



# THE CH<sup>▲</sup>ARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

## THE CHARITY RUNNER

*The Christmas Edition*

@PHILROBERTON



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"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

*Phil Robertson*

**Phil Robertson**

Coach

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# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences research and knowledge. The information provided is not to be used in place of proper medical advice.

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## KEY

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- V** VEGETARIAN
  - VE** VEGAN
  - DF** DAIRY FREE
  - GF** GLUTEN FREE
  - N** CONTAINS NUTS
  - Q** QUICK
-

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# CHOC PEPPERMINT SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V

## INGREDIENTS

250ml **almond milk**  
1 **banana**  
2 tbsp **cocoa powder**  
2 tsp **peppermint extract**  
5 **ice cubes**  
4 tbsp **whipped cream**  
4 leaves **fresh mint**

## INSTRUCTIONS

Add the almond milk, banana, cocoa powder and peppermint extract to the blender and blitz until smooth.

Pour into two tall glasses and top with whipped cream and fresh mint.

## MACROS PER PORTION

CALORIES	232	PROTEIN	4
CARBS	36	FATS	8
FIBRE	7		



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# GINGERBREAD FRENCH TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V

## INGREDIENTS

2 **eggs**

125ml **milk**

1/2 tsp **ground cinnamon**

1/2 tsp **ground nutmeg**

1/4 tsp **ground ginger**

1/4 tsp **ground cloves**

4 slices **rye sandwich bread** (gluten-free if required)

1 tbsp **butter**

1 tbsp **powdered sugar**

## INSTRUCTIONS

Start by whisking together the eggs, milk, cinnamon, nutmeg, ginger and cloves.

Submerge each slice of the bread in the liquid for about 20-30 seconds each side.

Add the butter to a large non-stick skillet and bring it to a medium heat.

Cook slices for about 4 minutes each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

## MACROS PER PORTION

CALORIES	422	PROTEIN	16
CARBS	58	FATS	14
FIBRE	0		

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# RED VELVET PANCAKES

SERVES: 6

TOTAL TIME: 25 MINUTES



## INGREDIENTS

- 2 cups **all-purpose flour**
- 2 tsp **baking powder**
- 1/2 tsp **baking soda**
- 1/2 tsp **salt**
- 2 tbsp **cocoa powder**
- 250ml **milk**
- 2 **large eggs**
- 1 tbsp **red food coloring**
- 1 tsp **vanilla extract**
- 3 tbsp **butter**

## INSTRUCTIONS

Start by mixing together the flour, baking powder, baking soda, salt and cocoa powder.

In a separate bowl, whisk the egg and milk together. Then, whisk in the food colouring and vanilla extract.

Pour the wet mixture into the dry mixture and stir until just combined.

Add 1 tbsp of butter to a non-stick fry pan. Bring it to medium heat and pour batter in about a 1/4 cup at a time. Cook for 2-3 minutes or until bubbles start to appear. Flip and cook for another minute. (make sure you add more butter as you need).

Keep cooked pancakes warm in the oven or under tin foil.

Serve with fresh raspberries.

### MACROS PER PORTION

CALORIES	245	PROTEIN	8
CARBS	33	FATS	9
FIBRE	2		



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# MINI CHRISTMAS QUICHE

SERVES: 12

TOTAL TIME: 30 MINUTES

GF V

## INGREDIENTS

12 **eggs**

125ml **milk**

**Salt & cracked pepper**

1/2 **red bell pepper**, diced

2 stalks **spring onion**, diced

100g **mozzarella**, diced

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a 12-case muffin tin with olive oil cooking spray.

In a medium-sized bowl, whisk together the eggs, milk, salt & cracked pepper.

Pour half the mixture into the egg cups (so they're only half full).

Add bell pepper, spring onion and cheese to each one and then fill to the top with the extra egg mixture.

Place in the oven and cook for 15-17 minutes or until cooked through.

## MACROS PER PORTION

CALORIES	107	PROTEIN	8
CARBS	3	FATS	7
FIBRE	1		

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# SMOKED SALMON FLATBREAD

SERVES: 5

TOTAL TIME: 20 MINUTES

GF

## INGREDIENTS

1 large pre-made **flatbread** (gluten-free if required)

200g **goat's cheese**

100ml **sour cream**

1 **clove garlic**, minced

2 tbsp **fresh dill**, diced

1 **lemon**, zested plus 1 tbsp juiced

200g **smoked salmon**

1/2 **red onion**, finely sliced

2 tbsp baby **capers**

## INSTRUCTIONS

Cook the flatbread according to packet instructions.

Meanwhile, mix together the goat's cheese, sour cream, garlic, dill, lemon zest and lemon juice.

Spread the cheese spread across the flatbread and top with flaked smoked salmon, red onion and capers.

Cut into squares and transfer to a large serving platter.

## MACROS PER PORTION

CALORIES	372	PROTEIN	21
CARBS	27	FATS	20
FIBRE	2		



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# HAM AND CHEESE BREAD AND BUTTER PUDDING

SERVES: 8

TOTAL TIME: 70 MINUTES

GF

## INGREDIENTS

2 tbsp **olive oil**

4 **large eggs**

185ml **skim milk**

1 tbsp **Dijon mustard**

**Salt & cracked pepper**

350g **sourdough bread**, cut into chunks (gluten-free if required)

1 small **red onion**, cut into slices

150g sliced **ham**, torn into pieces

2 tbsp **fresh thyme**

250g **cheddar cheese**, grated

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Spray a medium-large baking dish with olive oil cooking spray.

In large bowl, whisk together eggs, milk, mustard, salt & cracked pepper. Submerge the bread for about 5 minutes.

Mix in the onion, ham, thyme and cheese. Transfer to the baking dish, cover with foil and cook for 50-55 minutes. Take the foil off for the last 15 minutes so it brown's up a little bit.

Serve hot!

## MACROS PER PORTION

CALORIES	318	PROTEIN	17
CARBS	22	FATS	18
FIBRE	1		

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# SWEET BRUSSELS SPROUTS

SERVES: 8

TOTAL TIME: 40 MINUTES

GF DF

## INGREDIENTS

2 tbsp **olive oil**, divided  
200g **bacon**, chopped  
60ml **balsamic vinegar**  
900g **Brussels sprouts**, halved  
**Salt & cracked pepper**  
1 **lemon**, juiced  
30ml **water**  
250g **dried figs**, cut into quarters

## INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6.

Bring a large skillet to medium heat, add 1/2 tbsp oil and bacon, and cook for about 7 minutes. Once cooked set aside.

Add the remaining oil, balsamic vinegar and Brussels sprouts to a large oven proof dish. Toss to coat and season with salt & cracked pepper. Place in the oven and cook for 20-25 minutes.

Meanwhile, add the lemon juice, water and figs to a pan and cook on medium-high heat for about 5 minutes or until the figs are tender and the water has evaporated.

Add bacon, sprouts and figs to a large serving bowl and toss to combine.

## MACROS PER PORTION

CALORIES	281	PROTEIN	8
CARBS	33	FATS	13
FIBRE	8		





# CRISPY SMASHED POTATOES

SERVES: 8

TOTAL TIME: 70 MINUTES

GF DF

## INGREDIENTS

1kg **new potatoes**

**Sea salt**

60ml **olive oil**

30ml **lemon juice**

3 tbsp **capers**, diced

1 tbsp **anchovy paste**

1 **clove garlic**, minced

## INSTRUCTIONS

Add the potatoes to a large pot, cover with cold water and some salt. Bring to a boil, reduce to a simmer and cook potatoes for about 20 minutes or until tender.

Preheat oven to 220°C/430°F/gas 7.

Pour olive oil in a large baking dish. Transfer boiled potatoes to the tray and press down on each of them with a large spoon to “squish” them. Brush a little oil on the top of each potato too.

Place in the oven and cook for ten minutes. Then, turn the heat down and allow to cook for another 40-45 minutes.

Meanwhile, in a small bowl, mix together olive oil, lemon juice, capers, anchovy paste and garlic.

Once the potatoes are cooked, drizzle with the green sauce and serve straight away on a large tray.

## MACROS PER PORTION

CALORIES	214	PROTEIN	5
CARBS	26	FATS	10
FIBRE	3		

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# SALMON BLINIS

SERVES: 20

TOTAL TIME: 50 MINUTES

## INGREDIENTS

300g **plain flour**  
2 tbsp **caster sugar**  
1 1/2 tbsp **baking powder**  
1 tsp **salt**  
250ml **skim milk**  
2 **eggs**  
25g **butter**, melted  
500g **creme fraiche**  
500g **smoked salmon**, cut into slices  
2 **tbsp dill**, finely chopped

## INSTRUCTIONS

In a large bowl, mix together the flour, sugar, baking powder and salt.

In a separate bowl whisk together the egg, milk and butter. Transfer the wet mixture to the bowl of dry ingredients and whisk gently to combine.

Heat a large frying pan over medium-high heat and add a little olive oil or extra butter.

Drop about half a tbsp of mixture into the pan for each blini and cook for 30-40 seconds each side. Repeat until you've used all the mixture.

Spread with creme fraiche and top with salmon and dill.

## MACROS PER PORTION

CALORIES	194	PROTEIN	11
CARBS	15	FATS	10
FIBRE	1		

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# PANCETTA WRAPPED CHIPOLATAS

SERVES: 10

TOTAL TIME: 45 MINUTES

GF DF

## INGREDIENTS

5 thin slices **pancetta**, cut in half

10 **chipolatas**

1 tbsp **olive oil**

1 tbsp **maple syrup**

2 tsp **Dijon mustard**

**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Wrap the slices of pancetta around the chipolatas, drizzle with olive oil, place in the baking tray and cook for 12 minutes, turning occasionally.

Meanwhile mix the maple syrup and Dijon together. Take the chipolatas out and drizzle with maple/mustard dressing. Place back in the oven for 12-15 minutes or until cooked through, again, turning occasionally.

Serve immediately.

## MACROS PER PORTION

CALORIES	144	PROTEIN	7
CARBS	2	FATS	12
FIBRE	0		





# CHRISTMAS CARROTS

SERVES: 6

TOTAL TIME: 60 MINUTES

GF V VE DF

## INGREDIENTS

4 large **carrots**, cut into thick batons

3 **parsnips**, cut into thick batons

2 tbsp **olive oil**

2 tbsp **honey** (or **maple syrup**)

1 tbsp **fresh rosemary**, diced

**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6. Line a large baking tray with baking paper. Lay the carrots and parsnips in the tray.

In a small jar, add the olive oil, honey, fresh rosemary, salt & cracked pepper. Shake well to combine.

Pour sauce all over the carrots and parsnips and toss to cover.

Cook for 35-40 minutes or until the vegetables have caramelised.

## MACROS PER PORTION

CALORIES	129	PROTEIN	1
CARBS	20	FATS	5
FIBRE	4		



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# WARM ROASTED SQUASH

SERVES: 6

TOTAL TIME: 50 MINUTES

GF V

## INGREDIENTS

2 tbsp **maple syrup**  
2 tbsp **butter**  
1/2 **vanilla bean**, seeds scraped  
1kg **butternut squash**, deseeded and sliced into large chunks  
90g **pomegranate seeds**  
50g **pistachios**, shelled

## INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised. (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.

## MACROS PER PORTION

CALORIES	200	PROTEIN	4
CARBS	28	FATS	8
FIBRE	7		



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# HERBY STUFFING

SERVES: 6

TOTAL TIME: 50 MINUTES

GF V DF

## INGREDIENTS

- 3 tbsp **olive oil**
- 400g **country bread loaf**, cut into 1/2-inch pieces (gluten-free if required)
- 2 **brown onions**, diced
- 4 stalks **celery**, chopped
- 750ml **chicken stock** (or vegetarian)
- 25g **fresh flat-leaf parsley**, chopped
- 1 tsp dried **thyme**
- 1 tsp dried **sage**
- 2 **large eggs**, beaten

## INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.

### MACROS PER PORTION

CALORIES	259	PROTEIN	8
CARBS	32	FATS	11
FIBRE	3		



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# BROCCOLI & GOJI BERRY QUINOA SALAD

SERVES: 6

TOTAL TIME: 30 MINUTES

GF V VE DF

## INGREDIENTS

90g **red quinoa**, rinsed (uncooked)

2 large **broccoli** heads, grated

3 **spring onion** stalks, thinly sliced

50g roasted **almonds**, chopped

60g **dried goji berries**

1 tsp crushed **red pepper flakes**

60ml **olive oil**

3 tbsp **lemon juice**

**Salt & cracked pepper**

## INSTRUCTIONS

Start by cooking the quinoa according to packet instructions. Once cooked, drain, rinse and set aside in a bowl lined with paper towel for about 15 minutes to dry it out a little.

Toss the cooked quinoa, broccoli, spring onion, almonds and goji berries together in a large serving bowl.

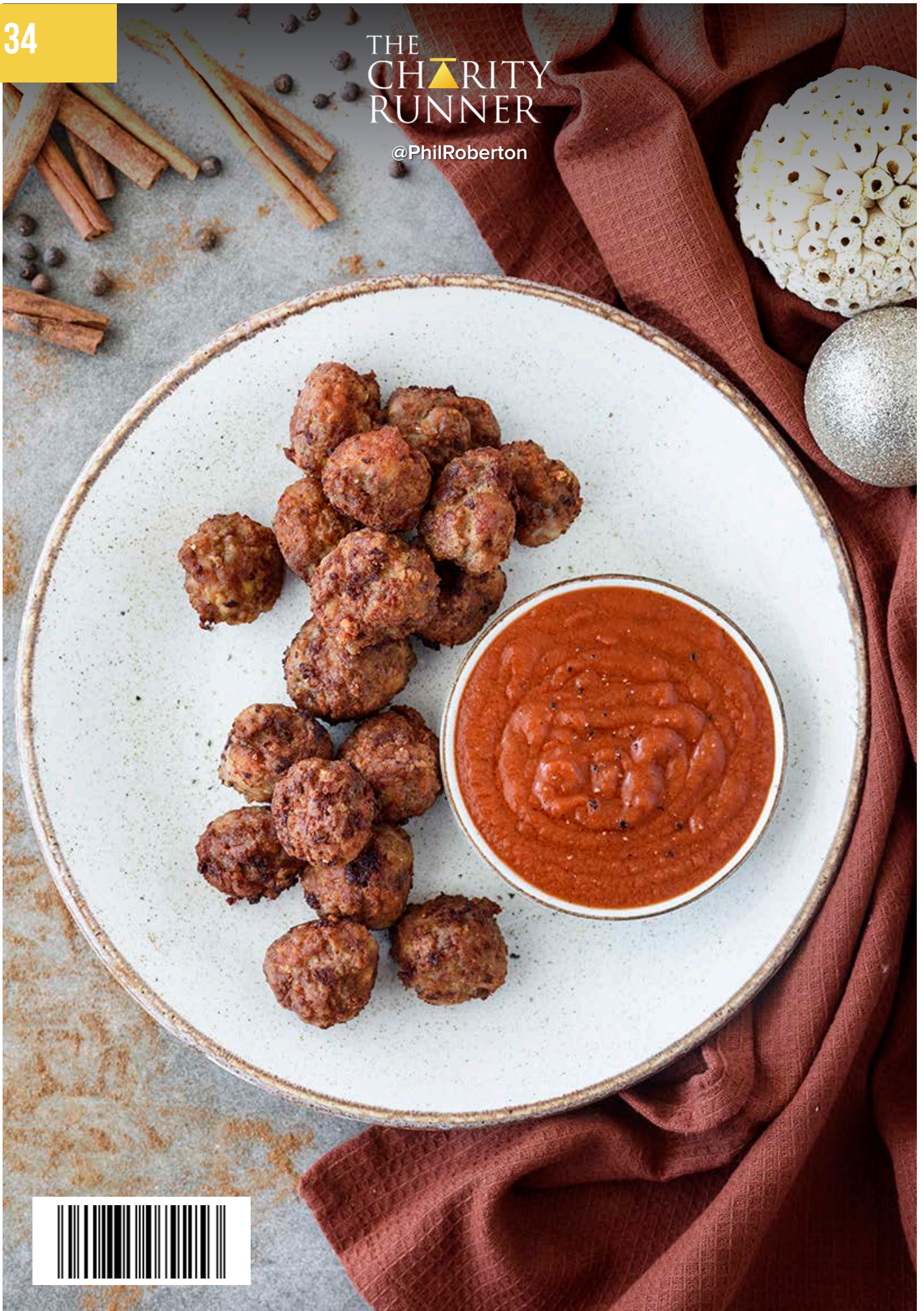
In a small jar, add the crushed red pepper flakes, olive oil, lemon juice, salt & cracked pepper. Shake really well to combine.

Pour the dressing all over the salad and allow to sit for at least 30 minutes before serving.

## MACROS PER PORTION

CALORIES	260	PROTEIN	8
CARBS	21	FATS	16
FIBRE	6		







# CHRISTMAS MEATBALLS

SERVES: 20 (MAKES 40)

TOTAL TIME: 40 MINUTES

GF

## INGREDIENTS

- 2 large eggs, lightly beaten
- 1 onion soup mix
- 1 tbsp soy sauce
- 45g bread crumbs (gluten-free if required)
- 1 1/2 tsp ground allspice
- 1 tsp ground cinnamon
- 1/2 tsp ground clove
- Salt & cracked pepper
- 700g lean ground beef (90% lean)
- 3 tbsp butter

## INSTRUCTIONS

In a large bowl mix together the eggs, onion soup mix, soy sauce, bread crumbs, spices, salt & cracked pepper. Next, mix through the beef until well combined.

Roll the mixture into small meatballs (about a tbsp) and set aside.

Melt a 1/3 of the butter in a large skillet and begin to cook the meatballs in batches. Adding more butter as you need.

Serve hot or cold with tomato chutney.

### MACROS PER PORTION

CALORIES	63	PROTEIN	6
CARBS	3	FATS	3
FIBRE	0		





# ROAST CHICKEN

SERVES: 6

TOTAL TIME: 120 MINUTES

GF DF

## INGREDIENTS

- 3 large **carrots**, chopped
- 2 **brown onions**, chopped
- 1 **bulb garlic**
- 4 tbsp **olive oil**
- 1 tsp **paprika**
- Salt and pepper**
- 1 whole **chicken** (about 1.5kg)
- 1 **lemon**, cut into quarters
- 1/2 bunch **fresh rosemary**
- 1/2 bunch **fresh thyme**

## INSTRUCTIONS

Preheat the oven to 240°C/475°F/gas 9. Place the carrots, onion and full garlic cloves in a large roasting dish and toss with olive oil.

Rub the chicken all over with olive oil, paprika, salt & cracked pepper.

Place the lemon quarters and herbs inside the chicken cavity.

Reduce the heat of the oven to 200°C/400°F/gas 6. Place the chicken in the oven and cook for 1 hour and 20 minutes.

Brush the chicken with a little extra olive oil half way through cooking.

Allow the chicken to sit for 10 minutes under some aluminium foil before carving.

### MACROS PER PORTION

CALORIES	482	PROTEIN	55
CARBS	7	FATS	26
FIBRE	2		





# MUSHROOM & NUT ROAST

SERVES: 8

TOTAL TIME: 85 MINUTES

GF V VE DF

## INGREDIENTS

- 300g raw **mixed nuts**
- 2 tbsp **olive oil**
- 1 **onion**, finely chopped
- 1/2 **leek**, finely chopped
- 2 stalks **celery**, finely chopped
- 1 **large carrot**, grated
- 75g **mushrooms**, chopped
- 2 tsp **garlic**, minced
- 65g **tomato paste**
- 2 tbsp **tamari**
- 150g **panko breadcrumbs** (gluten-free if required)
- 2 tbsp **ground flaxseed** meal
- 75g **dried cranberries**, diced
- 20g **fresh parsley**
- Salt & cracked pepper**

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5. Line a medium sized loaf tin with baking paper and spray it with olive oil cooking spray.

Next, pour the nuts into a food processor and blend until finely chopped. Set aside.

Bring a large skillet to medium-high heat and add the onion, leek, celery, carrot, mushrooms and garlic. Cook for 1-2 minutes.

Stir through the tomato paste and tamari and cook the veggies for about 10 minutes or until softened.

Transfer the processed nuts to a large mixing bowl and add the breadcrumbs, ground flaxseed meal, cranberries and parsley.

Add the cooked veggies and mix with your hands to create a dough.

Transfer to the loaf tin, place in the oven and cook for 40-50 minutes.

Allow to cool for 15 minutes before removing from the tin and slicing.

### MACROS PER PORTION

CALORIES	390	PROTEIN	10
CARBS	29	FATS	26
FIBRE	5		





# SPANAKOPITA

SERVES: 6

TOTAL TIME: 80 MINUTES



## INGREDIENTS

- 800g frozen **spinach**, thawed and drained
- 2 tbsp **olive oil**
- 1 **garlic clove**, minced
- 1 **leek**
- 2 **eggs**
- 260g **feta**, crumbled
- 60g **parmesan**
- 10g **basil**, chopped
- 10g **dill**, chopped
- 10g **oregano**, chopped
- 1 tsp **lemon zest**, grated
- Salt & cracked pepper**
- 160g **salted butter**, melted
- 12 sheets frozen **phyllo dough**, thawed, room temperature

## INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas 5 and grease your baking tray with olive oil cooking spray.

Drain the thawed spinach by placing it in the center of a tea towel, enclose it in and twist to ring the liquid out. Get as much liquid out as possible. Transfer to a bowl, break the spinach into smaller pieces and set aside.

Add the oil to a medium-sized skillet and bring to medium heat. Cook the leek and garlic for 5 minutes or until translucent.

Next, whisk the eggs and pour them into the spinach mixture. Add the feta, parmesan, basil, dill, oregano, lemon zest, salt & cracked pepper. Mix until really well combined.

Place 1 sheet of phyllo dough in your baking dish and brush with melted butter. Do the same with 2 more sheets. Place the 4th sheet perpendicular to the first 3, continuing to brush with butter as you go. Finally place the next three sheets in the gap to create a star shape.

Transfer spinach into the centre of the pastry and gently fold the phyllo over the top. Brush the remaining 3 sheets of phyllo with butter and place on top.

Place in the oven and cook for 40-45 minutes or until golden on top.

### MACROS PER PORTION

CALORIES	446	PROTEIN	16
CARBS	28	FATS	30
FIBRE	3		



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# ROAST TURKEY

SERVES: 12

TOTAL TIME: 130 MINUTES

## INGREDIENTS

- 1 whole turkey (approx. 4kg)
- 2 carrots, peeled, chopped
- 2 brown onions, chopped
- 3 celery stalks, chopped
- 1/2 lemon, cut into wedges
- 100g butter
- 2 tsp garlic powder
- 2 tsp dried basil
- 1 tsp ground sage

## INSTRUCTIONS

Start by preheating oven to 165°C/325°F/gas 4. Insert half the onions, carrots and celery, along with the lemon, into the cavity. Place the turkey in a large roasting dish with the remaining vegetables.

In a small saucepan melt the butter along with the garlic powder, basil and sage.

Brush the turkey with the butter (reserving some for later) and cover with foil. Place in the oven and cook for 75-90 minutes. Remove the turkey half way and baste with extra butter and again towards the end of the cooking time.

Allow the turkey to rest for 25 minutes before carving.

### MACROS PER PORTION

CALORIES	380	PROTEIN	65
CARBS	3	FATS	12
FIBRE	9		

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# BUBBLE & SQUEAK

SERVES: 6

TOTAL TIME: 20 MINUTES

## INGREDIENTS

6 tbsp **butter**

1 **brown onion**, diced

450g **potato**, mashed

50g **peas**, cooked

50g **carrot**, cooked

**Salt & cracked pepper**

## INSTRUCTIONS

Heat the olive oil in a large skillet. Add the onion and cook for 5 minutes or until translucent.

Add the vegetables and season with salt & cracked pepper.

Heat the vegetables for about 10 minutes so they become mushy. Using the back of a spoon flatten the vegetable mix into a pancake.

Cook for 1 minute and then flip and cook for an additional 1 minute.

Remove from the pan, cut into slices and serve.

## MACROS PER PORTION

CALORIES	184	PROTEIN	3
CARBS	16	FATS	12
FIBRE	1		





# XMAS PASTA SALAD

SERVES: 8

TOTAL TIME: 60 MINUTES

GF V

## INGREDIENTS

450g **bow tie pasta** (gluten-free if required)

2 heads **broccoli**, cut into florets

30ml **olive oil** (divided)

50g **parmesan**, grated

10g **fresh basil**, leaves picked

2 tbsp **lemon juice**

1 x (460g) jar **roasted red peppers**, chopped

200g **bocconcini**

## INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling, add the broccoli and cook for 2 minutes before removing with a slotted spoon and instantly submerging in cold water. Add the pasta to the same pot and cook according to packet instructions. Drain, pour 1-2 tbsp of the roasted pepper oil through the pasta and set aside in the fridge.

While the pasta is cooling, add the olive oil, parmesan, basil leaves and lemon juice to a blender and blitz until smooth.

Pour the sauce over the pasta and toss with red peppers, bocconcini and broccoli.

Refrigerate until ready for serving.

## MACROS PER PORTION

CALORIES	426	PROTEIN	18
CARBS	57	FATS	14
FIBRE	6		



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# YORKSHIRE PUDDINGS

SERVES: 12

TOTAL TIME: 35 MINUTES



## INGREDIENTS

125g **plain flour**

250ml **milk**

2 **eggs**

1/2 tsp **salt**

2 tbsp **butter**

## INSTRUCTIONS

Start by preheating oven to 175°C/350°F/gas 4.

In a medium-sized bowl, whisk together the flour, milk, eggs and salt.

Divide the batter between a 12-case muffin tin, with about 1/2 a tsp per cup. Place in the oven for about 3 minutes to melt the butter.

Transfer batter between the cups and cook for about 25 minutes or until nice and puffy.

## MACROS PER PORTION

CALORIES	84	PROTEIN	3
CARBS	9	FATS	4
FIBRE	0		







# BRUSSELS SPROUT BAKE

SERVES: 6

TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

3 tbsp **butter**  
1 **brown onion**, diced  
3 **cloves garlic**, minced  
900g **Brussels sprouts**, cored and halved  
**Salt & cracked pepper**  
180ml **heavy cream**  
170g **cheddar cheese**, grated  
50g **Parmesan**, grated  
6 slices cooked **bacon**, crumbled

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5.

Add the butter to a large oven safe pan or skillet. Add the Brussels sprouts, onion and garlic. cook, on medium heat, stirring occasionally for 8-10 minutes.

Remove from the heat and stir through the cream. Sprinkle with cheddar and Parmesan and top with bacon bits.

Cook for 15 minutes or until cheese has melted.

## MACROS PER PORTION

CALORIES	410	PROTEIN	17
CARBS	18	FATS	30
FIBRE	6		



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# GOAT'S CHEESE & PEAR SALAD

SERVES: 6

TOTAL TIME: 25 MINUTES

GF V

## INGREDIENTS

100g **pecans**

1 tbsp **maple syrup**

2 **pears**, thinly sliced

1 **apple**, thinly sliced

100g **arugula**

100g **goat's cheese**

For the dressing:

2 1/2 tsp **Dijon mustard**

2 tbsp **white wine vinegar**

4 tbsp **extra virgin olive oil**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

In a small bowl, toss the pecans with maple syrup, then lay them evenly on the baking tray. Cook for 5 minutes. Set aside and chop once cooled.

Meanwhile, add all the dressing ingredients to a small jar and shake very well to combine.

Toss the pear, apple and arugula together with the dressing.

Top with goat's cheese and sprinkle with pecans.

## MACROS PER PORTION

CALORIES	321	PROTEIN	5
CARBS	19	FATS	25
FIBRE	4		

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# PEPPERCORN BEEF

SERVES: 10

TOTAL TIME: 65 MINUTES

GF DF

## INGREDIENTS

- 2 tbsp **pink peppercorns**
- 1 tbsp **green peppercorns**
- 1 tbsp **black peppercorns**
- 3 sprigs **fresh thyme**, leaves picked
- 2 **cloves garlic**, finely chopped
- Sea salt**
- 2 tbsp **olive oil**
- 1 x 4lb **beef tenderloin**, trimmed and tied with butcher's twine

## INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/gas 7. Pat the tenderloin dry with a little paper towel and set aside.

Coarsely crush the peppercorns. Add the thyme, garlic, salt and olive oil to the same bowl and mix to combine.

Rub the tenderloin with the spice mix, all over, place in the oven and cook for 35-45 minutes or until cooked to your liking.

Allow to rest for 10 minutes before slicing.

### MACROS PER PORTION

CALORIES	361	PROTEIN	51
CARBS	1	FATS	17
FIBRE	0		

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# RED VELVET MERINGUE

SERVES: 20

TOTAL TIME: 90 MINUTES

GF V

## INGREDIENTS

- 4 medium **egg whites**
- 1 tsp **vanilla extract**
- ½ tsp **white wine vinegar**
- 50g **sucralose sweetener**
- 2 tbsp **cocoa powder**
- 1 tsp **red food dye**

## INSTRUCTIONS

Start by preheating the oven to 110°C/230°F/gas 1/4 gas. Line a baking tray with baking paper.

Add the egg whites and vanilla to an electric mixer and whisk until the eggs have stiffened and are forming peaks.

Gently fold through the white wine vinegar.

Next, start to add the sweetener 2 tbsp at a time, gently folding it through, allowing the mixture to stay fluffy.

Finally fold through the cocoa powder and red food dye.

Spoon little dollops of meringue onto the baking tray. (spread them out a little so they have room to expand)

Place in the middle of the oven and cook for 60 minutes or until crispy on the outside.

### MACROS PER PORTION

CALORIES	4	PROTEIN	1
CARBS	0	FATS	0
FIBRE	0		





# GINGERBREAD COOKIES

SERVES: 20

TOTAL TIME: 75 MINUTES



## INGREDIENTS

1 1/2 tsp **ground ginger**  
1/2 tsp **ground cinnamon**  
1/2 tsp **mixed spice**  
1/4 tsp **ground nutmeg**  
1/4 tsp **ground clove**  
180g **wholemeal spelt flour**  
1/4 tsp **bicarbonate of soda**  
Pinch **sea salt**  
50g **butter**  
30ml **milk**  
85g **maple syrup**

## INSTRUCTIONS

Preheat the oven to 150°C/300°F/gas 2. Line a baking tray with baking paper.

Start by mixing together the ginger, cinnamon, mixed spice, nutmeg and clove in a medium-sized bowl.

Add the flour, bicarbonate of soda and salt. Mix to combine.

Add the butter, milk and maple syrup to a blender (add the maple syrup last) and blitz until combined.

Transfer the wet ingredients to the dry ingredients and mix to form a dough.

Roll into a ball, wrap in cling wrap and refrigerate for 45 minutes.

Place the dough in between two sheets of baking paper (so it doesn't stick) and roll out with a rolling pin.

Cut the cookies out with a small cookie cutter and lay on the baking tray. Cook for 11-12 minutes or until golden.

Allow to cool for 5 minutes before transferring to a cooling rack.

## MACROS PER PORTION

CALORIES	58	PROTEIN	1
CARBS	9	FATS	2
FIBRE	1		





# CHRISTMAS MUD CAKE

SERVES: 12

TOTAL TIME: 110 MINUTES

GF V DF

## INGREDIENTS

- 250ml coconut milk
- 400g dark chocolate
- 5 tbsp rice malt syrup
- 4 eggs
- 240g almond meal
- Pinch sea salt flakes
- 250g raspberries
- 2 tbsp caster sugar

## INSTRUCTIONS

Start by preheating the oven to 150°C/300°F/gas 2. Line a round cake tin with baking paper and lightly spray with olive oil cooking spray.

Next, add the coconut milk, chocolate and rice malt syrup to a saucepan over low heat. Very slowly, melt the chocolate, stirring continuously. Remove from the heat and set aside.

Whisk together the eggs and stir in the almond meal, followed by the melted chocolate.

Transfer the mixture to the cake tin and cook for 60 minutes.

Allow to cool for 15 minutes before transferring to a cooling rack.

Top with caster sugar and raspberries before serving.

### MACROS PER PORTION

CALORIES	345	PROTEIN	8
CARBS	31	FATS	21
FIBRE	3		

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# STRAWBERRY & PISTACHIO CRUMBLE

SERVES: 3

TOTAL TIME: 25 MINUTES



## INGREDIENTS

300g **strawberries**  
100g **all-purpose flour**  
50g **rolled oats**  
50g **coconut sugar**  
2 tbsp **butter**  
3 tbsp **pistachios**, chopped

## INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas 6. Line two baking trays with baking paper. Lay the strawberries on one of the baking trays.

In a medium-sized bowl, mix together the flour, oats and coconut sugar.

Use your hands to rub the butter into the dry mixture until it forms a crumble.

Stir through the pistachios.

Lay the crumble mix on the other baking tray. Place both trays in the oven and cook for 10 minutes.

Transfer fruit to serving bowls and top with crumble.

## MACROS PER PORTION

CALORIES	375	PROTEIN	8
CARBS	61	FATS	11
FIBRE	6		

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# SANTA BROWNIES

SERVES: 20

TOTAL TIME: 65 MINUTES

GF V

## INGREDIENTS

120g **all-purpose flour** (gluten-free if required)

1 tsp **baking powder**

75g **cocoa powder**

180g **coconut sugar**

125ml **maple syrup**

125ml **butter**, melted

3 **eggs**

125g **cream cheese**

55g **caster sugar**

20 **fresh strawberries**, leaves removed

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease 2 x 12 case muffin tins with olive oil cooking spray.

In a large bowl, mix together the flour, baking powder cocoa and coconut sugar.

In a separate bowl, whisk together the maple syrup, butter and eggs.

Pour the wet ingredients into the dry ingredients and gently mix until combined.

Transfer the brownie mix to the muffin tins (recipe should make 20) and cook for 15 minutes or until a skewer comes out dry. Remove from the oven and cool for 20 minutes.

Once the brownies have cooled, using an electric mixer, beat the cream cheese and caster sugar for 1-2 minutes. Transfer the frosting to a pipe bag or zip lock bag with the corner cut off.

Top each brownie with some frosting, followed by a strawberry. Finally place one more dot of frosting on top of the strawberry (like a pom pom).

## MACROS PER PORTION

CALORIES	185	PROTEIN	3
CARBS	23	FATS	9
FIBRE	2		

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