

A full-page photograph of Rosanna Davison, a blonde woman with long wavy hair, smiling and holding a glass jar of pink smoothie with a straw. She is wearing a white sports bra and black leggings. The background is a bright, out-of-focus outdoor setting.

ROSANNA DAVISON

Eat Yourself Fit

MAKE YOUR
WORKOUT
WORK
HARDER

EXCLUSIVE
EXTRACT FROM
EAT YOURSELF
FIT BY ROSANNA
DAVISON.

From
the No. 1
bestselling
author of
*Eat Yourself
Beautiful*

Fitness tip

It's a good idea to include some **PROTEIN** in your breakfast every day for muscle recovery and repair to help build lean, strong limbs and to stabilise blood sugar levels. This means that you're less likely to experience mid-morning munchies and reach for a sugary or fatty snack to keep you going until lunch.

I love to incorporate **AMINO ACIDS** into my breakfast by adding nuts, seeds, nut butters and a scoop of high-quality protein powder to smoothies and smoothie bowls.

Omega-3 Gingerbread Energy Bars

MAKES 16 BARS | PER BAR: 88 CALORIES | 4G PROTEIN | 7G CARBS | 6.6G FAT

150g raw walnut halves
8 dried apricots (organic and sulphur free, if possible)
10 dates, pitted and soaked in hot water for 20 minutes to soften
2 tbsp unsweetened desiccated or flaked coconut
1 tbsp finely chopped fresh ginger
1 tbsp almond butter
1 tsp ground cinnamon
1 tsp vanilla extract
½ tsp ground nutmeg



Omega-3 fatty acids are absolutely essential to include in your everyday diet for their powerful anti-inflammatory properties. They help to keep your skin smooth and are important for maintaining good brain health and regulating hormones. Raw walnuts are one of the best plant-based sources of the nutrient and provide a protein- and fibre-rich base for these energy bars. Fresh ginger helps to support your immune system, improves blood flow and supports healthy digestion. These bars are simple to make and are a tasty quick breakfast or snack on the go.

- 1 Place the walnuts and apricots in a blender or a food processor fitted with an S blade. Combine until the mixture becomes a coarse flour. Add the soaked and drained dates, coconut, ginger, almond butter, cinnamon, vanilla and nutmeg and blend until the mixture becomes a sticky dough.
- 2 Press the mixture into a tray lined with non-stick baking paper and chill in the fridge for 30–40 minutes before slicing into squares and serving. Store in an airtight container in the fridge for three or four days.

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Blueberry Cleanser

SERVES 1 | PER SERVING: 210 CALORIES | 3.6G PROTEIN | 52.2G CARBS | 1.1G FAT

125ml coconut water
125g fresh or frozen
blueberries
1 ripe banana
¼ cucumber
1 small handful of fresh
mint leaves
1 small handful of fresh
flat-leaf parsley leaves
juice of ½ lime
1 tsp freshly grated ginger
3 ice cubes
4–5 drops of liquid stevia, or
to taste

A refreshing, electrolyte-rich smoothie designed to boost kidney function, banish a bloated tummy and reduce puffiness around the eyes. Parsley is a powerful cleanser, while blueberries, banana, cucumber, ginger and coconut water work together to reduce water retention and bloating and to support healthy, normal blood pressure.

- 1 Place all the ingredients in a blender, starting with the coconut water, and combine until smooth. Taste and add liquid stevia if a sweeter taste is required.
- 2 Serve chilled. Any leftovers can be stored in a covered container in the fridge for up to two days.



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Sweet Potato and Avocado Bruschetta with Smoky Red Pepper Hummus

SERVES 2 | PER SERVING: 536 CALORIES | 11.4G PROTEIN | 51.3G CARBS | 25.2G FAT

coconut oil, to grease
2 medium sweet potatoes
1 tbsp tamari
1 tsp smoked paprika
sea salt and freshly ground
black pepper
1 ripe avocado, halved, stoned
and thinly sliced
1 yellow or red bell pepper,
deseeded and finely sliced
2 spring onions, thinly sliced
1 handful of fresh coriander,
chopped

FOR THE SMOKY RED PEPPER HUMMUS:

50g raw walnuts, chopped
2 large red bell peppers,
deseeded and roughly
chopped
2–4 tbsp unsweetened almond
milk, to blend
1 tsp smoked paprika
1 garlic clove, chopped
pinch of cayenne pepper
(optional)

The Italian favourite just got a whole lot healthier with my crisp, roasted sweet potato version of bruschetta. Normally made using white bread, the slices of sweet potato are far more filling and nutritious, topped with a thick spread of smoky red pepper hummus and chopped veggies.

- 1 Preheat the oven to 200°C. Lightly grease a baking tray with coconut oil or line with a sheet of non-stick baking paper.
- 2 Peel the sweet potatoes and use a sharp serrated knife to slice each of them lengthways into three slices (make it four slices if you prefer them thinner). Lay out the slices on the baking tray, drizzle with the tamari and sprinkle with smoked paprika and some salt and pepper to taste. Bake the potatoes in the oven for 20–25 minutes, until they turn golden brown and crisp around the edges. Remove from the heat and set aside.
- 3 To make the hummus, place all the ingredients in a food processor or blender. If you think your machine will have trouble blending the walnuts, soak them first in a bowl of cold water for 1–2 hours. Blend on a high speed until the mixture is smooth, using extra almond milk or water to help it blend if necessary. Season to taste with salt and pepper.
- 4 Spread the hummus on top of the sweet potato bruschetta, then top with some avocado, pepper, spring onions and coriander. Season again as needed. Any leftovers can be stored in an airtight container in the fridge for two or three days.



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