



**DELICIOUS
CALLOWFIT
RECIPES**

The most delicious Callowfit recipes



Imprint

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Introduction

You are holding the very first Callowfit recipe book in your hands. 57 fabulous pages full of food inspiration, healthy meals and vegan options. Every one of them created by our own Callowfans. Photos of your dishes and recipes with our sauces pour in every day, especially through our social media channels. Something that we are very proud of! We have therefore collected the greatest and most delicious recipes in this Callowfit recipe book. By you, for you.

Thirty-six carefully selected recipes in one book. So, you can get started with our sauces, any time, anywhere, even if you lack the desired inspiration at that time. Sweet & savoury recipes, containing meat, fish or even vegan options: this book offers endless variations.

Fancy some 'Sweet Chili' sauce? Go to page 34 for delicious crispy prawns. In the mood for 'Smoky BBQ'? Then head on over to page 44 for a perfect pulled chicken sandwich. Need some inspiration with your 'Vanille Style' sauce? Page 52 has a delicious cake for inspiration!

Time to discover it yourself. Page through the book, look for a delicious recipe, draw up a shopping list and start preparing!

Loads of cooking, baking and reading pleasure!

Do you have another recipe containing one of our Callowfit sauces? Share it with us and do not forget to tag @callowfitbenelux & @callowfit_official.

CALLOWFIT®
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# Welcome to the world of Callowfit

## Our story

### It all starts with taste!

Our name comes from **CAL**ory **LOW FIT**ness. **Callowfit** started out as a manufacturer of sports nutrition. In 2015 we noticed among our athletes an increasing need for tasty sauces that fit into their balanced diet. What was available at that time was not exactly something to write home about: sauces without calories, were sauces without taste or structure. We went in search of a solution.

### The idea

Wouldn't it be great: tasty sauces, but without added sugar and fat, low in calories and free from lactose, gluten or animal ingredients?

In the years that followed, we developed Callowfit.

Six delicious flavours quickly conquered the German market. Other countries soon followed.

**What drives us?** Making healthier sauces for everyone, without compromising on taste. A strong principle to which we dedicate ourselves wholeheartedly.

### This begs for more.....

It did not stop at six flavours. Our range now contains 19 delicious sauces. Callowfit is now available in more than 40 countries around the world. In addition to gyms, nutrition consultants and speciality stores, increasingly more supermarkets are also including our sauces in their range. After all, you do not have to be an athlete to eat healthy & consciously!

The whole world is now enjoying our delicious flavours. Callowfit continues to develop & grow and gain more fans all over the world!

### Welcome to the Callowfit movement!

## **Callowfacts**

- ◆ Callowfit is a pioneer and trendsetter in the area of “low-calorie” sauces.
- ◆ Callowfit is the manufacturer. All processes take place “in house”. From development, manufacturing to filling of the bottles.
- ◆ We only use certified and vegan approved ingredients.
- ◆ Callowfit has 19 different flavours.
- ◆ Salty Caramel, Chocolate, Strawberry, Raspberry, Vanilla Style, Cookies & Cream Style, Curry Ketchup, Smoky BBQ, Tomato Ketchup, Tasty Toscana, Sweet Chili, Peri-Peri Style, Honey Mustard Style, 1000 Island Style, Caesar Style, Fancy Garlic, Remoulade Style, Curry Mango Style and Mayo Style.
- ◆ Our website contains everything you want to know about our sauces, and there is a store locator.
- ◆ Callowfit sauces have only 0-2 “Weight Watchers points” and are loved by nutritionists, dieticians and lifestyle coaches.
- ◆ The Callowfit packaging is made from recyclable materials.



## **Our USP's**

*Did you know ....*

- ◆ Gluten; Latin for 'glue', which it is named after due to its function: to bind, to stick, to hold together.
- ◆ Celiac disease is the official name for a gluten intolerance.
- ◆ Gluten intolerance is not an allergy, but an autoimmune disease.
- ◆ An estimated 1% of the Dutch population has celiac disease, and only 20% of people know they have it.
- ◆ All milk products contain lactose.
- ◆ Lactose is a sugar, naturally present in milk.
- ◆ An estimated 70 to 80% of the world's population is lactose intolerant.
- ◆ There are an estimated 67 million vegans worldwide (2020). That is almost 1% of the world's population.
- ◆ The term "vegan" was first proposed in 1944 by Donald Watson, an animal rights advocate.



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**0% FAT  
0% ADDED  
SUGAR**



**CALLOWFIT®**  
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Recipe: @gezond_gezien

Vegan brownie with Cookies & Cream Style



Ingredients for 5 brownies:

1 tin of black beans (200 gr)
15 gr vegan chocolate protein powder
1 linseed egg
2 chia eggs (can be replaced by 3 chicken eggs*)
2 tbsp cocoa powder
1 tbsp avocado oil
1 tsp ginger powder
1 tsp baking powder
1 dried plum or fig
1 ripe banana
zest of 1 orange
Callowfit 'Cookies & Cream Style'

Let the vegan eggs soak. Preheat the oven to 180 degrees. Mix all ingredients in a bowl and then add the vegan eggs (or chicken eggs). Blend until the mixture is smooth.

Line a small baking tray with baking paper and pour the mixture into the baking tray. Bake the brownie for 20 to 25 minutes in a preheated oven at 180 degrees.

Remove the brownie from the oven and let it cool. Decorate with Callowfit 'Cookies & Cream Style' and extra orange zest if desired. Enjoy!

**if chicken eggs are used, the recipe is not vegan*



Recipe: @jannaskitchen

Beef Carpaccio with Caesar Style



Ingredients for 2 persons:

100 gr beef carpaccio
8 snack tomatoes
1 head of Romaine lettuce
¼ cucumber
Parmesan cheese
pine nuts
Callowfit 'Caesar Style'

Cut the Romaine lettuce into coarse pieces, the cucumber into cubes and the snack tomatoes into quarters. Mix the lettuce, cucumber and tomato together in a bowl. Add Callowfit 'Caesar Style' to the salad, to taste.

Place the salad on a plate and divide the carpaccio over the salad. Finish the salad with Parmesan cheese and pine nuts. Voilà!



Recipe: @gezonderecepten

Courgette Apple Pie with Salty Caramel and Vanilla Style



Ingredients for 4 persons:

filling

250 gr courgette
100 ml water
25 gr full cream butter
15 gr walnuts
1 tsp cinnamon vanilla
flavour
mixed spice to taste
sweetener to taste

dough

150 gr almond flour
100 ml whipped cream
1 egg
sweetener (to taste)

topping

Callowfit 'Salty Caramel'
Callowfit 'Vanilla Style'

Preheat the oven to 160 degrees.

Cut the courgette into small cubes. Heat the butter in a pan and bake the courgette cubes al dente. Finely chop the walnuts. Then add water, cinnamon, mixed spice, vanilla flavouring, chopped walnuts and sweetener and let it simmer until the water has evaporated.

Mix the almond flour, whipped cream, the egg and sweetener (if desired) together. Divide the dough over the 4 baking trays. Leave enough space so you can divide the courgette mixture over the baking trays. Press the back of a spoon (or your hands) into the dough. Place the cakes in the oven for 20 to 25 minutes. Let the cakes cool down in the oven. Decorate the cakes with a swirl of Callowfit 'Vanille Style' or 'Salty Caramel'.

Recipe: @anne.funhealthyfood

Cookies & Cream cheesecake



Ingredients for 1 person:

150 gr quark
50 gr Callowfit 'Cookies & Cream Style'
25 gr mascarpone
15 gr full cream butter
2 tbsp water
2 Oreo Cookies
2 sheets of gelatine

Let the butter melt and pour it into a mixing jug. Line a spring form pan (10 cm) with baking paper. Crumble the cookies and stir them into the melted butter. Place the mixture in the spring form pan and press it down on the base. Keep the base in the refrigerator.

Let the gelatine soak in cold water for at least 10 minutes. Then whip the quark with mascarpone and add the Callowfit 'Cookies & Cream Style'.

Squeeze out the gelatine. Heat 2 tbsp water in a saucepan, along with the squeezed out gelatine sheets and add the cream cheese mixture while stirring. Check to see if you like the taste of the sauce, if not you can always add more Callowfit 'Cookies & Cream Style'.

Scoop the quark mixture into the spring form pan on the pre-made base and let it set in the fridge for at least 2 hours. Finish with a topping of your choice.



COOKIES & CREAM STYLE

CALLOWFIT
eat better

0%
FAT AND
SUGAR



Recipe: @fitwicht

Nectarine and Salty Caramel Dessert



Ingredients for 2 persons:

300 gr low-fat quark
20 gr protein powder (for example Creamy Toffee)
10 gr slivered almonds
4 lady fingers (or biscuits of your choice)
2 nectarines
Callowfit 'Salty Caramel'

2 glasses

Crumble the biscuits and divide them over the bottom of the 2 glasses. Mix the quark with the protein powder. This makes the quark nice and thick, sweet and creamy.

Divide the quark evenly among the glasses. Cut the nectarines into wedges and place on top of the quark. Top the dessert with the Callowfit 'Salty Caramel' and slivered almonds, you can roast these in a frying pan if you like. Enjoy!

Recipe: @thaamskookshow

Protein-rich maple pancakes with Chocolate



Ingredients for 1 person:

80 ml water
50 gr protein
pancake mix maple
2 tbsp vanilla skyr
1 block of dark chocolate
handful of almonds
Callowfit 'Chocolate'

fresh fruit
sprig of mint

Put 80 ml water in a bowl. Continuously stirring with a whisk, add 50 g protein pancake mix until everything is well dissolved. Allow this to thicken for 3 - 4 minutes. Meanwhile, heat a dry pan and roast the almonds until brown. When these are ready, remove them from the pan and put a small splash of oil in the already warm pan.

Put a thin layer of the pancake batter in the pan and fry the pancake until brown on both sides. Put the pancakes on a plate. Place the fresh fruit, mint and vanilla skyr on the pancake. Grate the block of dark chocolate over it and sprinkle the almonds over this. Finish it off with Callowfit 'Chocolate'.





Recipe: @style_in_the_kitchen

Maple pancakes with pecan nuts and Salty Caramel



Ingredients for 1 person:

80 ml unsweetened almond milk
50 gr pancake mix maple
1 tbsp Greek yoghurt
handful oatmeal
pecan nuts
Callowfit 'Salty Caramel'
fresh fruit of your choice

Preheat the oven to 175 degrees. Crush the pecan nuts and mix with a handful of oatmeal. Season with Callowfit 'Salty Caramel' if desired.

You can also try cinnamon or mixed spice. Bake the crumble in the oven for 15 minutes until crispy.

Meanwhile, mix the pancake mix with the unsweetened almond milk. Add a little olive oil in a pan and add the batter in here. Bake the pancake over low heat. Top the pancake with the yoghurt, fresh fruit, a good dash of Callowfit 'Salty Caramel' and the crumble.



Recipe: @femmfoodielicious

Pumpkin Peanut Butter Bread with Salty Caramel



Ingredients for 10 portions:

450 gr pumpkin purée	3 eggs
250 gr oatmeal	2 tbsp peanut butter
80 gr dates	1 sachet baking powder
80 gr Callowfit 'Salty Caramel'	cinnamon spice

Preheat the oven to 175 degrees. Grind the oatmeal in the blender and place in a bowl. Cut the dates into pieces and add them to the blender with the eggs and the pumpkin purée. Add the rest of the ingredients and mix well. Pour into a pan of your choice and bake the bread for about 40 minutes.

Check whether the bread is cooked using a skewer. Does the skewer come out clean? Then the bread is baked. Let the bread cool down and sprinkle Callowfit 'Salty Caramel' over the top to taste.



Recipe: @alienhealthylifestyle

Strawberry delight with Salty Caramel & Chocolate



Ingredients for 2 portions:

200 ml water
150 ml unsweetened almond milk
100 gr strawberries
Acai powder
2 sheets of gelatine (agar-agar powder can also be used)
1 sachet strawberry pudding
Callowfit 'Salty Caramel'
Callowfit 'Chocolate'

2 glasses

Soak the sheets of gelatine in cold water. Cut the strawberries into pieces and divide them between the two glasses. At the same time, look for something that you can use to tilt the glasses (such as a silicone baking pan).

Heat the water in a pan. Add a little acai powder. Optional: instead of the acai powder, add a strawberry, this also adds colour and taste. Squeeze out the gelatine, add this and stir until it is dissolved. Not sweet enough yet? Add a little Callowfit 'Salty Caramel'.

Pour the gelatine water into the glass with the strawberries. You may not need all the gelatine water, depending on the size of the glass you are using. Place the glasses in the fridge and let them set for at least 2 hours.

Whisk the strawberry pudding with the almond milk. Divide the mixture between the two glasses. Then put the glasses back in the fridge for at least half an hour. Finish with light whipped cream, fresh strawberries and Callowfit 'Chocolate'.



Recipe: @thaamskookshow

Fruit cups with pudding, raspberry and Raspberry & Strawberry



Ingredients for 2 persons:

4 sheets of puff pastry
4 tbsp vanilla skyr
toasted almond shavings
handful of raspberries
Callowfit 'Strawberry'
Callowfit 'Raspberry'

muffin pan

Remove the frozen puff pastry from the freezer and let it thaw for 10 minutes. Meanwhile, preheat the oven to 210 degrees. Grease the muffin pan and fill the openings with the puff pastry. Fold the tips of the puff pastry inwards. Place in the oven until they are nice and brown. Let them cool well.

In the meantime, mix the vanilla skyr with the Callowfit 'Raspberry' & 'Strawberry'. Smear the cups with the skyr mixture. Finish with a layer of raspberries and the almond shavings. Yummm!



Recipe: @sihamdaily

Oat-chocolate waffles with Vanilla and Cookies & Cream Style



Ingredients for 1 person:

100 ml oat milk
50 gr pancake mix chocolate
30 gr oatmeal
1 low-carb, high-protein brownie
Callowfit 'Vanilla Style'
Callowfit 'Cookies & Cream Style'

waffle iron

Put the pancake mix in a bowl and add the oats and oat milk. Mix this with a blender until a smooth batter. Let it stand for 3 minutes.

Heat the waffle iron and spray it with baking spray or some coconut oil. Divide the batter into 3 portions and bake each portion in the waffle iron.

Finally, crumble the brownie over the waffles and garnish with Callowfit 'Vanilla Style' or Callowfit 'Cookies & Cream Style'.



Recipe: @foodies_x_friends

Colourful breakfast with Cookies & Cream Style



Ingredients for 1 person:

- 200 ml soy milk
- 40 gr 7-grain breakfast cereal
- 2 tbsp grated coconut
- 2 tbsp pumpkin seeds
- 1 tbsp Callowfit 'Cookies & Cream Style'
- 1 tbsp agave or ginger syrup
- 1 tbsp 'raw maca' powder
- 1 tsp cinnamon
- 1 apple

Heat the soy milk and sliced apple in a pan. Add the breakfast cereal and stir well. Add the rest of the ingredients to the mixture and stir again. Pour it into a bowl and finish with some apple and possibly some extra Callowfit 'Cookies & Cream Style'.



Recipe: @sihamdaily

High protein nachos à la Siham



Ingredients for 1 person:

80 gr Edamame beans	grated cheese to taste
1 tin of tuna in water	Callowfit 'Fancy Garlic'
1 red bell pepper	Callowfit 'Peri-Peri Style'
1 bag of nacho Protein chips (appr. 23 gr)	oven dish
handful of cherry tomatoes	
handful of corn	
smoked mozzarella to taste	

Preheat the oven to 150 degrees. Place the nacho chips in the oven dish. Drain the can of tuna and add the tuna. Remove the seeds from the bell pepper, wash it and cut it into small cubes. Halve the tomatoes. Drain the Edamame beans. Add the bell pepper, corn, tomatoes and Edamame beans to the oven dish.

Crumble the mozzarella and sprinkle it over the nachos. Toss everything together with your hands and finish with the grated cheese. Place the nachos in the preheated oven for 10 minutes. Remove the dish from the oven and garnish the nachos with the Callowfit 'Peri-Peri Style' and/or Callowfit 'Fancy Garlic'.

Recipe: @thaamskookshow

Pasta salad with pine nuts, mozzarella, olives and Honey Mustard Style



Ingredients for 2 persons:

100 gr high protein penne	½ avocado
100 gr high protein fusilli	½ lime
3 slices of mozzarella	handful of olives
2 tomatoes	Callowfit 'Honey Mustard Style'
1 tbsp pumpkin seeds	salt and pepper
1 tbsp pine nuts	
½ red onion	

Bring plenty of water to a boil in a pan. Add a little salt and olive oil. Boil the pasta for 12-15 minutes until cooked. Meanwhile, finely chop the red onion, avocado, tomatoes and mozzarella. Toast the pine nuts and pumpkin seeds briefly in a heated pan. Then drain the pasta and rinse with cold water.

Mix the pasta with the red onion, avocado, tomatoes and mozzarella. Add the olives and season with a little lime juice, salt and pepper. Finally add the Callowfit 'Honey Mustard Style' to the salad. Mix this all together. Finish the salad with the toasted pine nuts and pumpkin seeds.



HONEY MUSTARD STYLE
EST-2016
ALLOWETT
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0% FAT AND
LACTOSE FREE
GLUTEN FREE

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Recipe: @anoukgdgbuur

Spicy chicken Peri-Peri salad



Ingredients for 2 persons:

2 chicken fillets	½ red onion
80 gr feta	butter or olive oil
20 cherry tomatoes	fresh coriander
2 tsp Peri-Peri spice rub	fresh mint
2 tsp olive oil	Callowfit 'Peri-Peri Style'
1 packet of corn salad	
1 cob of corn, cooked	

Mix the spice rub with olive oil. Brush the chicken breasts with this mixture. Heat a contact grill and grill the chicken breasts for around 8 minutes.

Then place the cobs of corn on the grill pan. Brush occasionally with butter or olive oil to prevent drying. Clean the remaining vegetables and herbs and cut them as desired. Cut the grilled chicken breast into slices. Remove the kernels from the grilled cob of corn and crumble the feta.

Divide the corn lettuce in a bowl, followed by the rest of the ingredients. Finish the salad with the Callowfit 'Peri-Peri Style' and enjoy!



Recipe: @jannaskitchen

Wrap with chicken, mango and Honey Mustard Style



Ingredients for 2 persons:

5 snack tomatoes	¼ cucumber
2 wraps	leaf lettuce
1 chicken breast	Parmesan cheese
1 mango	Callowfit 'Honey Mustard Style'
1 shallot	

Cut the chicken breast into blocks and chop the shallot. Fry this in a frying pan until the chicken breast is cooked. Heat the wraps for 1 minute in the microwave or in a pan. Smear the wraps with Callowfit 'Honey Mustard Style' and top them with the lettuce, halved tomatoes, slices of cucumber, blocks of mango and the fried chicken. Finish with some Parmesan cheese and roll up. Enjoy away!



Recipe: @alienhealthylifestyle

Stuffed pumpkin roulade with Tasty Toscana



Ingredients for 2 persons:

800 gr butternut squash
400 gr mushrooms
200 gr (vegan) minced meat
60 gr couscous
1 tsp pepper powder
1 garlic clove
salt and pepper
Callowfit 'Tasty Toscana'

Preheat the oven to 180 degrees. Cut the pumpkin in half and remove the seeds. Roast the pumpkin in the oven for 25 minutes.

Meanwhile, prepare the filling for the butternut squash. Cook the couscous according to the instructions on the package. Cut the mushrooms into small pieces and fry them with the garlic, herbs and the minced meat in a pan. Add the couscous and the minced meat mixture together.

Once the butternut squash is roasted, hollow it out. Fill the pumpkin with the couscous mixture. Tie up the stuffed pumpkin with kitchen twine like a roulade. Roast this in the oven for another 25 minutes.

Then cut the pumpkin into slices and serve with Callowfit 'Tasty Toscana'. Enjoy!



Recipe: @catharins_kitchen

Nacho delight with Sweet Chili or Tasty Toscana



Ingredients for 1 person:

- 50 gr lean (beef) minced meat
- 1 bag of Dline chips (Tostitos Bacon, Chicken or Nacho cheese)
- 10 gr grated 20+ cheese
- dash of olive oil
- handful of parsley
- Callowfit 'Sweet Chili' or 'Tasty Toscana'

Preheat the oven to 180 degrees. Add a dash of olive oil in the pan and fry the minced meat for about 5 minutes until brown. Place the nachos in an oven dish and divide the minced meat over it. Sprinkle with the grated cheese and place in the oven for 5 minutes. Finish with the parsley and Callowfit 'Sweet Chili' or Callowfit 'Tasty Toscana'. Enjoy!



Recipe: @gezonderecepten

Crispy prawns with Sweet Chili



Ingredients for 1 person:

15 large, peeled prawns
30 gr grated coconut
2 tbsp coconut or almond flour
1 egg
1 tsp garlic powder
1 tsp pepper powder
salt and pepper
Callowfit 'Sweet Chili'

Pat the prawn dry and dip them in the coconut or almond flour. Beat an egg in a bowl. In another bowl, mix the grated coconut with pepper, salt, paprika and garlic powder. Dip the prawn first in the beaten egg and then in the coconut mixture. Fry the prawns in a pan with sunflower oil or prepare them in the air fryer or oven. Bake in a preheated 200 degree oven for 15 to 20 minutes. Or 12 minutes in an air fryer at 200 degrees. Dip in the Callowfit 'Sweet Chili'!



Recipe: @foodies_x_friends

Caramelized Pear with Salty Caramel



Ingredients for 1 person:

1 pear
Agave syrup or honey (with thyme flavour)
pinch of cinnamon
lavender
Callowfit 'Salty Caramel'

Preheat the oven to 200 degrees. Cut the pear in half, remove the core and place in a greased oven dish. Sprinkle with the rest of the ingredients and put in the oven for about 20 minutes.
Enjoy!



Recipe: @thamargoesbananas

KitKat donuts with Chocolate



Ingredients for 6 portions:

donuts

135 gr sugar-free apple sauce
35 gr wheat flour
30 gr chocolate protein powder
8 gr baking powder
5 ml liquid sweetener
1 tbsp cocoa powder
1 egg
1 egg white
1 chocolate wafer KitKat Style
(Dline)

donut baking pan

frosting

60 gr dairy spread light 10 ml
(almond) milk
1 tbsp cocoa powder
Callowfit 'Chocolate'

Preheat the oven to 175 degrees. Mix the protein powder, wheat flour, baking powder and cocoa powder in a bowl. Mix the egg, egg white, apple sauce and liquid sweetener in another bowl. Combine both mixtures in a bowl and mix until smooth.

Chop the chocolate wafer into pieces and fold 2/3 of this into the batter. Spray the donut baking pan with baking spray and divide the batter over it. Bake the donuts in the oven for 10-12 minutes.

Meanwhile, mix the dairy spread, the (almond) milk and the cocoa powder. Add some sweetener to taste, if desired. Remove the donuts from the oven and let them cool. Then dip them one by one in the frosting. Finish the donuts with the remaining chocolate wafer and Callowfit 'Chocolate'.



Recipe: @catharins_kitchen

Beets with goats' cheese and Salty Caramel



Ingredients for 4 portions:

3 beets (cooked, vacuum-packed)
1 roll of soft goats' cheese
handful of pistachios
Callowfit 'Salty Caramel'

Remove the beets from the packaging. Make cuts in them to create grooves. Spread the grooves with the goat's cheese. Per beet use about 1.5 slices of goats' cheese.

Peel the pistachios and put them in a plastic bag. Knot it closed and crush the nuts into crumbs by rolling over them with a rolling pin.

Make bowls of aluminium foil in which the beets can go on the BBQ, grill them on the BBQ for about 15 minutes. Then remove the bowls from the BBQ and divide the pistachio crumbs over the beets. Finish with a splash of Callowfit 'Salty Caramel'.



Recipe: @marieklovesfood

Tuna salad with Fancy Garlic or Mayo Style



Ingredients for 1 person:

100 gr cucumber	handful of corn lettuce or arugula
100 gr snack tomatoes	salt and pepper
100 gr tuna in a can	garlic powder
100 gr low-fat quark	Callowfit 'Fancy Garlic'
5 small gherkins	Callowfit 'Mayo Style'
1 pointed pepper	
1 red onion	

Drain the can of tuna. Mix the tuna with the quark. Cut the red onion and gherkin fine and add this to the tuna mixture. Season with salt, pepper and garlic powder. Cut the rest of the vegetables up and make a salad. Mix everything in a bowl or on a plate. Finish with Callowfit 'Fancy Garlic' and/or Callowfit 'Mayo Style'.



Recipe: @anne.funhealthyfood

Curry Mango Style Prawn Cocktail



Ingredients for 2 persons:

100 gr cocktail prawns
75 gr mango
75 gr cucumber
1 avocado
1 lime
Callowfit 'Curry Mango Style'
2 shot glasses

Cut the avocado, mango and cucumber into small cubes. Divide this together with the prawns over 2 shot glasses. Squeeze a little lime over the shot glasses and finish with a splash of Callowfit 'Curry Mango Style'. Garnish with a quarter slice of lime, if desired.



Recipe: @style_in_the_kitchen

Crispy wrap with chicken thigh in Smoky BBQ



Ingredients for 1 person:

1 wrap
1 chicken thigh
butter or olive oil
cornstarch
salt and pepper
garlic powder
Callowfit 'Smoky BBQ'

Use a tea strainer to sprinkle the chicken thigh with a little corn-starch. Also sprinkle the chicken thigh with pepper, salt and garlic powder. Add a splash of oil or butter in a pan. Brown the thigh all over. Then add a splash of water and a large dash of Callowfit 'Smoky BBQ'. Let this cook gently for about 20 minutes.

Preheat the oven to 225 degrees. Roll the wrap up (without filling) and cut into thin slices. Place these on the baking tray and bake until crispy, for about 6-8 minutes. Cut the chicken thigh into pieces and add a dash of Callowfit 'Smoky BBQ'. Serve the crispy pieces of wrap with the chicken thigh pieces and finish it off with, for example, sliced radishes or a fresh salad.



Recipe: @catharins_kitchen

Grilled asparagus with Smoky BBQ and Sweet Chili marinade



Ingredients for 1 person:

200 gr green asparagus
1 strand of spring onion
1 clove of garlic
sesame oil
salt and pepper

Callowfit 'Smoky BBQ'
Callowfit 'Sweet Chili'

grill pan

Wash the asparagus and cut approximately 1 cm from the bottom. Cut a spring onion into wafer-thin strips and press the garlic. Mix a generous dash of Callowfit 'Sweet Chili' with a generous dash of Callowfit 'Smoky BBQ' and season with pepper, salt and sesame oil. Then add the chopped spring onions and garlic to the mixture and stir well.

Pour the marinade over the asparagus and make sure it is well divided. Heat a grill pan (or place it on the BBQ) and grill the asparagus for about 15 minutes. Do not forget to turn them once in a while. Enjoy!



Recipe: @gezonderecepten

Stuffed sweet potatoes with Mayo Style and Smoky BBQ



Ingredients for 2 persons:

300 gr chicken breast	1 clove of garlic
100 gr red cabbage	2 tbsp basil
100 gr white cabbage	2 tbsp Callowfit 'Smoky BBQ'
100 gr carrots	2 tbsp Callowfit 'Mayo Style'
2 sweet potatoes	salt and pepper
2 tomatoes	olive oil
1 red onion	

Preheat the oven to 220 degrees. Cut the sweet potatoes in half and pierce a few holes in the skin. Brush with olive oil and place on an oven rack. Put in the oven for 35 minutes. Cut the chicken breast into cubes and marinate with a tablespoon of Callowfit 'Smoky BBQ', salt and pepper. Place in the oven with the sweet potatoes for 25 minutes.

Finely chop the red cabbage, white cabbage and carrots and mix with 2 tbsp Callowfit 'Mayo Style'. Mix well. Finely chop up the tomatoes, onion and basil. Add half of the red onion to the cabbage salad and the other half to the diced tomatoes. Add a crushed clove of garlic to the tomato mixture and season with salt, pepper and olive oil.

As soon as the chicken comes out of the oven, pull it apart with 2 forks. Mix a tbsp of Callowfit 'Smoky BBQ' through the chicken and serve with the coleslaw, tomato salad and grilled sweet potato. Bon appétit!



Recipe: @receptess

Healthy(er) pulled chicken sandwich with Smoky BBQ



Ingredients for 2 persons:

300 gr chicken fillet	salt and pepper
1 packet of protein toast	shawarma spices
1 red pepper	garlic powder
1 shallot	olive oil
1 avocado	
1 handful of fresh spinach	kitchen grill
3 tbsp Callowfit 'Smoky BBQ'	

Cook the chicken in a pan of boiling water for about 15 minutes. Then pull the chicken apart with 2 forks. Meanwhile heat the kitchen grill. Cut the bell pepper into thin strips and grill them together with the toast on the kitchen grill.

Cut a shallot into rings and fry it in the olive oil. Add the pulled chicken to this, as well as the Callowfit 'Smoky BBQ'. Season to taste with salt, pepper, shawarma spices and garlic powder. Mash an avocado and spread it over the toast.

Then top with the grilled bell pepper, the pulled chicken and fresh spinach.



Recipe: @sihamdaily

Kapsalon with Fancy Garlic and Curry Ketchup



Ingredients for 2 persons:

300 gr chicken fillet	1 tsp garlic powder
150 gr sweet potato fries	1 tsp salt
30 ml olive oil	1 tsp paprika
2 tomatoes	grated cheese as desired
2 gherkins	Callowfit 'Fancy Garlic'
1 red onion	Callowfit 'Curry Ketchup'
1 head of lettuce	
¼ cucumber	oven dish
1 tsp shawarma spices	

Cut the chicken breast into thin strips. Sprinkle with shawarma spices, garlic & pepper powder and salt. Add the olive oil. Mix well and let it rest in the fridge for 30 minutes.

Preheat the oven to 180 degrees. Fry the chicken breast on a low heat. Bake the sweet potato fries according to the preparation method on the package in an air fryer or in the oven.

Cut the cucumber, tomatoes and onion into cubes. Cut the gherkins into small pieces and the lettuce into thin strips. Grab an oven dish and start stacking. Start with a layer of sweet potato fries, followed by the chicken. Sprinkle with a layer of grated cheese.

Place the baking dish in the oven for 20 minutes.

When the cheese has melted, the kapsalon is ready.

Finally add the vegetables and finish with the Callowfit 'Fancy Garlic' & Callowfit 'Curry Ketchup'.



Recipe: @catharins_kitchen

Crispy chicken Peri-Peri 2.0



Ingredients for 2 persons:

300 gr chicken fillet
3 cloves of garlic
2 low-carb biscuits
2 eggs
1 red onion
1 dash of ketjap manis

Callowfit 'Salty Caramel'
Callowfit 'Peri-Peri Style'
Callowfit 'Sweet Chili'
olive oil
salt and pepper

Cut the chicken breast into strips about 2 cm thick along the length of the chicken breast. Mix a dash of the Callowfit 'Peri-Peri Style' and 2 tablespoons of the Callowfit 'Salty Caramel' in a bowl. Chop the onion and crush the garlic. Add the onion and garlic to the mixture. Add a dash of ketjap manis, pepper and salt and dip the chicken breast strips in this. Cover with cling film and refrigerate for 2 hours to soak.

Beat two eggs in a bowl. Crumble two low-carb biscuits on a plate. Dip the chicken strips in the egg mixture first and then dip them in the biscuit crumbs. Heat a dash of olive oil in a pan and brown the chicken strips. Finish with some Callowfit 'Sweet Chili'. Enjoy!



Recipe: @thamargoesbananas

Snickers mousse with Chocolate



Ingredients for 2 persons:

300 gr Greek yoghurt
100 ml water
30 gr Callowfit 'Chocolate'
3 mini Snickers
2 blocks fudge caramel
(option: 1 packet Dline Caramel protein)
1 egg white
1 handful unsalted peanuts

2 glasses

Beat the egg whites stiff using a mixer. Mix the packet of Caramel protein with 100 ml water and stir until smooth. Are you using fudge caramel? Melt this in a bain marie.

Add the caramel to the whipped egg white and mix well. Place the caramel mousse in the refrigerator.

Then stir the Callowfit 'Chocolate' through the yoghurt. Mix well. Divide the chocolate yoghurt between two glasses. Take the caramel mousse from the refrigerator and divide this over the yoghurt. Chop the peanuts and snickers coarsely and divide this over the caramel mousse. You can finish it with some extra chocolate sauce, if desired.



Recipe: @jessiekookt

Sweet Courgette with Sweet Chili and Peri-Peri Style



Ingredients for 1 person:

150 ml cooking cream
5 large prawns
1 small courgette
½ red onion
Callowfit 'Sweet Chili'
Callowfit 'Peri-Peri Style'

salt and pepper
olive oil

Wash the courgette, shred it into strips with a spiral cutter and place it in a bowl. You can also use ready-made courgetti. Cut the red onion half into rings and clean the prawns.

Add a dash of olive oil in a pan and fry the prawns, together with the onion, briefly over high heat. Turn the heat down and add the cooking cream. Season with salt and pepper. Lastly, add the Callowfit 'Peri-Peri Style' and the Callowfit 'Sweet Chili' to this and let it simmer for a while.

You can serve the courgetti cold, with the warm sauce, or fry it up. Bon appétit!



Recipe: @sihamdaily

Wrap-flap with chicken, herbs and Peri-Peri Style



Ingredients for 1 person:

250 gr chicken breast	1 tsp salt
250 ml buttermilk	1 tsp black pepper
2 eggs	1 tsp garlic powder
1 tomato	unsalted full cream butter
1 slice of Cheddar cheese	flower
½ avocado	seasoned breadcrumbs
1 tsp cayenne pepper	Callowfit 'Peri-Peri Style'
1 tsp pepper powder	
1 tsp oregano	

Season the chicken breast with oregano, cayenne pepper, pepper, salt, pepper and garlic powder. Add the buttermilk, mix this well and let it rest for an hour. Heat a large piece of full cream butter in a skillet. Beat the eggs in a bowl. Dip the chicken breast through the flower, then through the egg and breadcrumbs. Fry the chicken breast in the skillet until golden brown.

Take a wrap and cut a quarter, towards the middle. Cover $\frac{1}{4}$ of the wrap with Cheddar cheese, $\frac{1}{4}$ with tomato and $\frac{1}{4}$ with avocado. Cut the chicken into strips and place it on the last quarter of the wrap. Fold the wrap closed by placing one quarter over the other. Bake the wrap in the grill or in the skillet. Dip in the Callowfit 'Peri-Peri Style' and enjoy!

Recipe: @karinpauw

Stuffed Steak Roll with Fancy Garlic



Ingredients for 3 portions:

100 gr steak strips	¼ red onion
6 chestnut mushrooms	handful oxheart cabbage
3 oven rolls	dash of teriyaki wok sauce
1 tsp ginger	Callowfit 'Fancy Garlic'
1 clove of garlic	salt and pepper
½ red pepper	
¼ green pepper	

Preheat the oven to 190 degrees. Marinade the steak strips together with a clove of crushed garlic, the ginger, the chopped pepper (without seeds) and a dash of teriyaki wok sauce.

Cut the tops off the rolls and hollow out the rolls. Bake the hollowed out rolls and cut caps for 6-7 minutes, check the packaging of the baking rolls for the exact time.

Stir fry the vegetables with pepper and salt to taste. Stir fry the marinated steak strips in another skillet and when the steak is seared, add all the vegetables.

Stir-fry everything together and fill the rolls with the steak & vegetable mixture. Take some delicious Callowfit 'Fancy Garlic', spread over the roll and ENJOY!





Recipe: @goaroundwithmanon

Overnight oats cake with Vanilla Style



Ingredients for 2 persons:

base

220 gr almond flour
100 ml water
5 gr chia seeds
40 gr natural cereal mymuesli
30 gr smart protein Cookies
& Cream

filling

50 gr strawberry jam

topping

1 strawberry
Callowfit 'Vanilla Style'

Mix all the ingredients for the base in a saucepan.
Cook this until it is a creamy & thick mixture.

Line a round dish tightly with the cling film. Put the
cake mixture in this. Spread the jam in the centre of
the cake. Leave the cake in the fridge overnight to set.
Transfer the cake to a plate the next day & top with
the strawberry and the Callowfit 'Vanilla Style'.



Recipe: @goaroundwithmanon

Smörrebröd with Mayo Style



Ingredients for 2 persons:

2 slices of dark polder pumpkin loaf
100 gr large, cooked prawns
40 gr cottage cheese
30 gr Callowfit 'Mayo Style'
5 gr Callowfit 'Tomato Ketchup'
5 gr freshly chopped dill
30 gr arugula salad
salt and pepper

Mix the cottage cheese with the Callowfit 'Mayo Style' and Callowfit 'Tomato Ketchup'. Add the chopped dill and the cooked prawns and season with a little salt and pepper.

Spread a slice of bread with arugula and the prawn salad. Pure Scandinavian delight.



Dear Callowfit fan,

It is very clear that Callowfit users, for various reasons, want to consciously eat healthier. While retaining a great taste. All our sauces contain 0% fat and have no added sugar. This is why more and more consumers worldwide are using our products. They are so pleased that they increasingly share their unique recipes with us.

Our Callowfit fans share their creations daily, in beautiful posts, often with all kinds of compliments. This makes us extremely happy! This enthusiasm has prompted us to bundle some of these recipes and photos in our very first recipe book.

We hope that you have enjoyed this “anthology”, and that you have been inspired to create many delicious and surprising dishes.

This begs for more.....

Of course, we would like to thank everyone for sending in so many remarkable and delicious recipes, including the accompanying photos and tips. We just love it! We are super proud that our sauces have led to the creation of so many magnificent dishes.

Partly because of the many reactions from you, we will certainly not just leave it at one version of the Callowfit recipe book. On the contrary, the second book is already waiting for new input. Please keep sharing your delicious creations and experiments with us. We are very happy with as many images as possible of the dishes, but of course also of yourself, your kitchen and your surroundings.

You can send us everything via the e-mail address fanzone@callowfit.com. Even if your recipe did not turn out quite as planned.

The Callowfit team is not just sitting around.

As we said, we are already working on ideas to follow this 1st recipe book. As you may know, Callowfit sauces are used in nearly 40 countries around the world. From Australia to Korea, from Iceland to Egypt. Would it not be great if you could be a part of this too? Perhaps you would like to share your cooking skills with the rest of the world in our next edition. So, keep sharing your tastiest creations with us and maybe we will invite you to.... (or are we already sharing too much?)

Don't hesitate & send now!

Acknowledgements

We could not have published this book without our loyal fans. Thank you for your enthusiasm and delicious recipes! We would especially like to thank the creators of the recipes included in this book:

@gezond_gezien
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@femmfoodielicious
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