Store in airtight containers and enjoy!

Optional: After toasting, add ¼ cup goji berries, dried mulberries or any dried fruit for an extra sweet kick!



SUPERGREEN SMOOTHIE

PREP TIME: 5 MINS



(SERVES 1)



Smoothie

1 handful Spinach
 1 ripe Banana, quartered and frozen
 1 small Orange, skinned and chopped
 1 small Lebanese cucumber, chopped
 4-5 Mint leaves
 1 tbs Mayver's Peanut and Cacao Spread
 1 tbs Honey
 1/4 cup Greek Yoghurt
 splash Almond milk
 1 tbs Protein powder (optional)

Toppings

Fruit
 Muesli
 Coconut
 Seeds and nuts
 Superfoods

1. In a blender, add in all smoothie ingredients and blend on medium until a smooth creamy texture is achieved – adding more milk if required
2. Pour into serving bowl/glass, top with desired toppings and enjoy!

TRIPLE BERRY BUCKWHEAT PANCAKES

PREP TIME: 25 MINS



(SERVES 2)



Pancakes

1/2 cup Mayver's Dark Chocolate Super Spread
 1/3 cup Buckwheat flour
 1 ripe Banana
 1/2 cup frozen Berries – plus extra to top the pancakes
 1 tbs Acai powder
 1 tbs Macqui powder
 1/2 cup Almond milk
 2 organic free-range Eggs
 2 Medjool dates
 1 tsp Vanilla essence or vanilla bean powder
 1 tsp Baking powder
 1 tbs Coconut oil (for cooking)

1. Combine Mayver's Dark Chocolate Super Spread, banana, milk, eggs, dates and vanilla in a food processor and blend until smooth.
2. In a large mixing bowl add flour, acai and macqui powders, berries, baking powder and wet mixture and stir until combined.
3. Place coconut oil in a non-stick pan on medium heat and allow to melt.
4. Scoop approximately 2tbs of the mixture (or more if you prefer larger pancakes) into the pan and cook for approx. 2 minutes (or until bubbles start to form on the surface) then flip and cook other side until golden.
5. Repeat using the rest of the mixture until all mixture is cooked. Serve immediately with extra berries and more Mayver's!

SMOOTHIE RECIPE BY:
 @healthandnourishment

PANCAKES RECIPE BY:
 @healthsynergy



Triple BERRY
BUCKWHEAT PANCAKES



*Mayver's Crunchy
Peanut Butter*



Vegan French Toast

WATERMELON AND ALMOND PIZZA

PREP TIME: 10 MINS



(SERVES 6)



Ingredients

4 tbs Mayver's Almond Spread
 ½ Watermelon
 100g Danish feta
 1 handful Mint or Basil leaves, sliced
 pinch Sea salt
 ½ Lime, juiced

1. Slice watermelon into roughly 2cm thick, even round slabs.
2. Top with feta, leaves, sea salt and lime juice.
3. Drizzle with Mayver's Almond Spread and cut each slab into 4-6 triangular wedges and serve.

VEGAN FRENCH TOAST

PREP TIME: 30 MINS



(SERVES 6)



French Toast

2 tbs Mayver's Peanut & Cacao Spread
 12 slices of good quality Bread
 3 ripe Bananas
 ¾ cup of Coconut milk/ rice milk
 1 tbs Coconut sugar
 1 tbs Vanilla protein powder
 1 tsp Cinnamon
 1 tsp Vanilla powder/extract
 Coconut oil for frying

Toppings

Mayver's Crunchy Peanut Butter
 Assorted Nuts/seeds
 Strawberries and bananas, sliced
 Coconut yoghurt
 Maple syrup

1. Combine Mayver's Peanut & Cacao Spread, bananas, milk, coconut sugar, protein powder, cinnamon and vanilla in a food processor and blend until a smooth consistency is achieved and pour into a large bowl.
2. Soak 2 slices of bread in the batter for 2 minutes.
3. Brush a hot fry pan with coconut oil and fry each slice for 2-3 minutes on each side or until they are golden brown.
4. Repeat with the remaining slices of bread (optional: store in warm oven while other toast pieces cook).
5. Assemble two slices of French toast on each plate and top with desired toppings – enjoy!

FRENCH TOAST RECIPE BY:
 @healthhappinesswellbeing



MID WEEK MEALS



FRESH SIMPLE MEAL
IDEAS TO share WITH
EVERYONE YOU love

PUMPKIN, CAULIFLOWER, COCONUT AND LENTIL SOUP

PREP TIME: 45 MINS



(SERVES 4)



Ingredients

½ jar Mayver's Original Super Spread
 500g Pumpkin, cubed
 1 medium-sized Cauliflower, roughly chopped
 500ml Coconut water
 750ml Water
 Pepper to taste
 2 tsp Berbere spice mix *see note
 1 red Onion, sliced
 3 tbs Coconut oil
 ½ punnet Cherry tomatoes, halved
 2 tbs Mint leaves plus 1 tsp for garnish
 2 tsp fresh Turmeric, grated (or dried)
 1 can Lentils
 1 handful red Kidney beans, cooked
 Persian feta or Greek yoghurt to garnish

1. In a fry pan on medium heat, sauté onion and tomato in coconut oil.
2. Add pumpkin and cauliflower and cook for 2 minutes.
3. Add coconut water, water, pepper, turmeric, spices and simmer for 1 hour.
4. Add 2 tbs mint leaves, lentils, super spread and continue to simmer for 10 minutes.
5. Blend with stick blender and until smooth.
6. Serve and garnish with Persian feta or Greek yoghurt, remaining mint leaves and a sprinkle red kidney beans.
7. Optional: Berbere can be substituted for Ras el hanout or you can make your own spice mix with ¼ tsp ground fenugreek, cumin seeds, paprika, and chilli flakes.

PURPLE TUSCAN SALAD

PREP TIME: 20 MINS



(SERVES 2)



Salad

3 tbs Mayver's Tahini
 1 Tuscan onion, slivered and chopped (saving ¼ for garnish)
 3 Radishes, finely sliced
 1 purple Carrot, grated
 ¼ small iceberg Lettuce, sliced
 1 Jerusalem artichoke, diced
 1 Orange, juiced and zested
 2 tbs Olive oil
 cracked Pepper to taste
 2 cubes Persian feta
 1 cup Mint leaves, roughly chopped (plus a few leaves for garnish)

1. In a large serving bowl, add carrot, onion, artichoke, mint leaves and gently toss to form the salad.
2. In a separate smaller bowl, prepare dressing by mixing olive oil, Mayver's Tahini, orange juice, pepper and set aside.
3. Layer radishes and onion, over the salad and drizzle the dressing.
4. Garnish with orange zest, mint, and crumbled feta..

SLOW COOKED LAMB SHANK SOUP

PREP TIME: 3 HOURS 30 MINS



(SERVES 4)



Ingredients

- ¼ cup Mayver's Almond & Chia Spread
 - 1 red Capsicum, chopped
 - 1 red Onion, sliced
 - 4 Garlic cloves, minced
 - 2 Celery stalks, sliced
 - 2 carrots, sliced,
 - 1 handful fresh Parsley
 - 1 Parsnip, chopped,
 - ½ small Broccoli, chopped
 - ½ small Cauliflower, chopped
 - 300g Pumpkin, cubed
 - 1 can whole Roma Tomatoes
 - 1 cup Barley
 - 2 Lamb shanks
 - Salt and Pepper to season
 - 1 tsp Cumin, ground
 - 1 tsp Turmeric, ground
 - 1 tsp Paprika, ground
 - ½ Lemon, juiced
1. In a heavy based saucepan, heat oil on medium heat and sauté onion and garlic.
 2. Add all vegetables and cook until soft.
 3. Add in spices and lemon juice and cook until fragrant.
 4. Toss in all remaining ingredients, cover with water and cook on low heat for 3 hours.
 5. Once cooked, remove Lamb bones and serve immediately with gluten free bread – enjoy!

COLD SOBA NOODLE SALAD WITH TAHINI AND PEANUT SAUCE

PREP TIME: 20 MINS



(SERVES 2)



Salad

- 100 grams Buckwheat soba noodles, cooked to packet and cooled
- 1 Carrot, julienned
- 1 Cucumber, julienned
- 10 Snow peas, chopped lengthways
- ½ red Capsicum, chopped
- 60g Enoki Mushrooms, lightly cooked in Olive oil
- 1 cup Rocket, washed

Sauce

- 2 tbs Mayver's Tahini
 - 1 tbs Mayver's Smooth Peanut Butter
 - 2 tbs Honey
 - 1 tsp Sesame seeds
 - 2 tbs Apple cider vinegar
 - 3 tbs Tamari
 - 2 tbs Sesame oil
 - 1 inch Ginger, finely grated
1. Prepare all vegetables and assemble salad ingredients together in a large bowl.
 2. In a small bowl, whisk together Mayver's Tahini and Peanut Butter, honey, vinegar, oil and tamari until well combined.
 3. Stir in seeds and ginger and drizzle sauce over salad and serve.
 4. Garnish with more sesame seeds if desired.



*Cold Soba Noodle
SALAD WITH TAHINI
and PEANUT SAUCE*



Peanut & Coconut
CAULIFLOWER CURRY

TUNA AND COCONUT STIR-FRY

PREP TIME: 15 MINS



(SERVES 2)



Stir Fry

¼ cup Mayver's Tahini
1 can Kidney beans, drained
1 cup Tuna, drained
½ cup Coconut Water
1 Lemon, juiced
2 Chillies, sliced
1 tbs Mustard
1 handful Mint leaves, finely sliced
1 handful Kale, roughly chopped
2 Carrots, julienned
1 tsp Butter or Coconut oil

1. In a large frypan over medium heat, heat butter and stir-fry chilli, beans, carrot and tuna for 5 minutes.
2. Add in coconut water, kale and lemon juice and cook for 3 minutes.
3. Stir in mint leaves, mustard and cook for 2 minutes on low heat.
4. Serve in two bowls and drizzle with Mayver's Tahini.

PEANUT AND COCONUT CAULIFLOWER CURRY

PREP TIME: 30 MINS



(SERVES 2)



Curry

¼ cup Mayver's Peanut & Coconut Spread
1 medium Cauliflower, chopped
½ cup Coconut water
1 Carrot, grated
1 tsp Coconut oil
1 Onion, chopped
1 handful Mint, roughly chopped
2 tsp Chilli flakes
1 can Cannellini beans, drained
¼ cup Greek yoghurt

1. In a medium frypan, stir-fry onion in coconut oil on medium heat until translucent.
2. Add cauliflower, carrot, coconut water, cannellini beans and cook until soft.
3. Stir in mint, chilli, Mayver's Peanut & Coconut Spread, yoghurt and cook on low heat for 8 minutes.
4. Serve on a bed of cooked quinoa or brown rice.



SATAY CHICKEN SHISH KEBABS

PREP TIME: 30 MINS + PREP



(SERVES 4)



Shish Kebabs

20 Bamboo skewers
500g Chicken, cubed
1 red Capsicum, cubed
1 small Pineapple, cubed
2 red Onions, cut into wedges
2 Zucchinis, cubed
2 tbs Olive oil, for frying

Satay Marinade

½ cup Mayver's Crunchy Peanut Butter
1 cup Coconut milk
1 Garlic clove, minced
1 Lime, juiced
1 tsp Coriander, ground
1 tsp Curry powder
1 tsp Cumin, ground
2 tsp fresh Ginger, grated

1. Arrange all kebab ingredients on individual bamboo skewers and set aside.
2. In a saucepan over medium heat, add all marinade ingredients and cook for 5 minutes.
3. Place all kebabs in a glass or ceramic dish and pour marinade over.
4. Cover the dish and place in the fridge for 4 hours to marinate.
5. In a large fry pan on medium heat, cook oil for 2 minutes then cook skewers, turning occasionally, until chicken is cooked.
6. Enjoy with a simple side salad

FALAFELS WITH TAHINI SAUCE

PREP TIME: 20 MINS



(SERVES 4)



Falafels

2 tbs Mayver's Tahini
4 cup Spinach or Chard
1 Lemon, juiced
3-4 tbs Buckwheat flour
1 can Chickpeas, drained
1 Garlic cloves, chopped
¼ tsp Cumin, ground
½ tsp Coriander, ground
¼ tsp Chilli powder, optional
Sea salt and Pepper to taste
4 tbs Coconut oil for cooking

1. Add all falafel ingredients into a food processor and mix to completely combine.
2. If the mixture isn't thick enough add more buckwheat flour or water to thin mixture.
3. Roll 2 tbs of mixture into a ball shape. In a large fry pan on medium heat, add coconut oil and fry 4 falafels at a time.
4. Once golden brown, flip over, and continue until all is cooked.
5. Serve immediately with extra Mayver's Tahini with ground paprika, inside a wrap or in a salad.



Satay CHICKEN
SHISH KEBABS



COCONUT SUPER SPREAD



ROAST COCONUT PUMPKIN WITH BLACK TAHINI BOCCONCINI

PREP TIME: 60 MINS



(SERVES 2)



Ingredients

¼ cup Mayver's Black Tahini
500g Pumpkin, cubed
3 tbs Coconut oil
¼ cup Coconut flakes
Pepper to taste
2 tsp Paprika, ground
¼ cup Poppyseeds
½ cup Bocconcini, sliced in half
fresh Parsley to garnish

1. Preheat oven to 180 degrees.
2. In a lined baking tray, coat pumpkin in coconut oil and flakes, paprika and bake for 45 minutes. Turn oven up to high for the last 5 minutes to crisp up the edges.
3. Once pumpkin is roasted, assemble on two plates and garnish with Mayver's Black Tahini, Bocconcini, poppy seeds, parsley and serve immediately.

WILD RICE, CARROT AND RED BEAN SUPER SALAD

PREP TIME: 15 MINS



(SERVES 2)



Salad

3 tbs Mayver's Coconut Super Spread
1 cup Wild rice
2 Carrots, julienned
1 can red Kidney beans
1 cup fresh Parsley, roughly chopped
1 tsp Pepper
500g Pumpkin, roasted in cubes
1 tub Bocconcini or 3 cubes Persian feta

Dressing

- 3 tbs Mayver's Coconut Super Spread
1 Lemon, juiced
1. Cook wild rice according to packet instructions and set aside to cool.
 2. In a large bowl, add carrot, beans, parsley, pumpkin and toss together.
 3. Mix Mayver's Coconut Super Spread with lemon juice to form a dressing.
 4. Add cooled wild rice to veggie mix and drizzle with dressing.
 5. Season with pepper and garnish with bocconcini or Persian feta to serve.

MAYVER'S GUILT FREE CAULIFLOWER PIZZA

PREP TIME: 60 MINS



(SERVES 4)



Pizza Base

3 tbs Mayver's Almond Spread
1 medium Cauliflower, grated
1 Egg, whisked
1 cup grated Parmesan cheese or 100g Goats
cheese, crumbled
2 tsp Olive oil
Salt and pepper to taste

Topping

Tomato sauce
Fresh mozzarella
Kalamata olives
Fresh Basil leaves

1. Preheat oven to 200 degrees.
2. In a frypan on medium heat, cook cauliflower in 2 tsp olive oil until soft and scoop into a large bowl.
3. Mix in egg, Mayver's Almond Spread, salt, pepper and cheese and place onto a lined baking tray and form into a pizza-shaped base 1cm thick.
4. Bake for 30 minutes or until firm and brown and remove from oven.
5. Meanwhile, prepare and chop toppings for the pizza.
6. Once base is cooked, top with topping and place back in the oven until mozzarella is melted.
7. Cut into wedge slices and serve immediately.

NOURISHING SALAD WITH TAHINI DRESSING

PREP TIME: 15 MINS



(SERVES 1)



Salad

2 cup Salad greens (kale, baby spinach and/or rocket)
1-2 Celery stalks, sliced
1 Carrot, sliced
½ cup Chickpeas, rinsed and drained
2 handfuls Alfalfa sprouts
¼ small Red Cabbage, sliced

Dressing

1 tbs Mayver's Tahini
1-2 tbs Water
½ Lemon, juiced
Pepper to taste
ground Paprika to garnish

1. In a large bowl, add all salad ingredients and toss and set aside while dressing is prepared.
2. Spoon tahini into a small bowl and slowly add water to desired consistency.
3. Add lemon juice, pepper and paprika and stir until combined.
4. Drizzle over salad and enjoy.

SALAD RECIPE BY:
@mxriela



*Nourishing Salad with
Tahini Dressing*



Mayver's Almond Spread





SNACK ATTACK



QUICK HEALTHY SNACKS
when YOU'RE
ON THE go!

MAYVER'S MANGO MUESLI CHOCOLATE CUPS

PREP TIME: 10 MINS



(SERVES 4)



Ingredients

2 cup Greek yoghurt (flavoured or plain)
1 Mango, cubed
1 cup Blueberries
1 cup Raspberries
4 tbs Mayver's Dark Chocolate Super spread
1 cup Mayver's peanut, cacao and coconut granola (see page 3 for recipe)

1. Layer ingredients in 4 clear glasses.
2. Top with berries and mango, serve and enjoy!

SUPER CHOCOLATE CHAI FRAPPÉ

PREP TIME: 5 MINS



(SERVES 2)



Frappé

3 tbs Mayver's Almond, Coconut and Cacao Spread
1 cup Almond milk
3 Chai teabags
1 tsp Cinnamon, ground
24 Ice cubes

Toppings

2 tsp cacao nibs
Cinnamon ground

1. Empty teabag contents into a blender.
2. Add all other ingredients and blend on high for 30 seconds.
2. Pour into two glasses and top with cacao nibs, ground cinnamon and enjoy!



RASPBERRY AND PEANUT BUCKWHEAT LOAF

PREP TIME: 50 MINS



(SERVES 8)



Ingredients

- 1 ½ cup Buckwheat flour
- 2 Eggs, whisked
- ½ cup Coconut sugar
- 1 cup Raspberries (frozen or fresh)
- ¾ cup Almond milk
- ½ cup Coconut oil, melted
- ½ cup Mayver's Smooth Peanut Butter
- 2 tsp Vanilla extract
- 1 tsp Baking powder
- 1 tsp Apple cider vinegar
- ½ tsp Bicarb Soda
- ¼ tsp Sea salt

1. Preheat oven to 180 degrees.
2. Line loaf tin with baking paper.
3. In a large bowl, mix all ingredients together, until all is thoroughly combined.
4. Pout into loaf tin and bake for 45 minutes – check with skewer to ensure centre is cooked.
5. Serve with Mayver's spreads.

* Note: If more cooking time is required, cover with foil and bake for up to 20 minutes at 120 degrees.

CHOCOLATEY MOUSSE

PREP TIME: 5 MINS



(SERVES 2)



Ingredients

- ¼ cup Mayver's Dark Chocolate Super spread
- ½ Avocado (3/4 cup)
- 2 ripe Bananas
- 1 tbs Almond milk
- 1 tsp Cinnamon
- 3 tsp Cacao powder

1. Place all ingredients into a food processor and blend until a smooth consistency is achieved.
2. Top with cacao nibs, fresh fruit, or nuts to serve!





Raspberry & PEANUT
BUCKWHEAT LOAF



Ants on a log &
CRUNCHY CHOCOLATE
BANANA ice-blocks

ANTS ON A LOG

PREP TIME: 5 MINS



(SERVES 3)



Ingredients

3 Celery stalks, cut in half
6 tbs Mayver's Crunchy Peanut Butter
60g Sultanas

1. Spread ½ tbs peanut butter on each celery piece.
2. Sprinkle with sultanas - Enjoy!t

CRUNCHY CHOCOLATE
BANANA ICE BLOCKS

PREP TIME: 30 MINS



(SERVES 5)



Ingredients

10 Bamboo skewers or paddle pop sticks
5 Bananas, peeled and cut in half
1 cup Mayver's Dark Chocolate Super spread
¼ cup Cacao nibs
¼ cup Goji berries
¼ cup Sesame seeds

1. Insert a skewer in one end of each banana piece.
2. Smear Dark Chocolate Super spread over each banana ensuring all is covered.
3. Sprinkle toppings of cacao nibs, goji berries and sesame seeds on each banana.
4. Place on lined baking tray and place in freezer for 1 hour, or until bananas are frozen and serve!





CLEAN TREATS



DELICIOUSLY HEALTHY
GUILT-FREE TREATS
& smoothies

LEMON AND TAHINI PROTEIN BALLS

PREP TIME: 10 MINS



(SERVES 12-14)



Ingredients

- ¼ cup Mayver's Hulled Tahini
- 1 cup Sunflower seeds
- ¼ cup Flaxseeds
- ½ cup Vanilla pea protein powder
- ¼ cup Lemon juice
- 2 heaped tsp Lemon zest
- 4 Medjool dates, pitted
- 2 tbs shredded Coconut

1. Place sunflower seeds, flaxseeds, and protein powder in blender and blend to a rough meal.
2. Add Mayver's Tahini, dates, lemon juice and zest and blend till well combined and dough-like.
3. If the mixture is not coming together, add a little more lemon juice or water.
4. Once mixture has come together, roll into bite-sized balls and store in the fridge for up to 2 weeks – if they last that long!

RAW SUPER BROWNIES

PREP TIME: 5 MINS + 3HRS TO SET



(SERVES 8)



Ingredients

- ½ cup Mayver's Dark Chocolate Super Spread
- 1½ cup Walnuts
- 1 cup Medjool dates, pitted
- ½ cup Cacao powder
- 1 tsp Vanilla extract
- 2 tbs Coconut oil, melted
- Pinch Sea salt

1. Place walnuts into food processor and blend until crumb-like texture.
2. Add all remaining ingredients and blend until well combined.
3. Firmly press mixture into a lined baking tray and refrigerate for 3 hours.
4. Cut into bite-sized pieces and serve.

Optional: Substitute Mayver's Dark Chocolate Super Spread for Mayver's Original Super Spread, just add one extra teaspoon of cacao powder!

PROTEIN BALLS RECIPE BY:
@jescoxnutritionist

PEANUT BUTTER FUDGE

PREP TIME: 2HRS 15 MINS



(SERVES 2)



Ingredients

1 jar Mayver's Smooth Peanut Butter
 ½ cup Rice malt syrup
 ¼ cup Coconut cream
 1 tsp Vanilla extract
 3 tbs Coconut oil

1. In a small sauce pan on low heat, add coconut oil and stir until completely melted.
2. Add in rice malt syrup and stir to combine.
3. Add remaining ingredients and vigorously stir until the peanut butter is completely melted and mixed through.
4. Pour into a lined baking tray and place in freezer for 1.5-2 hours, or until set.
5. Slice into bite-sized pieces and enjoy!

RAW VEGAN COCONUT BOUNTY BALLS

PREP TIME: 10 MINS



(SERVES 4)



Coconut Centre

¼ cup Mayver's Peanut and Coconut spread
 1 cup Coconut flakes
 ¼ cup Coconut oil
 1 tbs Rice malt syrup

Chocolate Coating

2 ½ tbs Cacao powder
 3 tbs Coconut oil, melted
 1 tbs Rice malt syrup

1. Place all ingredients for the coconut centre into a food processor and blend until a sticky mixture has formed.
2. Roll into mouth-sized ball shapes and place on a lined tray and put into freezer for 10 mins to set.
3. Meanwhile, mix all ingredients for the chocolate coating into a bowl and sit over a smaller bowl of hot water to ensure the chocolate doesn't set too quickly.
4. Once the coconut balls are set, roll them in the chocolate mixture and place back onto the lined tray.
5. Put back into the freezer for 15 minutes or until set, then enjoy!





PEANUT BUTTER FUDGE,
RAW *vegan* coconut BALLS
& almond G.A.C.O.F. BOMBS



Nutty Key
LIME TART

NUTTY KEY LIME TART

PREP TIME: 2HRS 40 MINS



(SERVES 2)



Base

2 tbs Mayver's Original Super Spread
2 tbs Mayver's Crunchy Peanut Butter
1 cup Walnuts
4 Medjool dates, pitted
¼ cup shredded Coconut

Filling

2 1/3 cup Cashews (soaked for 2+ hours prior, preferable overnight)
½ cup Rice malt syrup
¼ cup Coconut oil
¾ cup fresh Lime juice
½ cup Coconut cream
3 tbs Lime zest
2 Kaffir lime leaves, bruised

1. Preheat oven to 180°C. Blend all base ingredients into a food processor and pulse till all combined.
3. Spoon base mixture into a large dish, press firmly into the pan and bake for 10 mins.
4. For the filling - in a small saucepan, add coconut oil, lime juice, coconut cream, rice malt syrup, lime leaves and zest and heat on low for 5 mins, stirring occasionally, then discard lime leaves.
5. Rinse and drain cashews, pop into a food processor and blitz until smooth, then add lime filling mixture and blend until all combined.
6. Spoon filling on top of the crust and pop back in the oven for 10-15 minutes.
7. Place tart in the fridge for a few hours to set before serving. Garnish with lime zest and enjoy!

Optional: These tarts can be kept raw by setting the base in the freezer and melting the filling mixture over a bowl of hot water.

ALMOND AND CACAO BOMBS

PREP TIME: 5 MINS



(SERVES 2)



Ingredients

1 cup Mayver's Almond, Coconut & Cacao Spread
5 tbs Cacao powder
2 tbs shredded Coconut
1 handful Cacao nibs
½ cup Coconut oil, melted
2 tsp Cinnamon
2 tbs Mesquite powder
1 tbs Honey or Rice malt syrup
½ cup frozen Raspberries

1. Prepare muffin tray and line with patty papers.
2. In a medium mixing bowl add Mayver's Almond, Coconut & Cacao Spread, cacao powder, coconut oil, mesquite powder and rice malt syrup and mix to combine.
3. Fold in cacao nibs, cinnamon, shredded coconut and raspberries and stir to just combined.
4. Roll 1tbs mixture with your hands to form a ball shape and place in patty paper.
5. Continue for the remaining mixture and place in freezer for 20 minutes, or until set.
6. These will keep in the freezer for up to a week — let defrost for a few minutes before consumption.



CACAO BLISS BALLS WITH ORANGE ZEST

PREP TIME: 10 MINS



(SERVES 12-14)



Bliss Balls

- 3 tbs Mayver's Peanut and Cacao Spread
- 1 cup Cashews, roughly chopped (or preferred nuts)
- 2 tbs shredded Coconut
- 3 tsp Cacao powder
- 2 tsp Maca powder
- 1 tsp Cinnamon
- 1 tsp Vanilla essence
- 7 Medjool dates, pitted
- 3 tbs Coconut oil, melted
- 3 tsp Orange zest

Toppings

- 3 tsp Cacao powder
- 1 tsp desiccated Coconut

1. Put all bliss ball ingredients into food processor and blend till a sticky dough is achieved.
2. Roll 1 tbs mixture into small balls and roll through cacao powder and then desiccated coconut.
3. Pop in the fridge on a lined tray for an hour or until set before serving.

CHOC SUPER MOUSSE STRAWBERRY CUPS

PREP TIME: 15 MINS



(SERVES 2)



Mousse

- ½ cup Mayver's Original Super Spread
- 4 tbs Cacao nibs
- 1 cup Almond meal
- ¾ cup Coconut water
- 4 fresh Dates pitted and chopped
- 4 tbs Cacao powder

Middle Layer

- 1 cup Coconut yoghurt

Top Layer

- 1 punnet Strawberries, chopped
- 1 tbs Mint leaves, finely chopped
- 1 handful Pistachios, chopped

1. In a small bowl, combine strawberries, mint, zest and juice and marinate for 5 minutes.
2. Whilst the strawberries are marinating, place all mousse ingredients into food processor and blend until combined.
3. Separate mousse evenly into two glasses and layer with coconut yoghurt.
4. Drain strawberries from the marinate mixture and place over the yoghurt.
5. Garnish with pistachios and optional Persian feta and rose petals.

Optional: For an extra kick, add 2 tsp chilli powder or 2 tbs Baileys in the base.



Choc SUPER MOUSSE
STRAWBERRY CUPS



SIMPLE SIDES



FRESH SIMPLE MEAL
IDEAS TO share WITH
EVERYONE YOU love

OLIVE PAPRIKA HUMMUS

PREP TIME: 5 MINS



(SERVES 3)



Ingredients

1 tbs Mayver's Tahini
 1 can Chickpeas, drained
 1 Garlic clove
 ½ Lemon, juiced
 ¼ tsp Cumin, ground
 2-3 tbs Olive oil plus 2 tsp to garnish
 Pepper and Salt to taste
 ½ cup Green olives, plus extra to garnish
 Paprika to garnish

1. Place chickpeas, garlic, oil, lemon juice, olives and Mayver's Tahini into food processor and blend until smooth.
2. Add cumin, pepper, salt to processor and combine.
3. Add more olive oil for a smoother consistency.
4. Place into serving bowl and garnish with olives, paprika and a dash of olive oil if desired. Serve with chopped veggies and crackers.

CREAMY CASHEW CHEESE

PREP TIME: 5 MINS



(SERVES 4)



Ingredients

1 tbs Mayver's Natural n' Smooth Peanut Butter
 1 cup raw Cashews, soaked overnight
 1 Lime, juiced
 1 tbs Nutritional yeast (optional)
 ¼ cup Water
 Salt and Pepper to taste

1. Drain cashews and rinse with water.
2. Place cashews, Mayver's Natural n' Smooth Peanut Butter and nutritional yeast into food processor and blend until combined.
3. Add in lime juice, water, salt and pepper and blend until a creamy consistency is achieved.
4. Perfect for nachos, as a dip or salad dressing.

Tips: If you don't have time to soak overnight, an hour will do the trick!

4. Place into serving bowl and add a dash of oil on top. Serve with chopped veggies and crackers.

SUPER PESTO

PREP TIME: 5 MINS



(SERVES 4-6)



Ingredients

5 Tbs Mayver's Original Super Spread
 1 bunch Basil leaves
 75g Parmesan, grated
 1 Garlic clove
 50mL Olive oil
 Salt and Pepper to taste

1. Blend basil, parmesan, salt, pepper and garlic in a food processor until combined.
2. Add Mayver's Super Spread and oil and blend until smooth.
3. Place into serving bowl and serve with veggie sticks and crackers or with cooked pasta.
4. Spoon leftovers into recycled Mayver's jars and keep refrigerated for up to 10 days.

WHITE BEAN DIP

PREP TIME: 5 MINS



(SERVES 4)



Ingredients

¼ cup Mayver's Tahini
 1 can Cannellini beans
 1 can Chickpeas, drained
 1 Lemon, juiced
 5 cloves Garlic, minced
 1/4 cup Olive oil
 Pepper to taste

1. Place garlic, oil, cannellini beans and chickpeas into food processor and blend until smooth. Add more water if desired.
2. Add Mayver's Tahini, lemon and pepper to processor and combine.
3. Add more olive oil for a smoother consistency.



Super Pesto



White Bean Dip





Carrot Cake
CHIA PUDDING

CABBAGE AND RADISH SALAD WITH PEANUT AND COCONUT DRESSING

PREP TIME: 15 MINS



(SERVES 4-6)



Salad

- 1 small green Cabbage, finely sliced
- ½ small red Cabbage, finely sliced
- 2 Carrots, cut into matchstick pieces
- 8 red Radishes, finely sliced
- 1 Avocado, sliced
- 1 bunch Coriander, roughly chopped

Dressing

- 1/3 cup Mayver's Peanut & Coconut Spread
- 1 tbs fresh Ginger, grated
- 1 Garlic clove, minced
- 1 tbs Rice malt syrup
- ¼ cup Water
- 3 ½ tbs Rice wine vinegar
- 2 ½ tbs Tamari sauce (or soy sauce)
- ¼ tsp dried Chilli flakes
- 1 tsp Sesame seeds

1. In a large serving bowl, add all prepared salad ingredients, stir together and set aside while dressing is prepared.
2. Blend Mayver's Peanut & Coconut Spread, ginger and garlic in a food processor to combine.
3. Add in syrup, water, vinegar, tamari, chilli flakes and sesame seeds and blend until a smooth consistency is achieved.
4. Toss dressing through salad and garnish with peanuts and raisins and serve.

CARROT CAKE CHIA PUDDING

PREP TIME: 15 MINS



(SERVES 2)



Ingredients

- 2 heaped tsp Mayver's Original Super Spread
- 4 tbs Chia seeds
- ½ cup Almond milk
- 2 tbs Banana, mashed
- 2 tbs Carrot, finely grated
- 1 tsp Cinnamon
- 1 tsp Vanilla extract
- ½ tsp Nutmeg, ground
- 2 tsp Mesquite powder (optional)
- 1 tbs Hazelnuts, roughly chopped

1. Take two small jars or containers and fill each with 2 tbs of chia seeds. Add ¼ cup of milk to each jar and stir it up.
2. Add equal portions of carrot and fruit mash, spices, mesquite, and vanilla. Stir again and leave for 10 minutes with lids to soak. If desired, leave to soak overnight, or later that day, keep refrigerated.
3. When you're ready to eat them, top with equal portions of Mayver's Chia+ Omega 3 Spread and hazelnuts.





A LIL'
FANCY

**DINNER PARTY
READY DELIGHTS!**

ROASTED PEAR AND THREE BERRY CHOC ALMOND WRAPS

PREP TIME: 1 HOUR

(SERVES 4)



Ingredients

4 tbs Mayver's Almond, Coconut and Cacao Spread
4 Pears, sliced
1 cup Blueberries
1 cup Raspberries
Splash Kahlua (optional)
2 tsp Poppy seeds
4 Wraps of choice
½ punnet Strawberries, sliced
1 handful Mint leaves, sliced
4 tbs Coconut yoghurt

1. Preheat oven at 120 degrees.
2. On a lined baking tray, assemble pears, blueberries and raspberries on a lined baking tray and roast for 45 minutes.
3. Prepare wraps, spread on Mayver's Hazelnut and Cacao Spread and sprinkle on fresh strawberries.
4. Once pears and berries are roasted, arrange on each wrap and drizzle with Kahula (optional).
5. Garnish with poppy seeds, mint leaves and coconut yoghurt, roll up and serve immediately.

OPEN MOROCCAN CHICKEN BURGERS WITH TAHINI SAUCE

PREP TIME: 30 MINS

(SERVES 4)



Chicken Burgers

500g Chicken mince
2 tsp Paprika, ground
2 tsp Moroccan spice
1 tsp freshly cracked Pepper
2 tsp Cumin, ground
1 Egg
3 Garlic cloves, minced
1 handful Mint leaves, chopped
4 Bread slices of choice
2 Tomatoes, sliced
4 Lettuce leaves, finely sliced

Dressing

5 tbs Mayver's Tahini
1 pinch Sea salt
1 Garlic clove, minced
1 tbs Olive oil
2 tbs Lemon juice
2 tsp Parsley, ground
75ml warm Water

1. In a large bowl, mix mince, spices, pepper, garlic, egg and mint until thoroughly combined, divide into 4 portions and shape into burger patties.
2. In a frypan on medium heat, add olive oil, let heat for 2 minutes and begin cooking the patties.
3. In a food processor combine Mayver's Tahini, oil, garlic and water. Add in salt, lemon juice and parsley and blend until a smooth consistency is achieved.
5. Once all burger patties are cooked thoroughly, toast bread and divide between 4 plates.
6. Assemble the burger with chicken patties, salad and a generous drizzle of tahini sauce and serve.



Salted Caramel
TAHINI CHICKEN

SALTED CARAMEL TAHINI CHICKEN

PREP TIME: 50 MINS



(SERVES 4)



Ingredients

6 tsp Mayver's Tahini
6 Chicken thigh fillets
6 Dates, pitted
6 rashers Prosciutto
Pepper to taste
Olive oil to drizzle

1. Preheat oven to 180 degrees.
2. Flatten out chicken thighs and spread a layer tahini over each thigh and season with pepper.
3. Place a date in the middle of each thigh, roll up and wrap up with prosciutto (secure with toothpick if needed).
4. Place on a lined baking tray, drizzle with olive oil and bake for 40 minutes, or until chicken is thoroughly cooked.
5. Serve chicken thighs immediately with Super Pesto (pg 40) on the side.

SUPER STRAWBERRY, CACAO, MINT PLATES

PREP TIME: 15 MINS



(SERVES 2)



Ingredients

2 tbs Mayver's Original Super Spread
1 punnet Strawberries, chopped
1 handful Mint, sliced
2 cubes Persian feta or 2 tbs Greek yoghurt
4 tbs Cacao nibs
1 tbs Cacao powder
1 Orange, juiced and zested

1. In a small bowl, stir in chopped strawberries in orange juice for 5 minutes to marinate.
2. Smear 1 tbs Mayver's Original Super Spread on each plate and top with marinated strawberries.
3. Sprinkle cacao nibs and mint leaves evenly over the plates.
4. Top with crumbled feta, orange zest and optional pistachios and rose petals and enjoy

MAYVER'S BBQ CHICKEN

PREP TIME: 2 HOURS



(SERVES 4-6)



Ingredients

4 tbs Mayver's Original Super Spread
 1 whole Chicken (preferably free range and organic)
 2 tbs Coconut oil
 5 Strawberries, diced
 balsamic vinegar
 1 tbs fresh Ginger, grated
 1 Orange, juiced and zested
 Mayver's Original Super Spread
 Sea salt and Pepper

1. Preheat oven to 200°C.
2. In a bowl, combine strawberries, ginger, balsamic vinegar, orange juice and zest and leave for 30 minutes to marinate.
3. Pat chicken skin dry, inside and out, with paper towel, and pull the skin away from the breast and push your fingers all the way up creating a pocket on either side. Place Mayver's Original Super Spread and oil into the pockets and rub the chicken skin with salt and pepper.
4. When stuffing is ready, drain the juices and place in prepared chicken cavity and place in oven for 1.5 hours or until chicken is cooked (poke with a skewer in a drumstick and when the juices run clear, the chicken is cooked).
5. Divide chicken and serve immediately with Cabbage and Radish Salad with Peanut & Coconut Dressing (see Simple Sides).

OPEN MOROCCAN CHICKEN BURGERS WITH TAHINI SAUCE

PREP TIME: 30 MINS



(SERVES 4)



Chicken Burgers

500g Chicken mince
 2 tsp Paprika, ground
 2 tsp Moroccan spice
 1 tsp freshly cracked Pepper
 2 tsp Cumin, ground
 1 Egg
 3 Garlic cloves, minced
 1 handful Mint leaves, chopped
 4 Bread slices of choice
 2 Tomatoes, sliced
 4 Lettuce leaves, finely sliced

Dressing

5 tbs Mayver's Tahini
 1 pinch Sea salt
 1 Garlic clove, minced
 1 tbs Olive oil
 2 tbs Lemon juice
 2 tsp Parsley, ground
 75ml warm Water

1. In a large bowl, mix mince, spices, pepper, garlic, egg and mint until thoroughly combined, divide into 4 portions and shape into burger patties.
2. In a frypan on medium heat, add olive oil, let heat for 2 minutes and begin cooking the patties.
3. In a food processor combine Mayver's Tahini, oil, garlic and water. Add in salt, lemon juice and parsley and blend until a smooth consistency is achieved.
5. Once all burger patties are cooked thoroughly, toast bread and divide between 4 plates.
6. Assemble the burger with chicken patties, salad and a generous drizzle of tahini sauce and serve.



Thanks for trying our recipe book!

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