

Your Tmixing Adventures

healthy snacking

with Lisa Keegan



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Caramel almond cashew slice



Chewy Cinnamon Apple Bars



Sweet Potato Oatmeal Bars



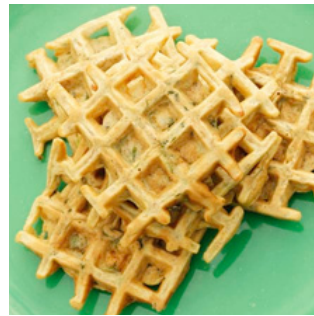
Peanut butter brownie bliss balls



Carrot Cake Energy Balls



Courgette and Parmesan Muffins



Vegetable Waffles



Spinach and feta muffins



Herb Leek Phyllo Triangles



Hidden Veg Sausage Rolls



Oats, Coconut and Honey Balls



Root Vegetable Röstis



Prosciutto and basil eggs cups



Garlic Cheddar Biscuits



Chicken and Cheddar Meatballs



Baked broccoli bites

Supporting you to get the most from your Thermomix

All recipes can be made on the TM31, TM5 & TM6 - See [Tmixing Adventures](#) for the video tips