



**THE TASTIEST  
CALLOWFIT  
RECIPES**

## **The tastiest Callowfit recipes**



## **Colorfon**

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**CALLOWFIT**<sup>®</sup>  
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# Welcome to the world of Callowfit

## **Callowfit for all!**

The unique characteristics of Callowfit sauces make them suitable for all kinds of people. Whether you have an allergy or intolerance, are watching your calorie intake, or are simply trying to follow a healthier lifestyle without the pain, Callowfit caters to everyone. Callowfit caters to everyone, without making any concessions to the unique properties of our products. All flavours are suitable for everyone, and every single one of the products in our range is part of a healthy lifestyle.

## **Retail Trendsetter**

In addition to being available from dietitians, nutrition consultants and sports nutrition stores, our sauces are now also sold at various retail chains. As a pioneer in the field of healthier sauces, we've conquered a unique place in the sauce section. You'll find our unique products in all kinds of places. They're available at your trusted supermarket chain across many countries and various continents, from Iceland to Kuwait and from the Antilles to Korea.

## **Continuous innovation**

We've set the trend with our unique products and, bolstered by our many fans worldwide, we've managed to conquer a place on the shelves of many retailers. That's something we're rightly proud of! Callowfit has become an example for the common traditional brands, who have finally realised that healthy alternatives are here to stay. A new segment is appearing in the sauce section all over the world. However, Callowfit intends to maintain its place as a pioneer. That's why we continuously invest in the latest technology and perfecting our products. After all: you snooze, you lose!

## **Dat smaakt naar meer!**

## **Callowfacts**

- Callowfit is a pioneer in low-calorie sauces.
- The company has achieved AA status for its quality system.
- Callowfit now has a prominent position on the shelves of more than 250 Jumbo Supermarkets in the Netherlands and Belgium.
- Callowfit has made it to the Middle East! Our sauces with Arabic labels are rapidly gaining ground in this large sales area.
- How do you recognise a Callowfan? Simple: the personalised #callowfan apron. It lets the world know how much you love our sauces.
- Our website has info on everything you need to know about our sauces, along with a store locator.
- Callowfit is also active on LinkedIn, where you can find our digital magazine CALL! and other updates from our company.
- Callowfit is available in more than 40 countries.
- Callowfit, Callowfans and affiliated points of sale regularly organise fun giveaway promotions.

VEGAN

GLUTEN  
FREE

LACTOSE  
FREE

## Our USP's

*Did you know?*

- 💧 Gluten: Latin for 'glue', and owes its name to what it does: binding, sticking, holding together.
- 💧 Celiac disease is the official name for gluten intolerance.
- 💧 Gluten intolerance is not an allergy, but an autoimmune disease .
- 💧 An estimated 1% of the Dutch population has celiac disease, but only 20% of them are aware they have it.
- 💧 All dairy products contain lactose.
- 💧 Lactose is a sugar that is 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) – almost 1% of the world population.
- 💧 The term 'vegan' was coined in 1944 by Donald Watson, an animal rights advocate.

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# Tropical poké bowl

Recipe: @mooibeterleven

↖ Get to know her at page 35

## Serves 1

Callowfit Curry Mango Style  
60 g brown rice  
100 g chicken fillet  
1 lime  
½ mango  
½ red bell pepper  
¼ cucumber  
½ avocado  
15 ml soy sauce  
10 ml honey  
1 tsp sesame seeds  
dash of olive oil  
pinch of pepper  
pinch of curry powder

## Preparation

Squeeze half a lime and make a marinade with the lime juice, soy sauce and honey. Cut the chicken fillet into cubes, add them to the marinade, then leave for 15 minutes. Cook the rice in a pan with plenty of boiling water for 8 minutes. In the meantime, chop the red bell pepper and cucumber and dice the mango and avocado. Heat the olive oil in a frying pan, then fry the chicken for 8-10 minutes until done and golden brown on all sides. Add a little curry powder and pepper. Drain the rice and let it stand for another 5 minutes with the lid on the pan. Serve it up! Place the cooked rice in a bowl. Spread the chicken over the top and add all other ingredients. Garnish with lime and sesame seeds. Don't forget to add Callowfit Curry Mango sauce to the bowl as a finishing touch!







# Naan bread with tuna

Recipe: @femmfoodielicious

↖ Get to know her at page 35

## Ingredients

*For the naan bread*

- 75 g coconut flour
- 2 tbsp psyllium husk fibres
- 1 tbsp xanthan gum
- 1 tbsp baking powder
- pinch of salt
- 1 tbsp sesame seeds or  
hemp seeds
- 240 ml hot water
- 60 g full-fat yogurt
- 2 tbsp olive oil

*For the tuna salad*

- 1 can of tuna
- half an apple
- red onion
- seed mix
- Callowfit Remoulade Style
- salt and pepper
- bacon
- rocket

## Preparation

Mix all the dry ingredients for the naan first, then add the wet ingredients. Form the mixture into a ball and let it stand for a few minutes so that the moisture can be absorbed properly (this will also make the dough less sticky). Then divide it into 4 balls. Roll out each piece of dough. The easiest way to do this is to place it between two baking sheets and roll it flat. Preheat the oven to 175 °C. Place the dough on a sheet of baking paper and bake the naans for about 15 minutes. Let them cool slightly and firm up, so that they are easy to cut and ready to be used as a base. Finely chop the apple and mix all the ingredients for the tuna salad together. Fry 4 slices of bacon, then pat them dry with kitchen paper. First place some bacon on the naan bread. Place some rocket on top, followed by some tuna salad.



Recipe: @bowlsvanamanda

## A real healthy 'sandwich'



### Makes 4 waffles (2 rolls)

50 g cauliflower rice  
2 eggs  
50 g grated cheese  
smoked chicken fillet  
cheese  
tomato  
cucumber  
boiled egg (topping)  
Callowfit Mayo Style & Curry Ketchup  
cooking spray or oil

### Preparation

Make a batter with the cauliflower rice, eggs and grated cheese. Grease the waffle maker. Pour the batter into the waffle maker and bake until nice and crispy. Let the waffles cool thoroughly. Spread a little Mayo Style sauce over them, then top with healthy ingredients of your choice. Add some Callowfit Curry Ketchup sauce as a finishing touch. Enjoy!



Recipe: @eten.met.ted

## Protein sandwich with salmon, egg & chili spread



### Ingredients for 2 sandwiches

- 1 Dline cheese omelette sachet
- 1 Dline herb omelette sachet
- 4 slices of Dline protein toast bread
- 1 tbsp Callowfit Sweet Chili
- 150 g of oat spread (or normal cream cheese)
- 4 leaves of romaine lettuce or iceberg lettuce
- 100 g smoked salmon
- zest of half a lemon
- criss
- olive oil
- salt and pepper

### Preparation

Prepare the omelettes according to the instructions on the package, then cut both omelettes into two halves. Put the oat spread and chilli sauce in a bowl, stir well, and season with a little salt and pepper. Toast the protein bread according to the instructions on the package. Wash the lettuce leaves and pat them dry. Take two plates, place a lettuce leaf on each plate and spread them with the chilli spread. Place half an omelette on top, then place a slice of salmon and some lemon zest on top of the omelette. Repeat these steps one more time so that you have two layers. Garnish the sandwich with some criss.



Recipe: @foodbymarloes

## Salty Caramel Cake Bites



### Ingredients

100 g wholegrain flour  
50 g whey salted caramel  
half a sachet of baking powder  
30 g Callowfit Salty Caramel sauce  
15 g apple sauce  
150 ml water  
100 ml milk  
generous pinch of salt  
coarse sea salt  
100 g low-fat quark  
20 g whey salted caramel  
10 g Tony's Chocolonely caramel sea salt

### Preparation

Preheat the oven to 180 °C. Mix all the ingredients together except for the coarse sea salt (taste to see if the batter is sweet and salty enough). Grease a springform pan or oven dish with cooking spray. Pour the batter into the pan, then sprinkle the coarse grains of sea salt over the top. Bake the cake in the middle of the oven for about 20-25 minutes. Please note: Every oven is different, so use a skewer to check if the cake is cooked done. Mix the low-fat quark with the salted caramel whey, then spread it over the cake. Grate or finely chop the piece of chocolate and sprinkle over the cake. You can now cut the cake into 12 pieces to accompany a cup of tea or coffee, or into 3 to make a breakfast portion – the choice is yours! Finish with an extra squeeze of Callowfit 'Salty Caramel' sauce.





Recipe: @foodbymarloes

## Pizza



### Ingredients

- 1 lavash bread
- 75 g organic passata
- 80 g vegetarian minced meat / extra lean minced beef
- 1 sweet pointed pepper
- 50 g mushrooms
- 30 g corn
- half a red onion
- red chilli pepper
- 15 g grated cheese (30% fat)
- 20 g cheese spread (20% fat)
- oregano
- Callowfit Fancy Garlic

### Preparation

If you're not a fan of spicy food, leave out the chilli pepper.

Preheat the oven to 200 °C. Fry the minced meat in a pan on low heat. In the meantime, cut the vegetables. Cover the lavash bread base with the passata, followed by the vegetables, minced meat and finally the cheese. Distribute dollops of the cheese spread over the pizza. 5-10 minutes at 200 °C in the oven, finish with some Fancy Garlic sauce and dig in!



# Eggwrap chicken-curry-mango

Recipe: @met.sam.in.shape

↖ Get to know her at page 31

## Makes 2 wraps

4 eggs  
2 egg whites  
1 tomato  
lettuce  
1 can of Aldelis chicken fillet  
40 g mango, diced  
¼ lime  
Callowfit Curry Mango Style  
salt and pepper to taste  
curry spices to taste

## Preparation

Beat together 2 eggs and an egg white with some salt, pepper and curry powder. Fry the mixture in a frying pan and make a round pancake. Flip in the omelette in the pan once the top side of the omelette is firm. Fry this side briefly, and your egg wrap is ready. Repeat to make the second wrap.

Drain the liquid from the can of chicken and separate the fillet with 2 forks. Mix the chicken fillet with some salt, pepper, curry powder and a generous dollop of Callowfit Mango Curry Style sauce. Squeeze the lime wedge and mix the juice into the chicken mixture. Finally, stir in the mango pieces.

Top the egg wraps with the lettuce and tomato. Divide the chicken-mango mixture between the two wraps and top with some more Callowfit Mango Curry Style sauce. Fold the wraps (tip: insert skewers) and enjoy!





Recipe: @fitmetfaith

## French toast with caramel



### Ingredients

2 slices of brown bread  
200/250 ml milk  
2 eggs  
200 g quark of your choice  
1 tbsp sugar substitute (e.g. stevia)  
1 tbsp brown sugar  
½ tsp cinnamon  
fruit of your choice (e.g. 1 banana & mango)  
2 tbsp sunflower oil  
Callowfit Salty Caramel  
coconut flakes

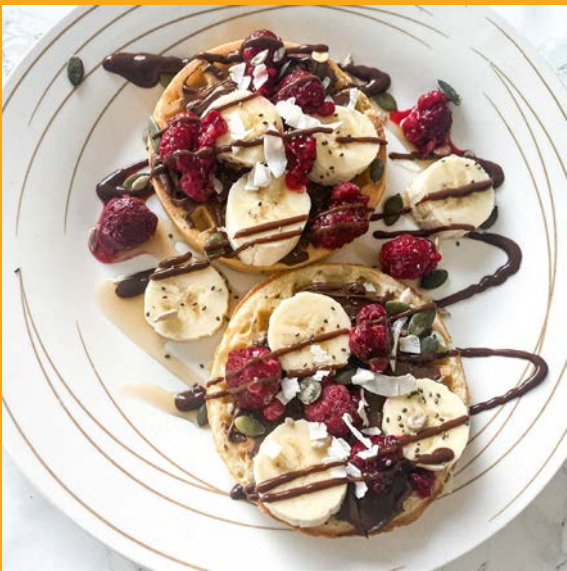
### Preparation

Beat the eggs and milk with the cinnamon, sugar substitute and brown sugar. Place both slices of brown bread in this mixture and leave to soak for a while. Turn the slices over. Heat a frying pan over medium heat and add the sunflower oil to the pan. Fry the sandwiches until golden brown on both sides. In the meantime, cut the banana and mango into pieces. Cut the bread in half diagonally. Decorate this with quark and fruit and top with the Salty Caramel and coconut flakes.



Recipe: @fitmetfaith

## Protein waffles



### Ingredients

- 20 g self-raising flour
- 15 g protein powder
- 1 egg
- ½ banana
- 100 ml (unsweetened) almond milk
- 1 tsp cinnamon
- 1 tsp baking powder
- handful of nuts
- fruit of your choice for topping
- Callowfit Chocolate sauce
- cooking spray

### Preparation

Set the waffle maker to medium-high. Mash the banana and mix it with the egg until smooth. Add the self-raising flour, protein powder, cinnamon and baking powder. Finally, gradually add the almond milk to make a batter. Grease the waffle maker with cooking spray. Spoon two tablespoons of the batter into each mould. Close the waffle maker and wait about 6-8 minutes. Carefully open the appliance to check whether the waffles are ready. Remove them from the waffle maker and repeat until the batter is used up. Place the waffles on a plate and decorate them with some fruit, nuts and the Chocolate sauce.



Recipe: @remedyinrainbows

## Double Espresso Salty Caramel Brownies (gluten-free)



### Ingredients

200 ml dark roast espresso  
100 ml Callowfit Salty Caramel  
1 ripe banana  
2 bars of classic Lindt chocolate (200 g in total)  
100 ml vegetable oil  
125 g walnuts  
200 g gluten-free flour  
110 g raw sugar  
50 g chocolate milk powder

### Preparation

Preheat your oven to 180 °C and grease a 20 x 20 cm baking tin. Brew your espresso the way you like it and let it cool. While the espresso is cooling, melt the chocolate in the microwave for 30 seconds until smooth. Mash the banana in a large bowl, then add the melted chocolate, oil and espresso. Add the dry ingredients and mix well. Fold in the walnuts. Pour the mixture into the greased baking tin, then pour the Callowfit Salty Caramel evenly in lines from one side of the dish to the other. Pass a knife through it in opposite directions to get a feathered effect on top and spread the sauce. Bake at 180 °C for 30 minutes or until it has the texture you like. Serve hot with some extra Salty Caramel sauce and dairy-free cream.



Recipe: @merelwessler

## Loaded fries with BBQ pulled chicken



### Serves 1

200 g frozen Aviko chips  
150 g chicken fillet  
1/5 chicken stock cube  
1 tsp spicy chicken rub (herb mix)  
Callowfit Smoky BBQ (to taste)  
1 slice of cheddar cheese  
1/4 red onion  
1/4 red bell pepper  
1 spring onion  
pinch of salt and pepper

### Preparation

Preheat the oven to 200 °C. Boil the chicken fillet with the stock cube for 20 minutes. Drain the water and pull the chicken fillet apart with 2 forks. Stir the spicy chicken herbs and the Callowfit Smoky BBQ through the chicken. Add salt and pepper to taste. Fry the chips in the air fryer according to the instructions on the package. Spoon the chips into an oven dish. Add the shredded chicken, red onion, red bell pepper and cheddar cheese. Top with a little Smoky BBQ sauce. Place in the oven for another 10 minutes, until the cheese has melted.



# Curry Mango Style Salad

Recipe: @in\_balans\_met\_yvette

↖ Get to know her at page 38

## Ingredients

20 g red lentils  
20 g yellow split lentils  
35 g brown rice  
1 mango  
1 lime  
lamb's lettuce  
pine nuts  
Callowfit Curry Mango Style

## Preparation

Wash the lentils (do not soak), then boil them for 15-20 minutes. Add the brown rice during the last 8 minutes. In the meantime, clean the mango and cut it into slices. Wash the lamb's lettuce and drain well (pat dry if necessary). Cut the lime in half and put 1 slice to one side.

Briefly roast the pine nuts in a frying pan. When the rice and lentils are ready, drain in a sieve or colander. Place the lamb's lettuce on the plate with the rice next to it and the mango on top. Squeeze the other half of the lime over the top, add the mango and lime and top with the roasted pine nuts and Curry Mango Style sauce.

As simple as it is tasty! This recipe is gluten-free and vegan. If you'd rather have some meat, you can also add some chicken.









# Stracciatella quark balls

Recipe: @tinekeslifestyle

↖ Get to know her at page 31

## Serves 1

- 1 jar of stracciatella quark (500 g)
- 100 g oat flour
- 100 g plain flour
- 4 eggs
- 1 sachet of vanilla-flavoured sugar
- 1 sachet of baking powder
- 2 tbsp cinnamon powder
- dash of rum extract
- 1 bar of dark chocolate
- or the Callowfit Chocolate Style
- handful of pistachio nuts

## Preparation

Stir the oatmeal and flour in a bowl. Add the eggs, vanilla sugar and baking powder and mix together. Finally, add the cinnamon powder and quark and mix thoroughly.

Spoon two spoons of quark mixture into a muffin tin. Alternatively, use a baking tray lined with baking paper and place two scoops of quark mixture (per quark ball) on it. Bake the quark balls for 30 minutes in an oven preheated to 180 °C. Let them cool in the oven.

Bring a pan of water to the boil . Melt the chocolate in a bain marie. When melted, dip the quark balls into the chocolate mixture. Place them on a rack. Finely chop the pistachios and sprinkle over the hot chocolate topping of the quark balls.

\*Cookies and Cream can also be replaced by Chocolate Style



Recipe: @inbalansmetsamzy

## Veggie kapsalon



### Serves 1

175 g of plant-based shawarma  
200 g pre-cooked mini potatoes  
35 g grated cheese (35% fat)  
100 g iceberg lettuce  
80 g cherry tomatoes, quartered  
80 g cucumber, chopped  
50 g red onion (half an onion), cut into rings  
50 ml Callowfit Fancy Garlic  
10 ml chilli sauce *(if you don't like spicy food, simply leave it out)*

### Preparation

Preheat the oven and air fryer to 200 °C. Put some olive oil or PAM spray in a large frying pan and fry the plant-based shawarma until nice and crispy. Bake the potatoes in the air fryer according to the instructions on the package. Place the fried potatoes and the shawarma in a small baking dish and sprinkle with the grated cheese. Put in the oven and wait until the cheese has melted properly. When the cheese has melted, remove the oven dish from the oven to finish the kapsalon. First add the iceberg lettuce, then the cucumber, cherry tomatoes and red onion, then drizzle the sauces over the top. Toss together and top it all off with the Fancy Garlic sauce. Voilà! You couldn't hope for anything easier or tastier!



Recipe: @linda\_gfg\_dorrestein

## Banana split



### Ingredients

- 1 large banana
- 1.5 tbsp quark
- 2 tbsp muesli or granola
- Callowfit Chocolate

### Preparation

Cut the banana in half crosswise. Place both pieces on a plate. Spread the quark over the banana, then add the muesli or granola. Top with Callowfit Chocolate sauce and enjoy a simple and quick dessert.



Recipe: @remedyinrainbows

## Curry Mango chicken/ pasta salad (vegan & gluten-free)



### Ingredients

350 g gluten-free pasta  
150 g vegan chicken  
4 spring onions, finely chopped  
1 red bell pepper (preferably roasted, but not essential)  
4 mini cucumbers, diced  
2 nectarines, diced  
1 mango, diced  
1 red onion, finely chopped  
½ bunch of parsley, finely chopped  
a few sprigs of finely chopped basil  
1/3 bottle of Callowfit Curry Mango Style

### Preparation

Cook the pasta according to the instructions on the package. Fry the chicken until it is golden brown. Place the fruits and vegetables in a large bowl. Let the pasta and chicken cool, then add them to the bowl with fruit and vegetables. Add the sauce and stir thoroughly. Finish with extra mango, basil and parsley. Enjoy!



Recipe:  
@annets\_koolhydraatarme\_keuken

## Stuffed portobello mushrooms



### Serves 2

2 portobello mushrooms  
Callowfit Smoky BBQ sauce  
1/2 chopped onion  
1 clove of garlic, finely chopped  
200 g fresh spinach, coarsely chopped  
1 container of herb cream cheese  
two sun-dried tomatoes cut into strips  
1 slice of goat's cheese  
coarsely chopped walnuts or mixed nuts  
low carb honey

### Preparation

Preheat the oven to 180 °C. Rub the portobello mushrooms on both the inside and the outside with Smoky BBQ sauce, then put them in the oven for 10 minutes. In the meantime, heat a frying pan and fry the onion and garlic. Add the chopped spinach and fry briefly over a low heat. Add the container of herb cream cheese and sun-dried tomatoes and stir well. Season with salt and pepper. Spoon this mixture into the pre-cooked portobello mushrooms. Place a slice of goat's cheese on top. Top with honey and a handful of chopped nuts, then place in the preheated oven for another 20 minutes until the cheese has melted.



Recipe: @rose.kookt

## Refreshing sandwich



### Ingredients

brown bread (unsliced)  
classic hummus  
¼ avocado  
½ lime  
chilli flakes  
salt and pepper  
1 beef tomato  
¼ smoked chicken fillet  
mango  
beansprouts  
Callowfit Curry Mango Style

### Preparation

Cut a thick slice from the loaf. Mash the avocado finely, add the juice of half a lime, pepper, salt and chilli flakes and mix well. Spread the hummus on the slice of bread, then add the lime avocado spread on top. Thinly slice the beef tomato, smoked chicken fillet and mango. Place the tomato on top of the lime avocado spread, then the mango, then the chicken fillet. Garnish with beansprouts and lots of delicious Callowfit Curry Mango Style sauce.









# Callowfit Mystery Box

2022 was the year we celebrated our 5th anniversary. To mark the occasion, the Callowfit Mystery Box competition was created and 20 candidates were invited to participate. The fantastic prize up for grabs was a golden ticket for the Callowfit Experience in the Philips Stadium – plus a photo shoot.

The first edition of the competition featured our sweet Callowfit Mystery Box, containing the Cookies and Cream Style sauce and a bag of pistachio nuts. Participants gave their creativity free rein and blew us away with all their beautiful, tasty recipes. Former Masterchef participant Celine assessed the recipes with us. The following recipes came out on top:

- Wendy Groenewold with her Callowiyaki
- Melanie van Stiphout-Vos with her cheesecake
- Marloes Wessels with her chickpea blondies
- Angelique Ronsse with her cheesecake
- Tineke Verrijp with her quark balls

The eagerly awaited second edition featured our savoury Callowfit Mystery Box containing the Curry Mango Style sauce with a lime. Once again, some very tasty recipes were submitted and we decided on the following winners:

- Femke van der Linden with her tapas trio
- Zjenni van der Heijen with her vegetarian mango curry
- Marloes Neuvel with her beef sandwich
- Samantha de Zwaan with her chicken-mango egg wrap
- Ashley Klein with her tropical poke bowl

All winners received a golden ticket for the Callowfit Experience. Their recipes were photographed by a professional photographer on Saturday 9 April 2022 in our own inspiration room. The winners were given the opportunity to recreate their dishes in our kitchen.

Some of these dishes can be found on the following pages. Unfortunately, not everyone could be present during the photo shoot, but their recipes have now been posted on social media! As you can see, the recipe book also features a number of recipes with the Cookies and Cream Style sauce. This sauce is temporarily unavailable, but we still wanted to honour the winners with a place in the book. In any case, you can create a similar flavour sensation by using the Chocolate or Salty Caramel sauce.



← Get to know Ashley Kleijn, @mooibeterleven

**What makes baking and cooking so much fun?**

The amazing results, time and time again.

**What's your go-to comfort food?**

Some delicious baked oats, peanut butter with banana on a cracker and chocolate!!

**Who do you enjoy making a lavish meal for?**

For my beloved partner, parents and the rest of my family.

**What's your favourite savoury sauce?**

I love Smoky BBQ sauce on some meat.

**Why Callowfit?**

Callowfit is full of flavour and suitable for a healthy lifestyle.

Get to know Femke van der Linden, @femmfoodielicious

**What does your family think of your cooking skills?**

Sometimes they only come over for the food and they're surprised if I haven't baked anything. My daughter is at the front of the line to try things.

**What are your must-have kitchen tools?**

Mixer and blender.

**And what are your must-have ingredients?**

Salt and chocolate.

**What's your favourite savoury sauce?**

Curry Ketchup and Sweet Chili.

**Why Callowfit?**

They offer unusual flavours, and it's great that the products are sugar-free and fat-free.





Get to know Marloes Neuvel, @amrap\_photography

**What makes healthy eating so important?**

Healthy food is very important to me. If I don't eat healthily, my body really suffers and gives me all kinds of problems. Eating healthily makes me feel fit and lets me enjoy life.

**Who do you enjoy making a lavish meal for?**

The family - I love how food brings us all together.

**What's your favourite savoury sauce?**

Smoky BBQ Style. This fantastic sauce is ideal for giving aslowly cooked spare rib a smokey touch!

**Why Callowfit?**

I'm mindful of my health and I'm very sporty, so I prefer to eat sugar-free and gluten-free food. Callowfit sauces, with their unique flavours, are perfect for this lifestyle.

Get to know Marloes Wessels, @marloes.wessels

**What does your family think of your cooking skills?**

They're very satisfied so far, I'm glad to say. At the moment, their favourite is my chickpea blondie with white chocolate and pistachio.

**What's your go-to comfort food?**

Hmmm... something sweet with chocolate.

**What's your favourite savoury sauce?**

Honey Mustard and Sweet Chili, they're both simply delicious & can be combined with all kinds of recipes.

**Why Callowfit?**

Lots of variety in sauces, some really great flavours as I found out when I started following you, and fantastic packaging to boot.





← Get to know Samantha de Zwaan, @met.sam.in.shape

**And what are your must-have ingredients?**

Chocolate! Chocolate is used as a real finishing touch in so many recipes.

**Do you prefer to cook an elaborate meal or prepare a quick snack?**

Both, as long as its tasty and preferably healthy. I'm willing to put some effort into that.

**Who do you enjoy making a lavish meal for?**

Friends or family, I like letting other people enjoy my hobby.

**What's your favourite savoury sauce?**

Curry-mango style. It's also delicious on salad, and can be used in multiple ways.

**Why Callowfit?**

Because it hasn't got completely zero, and has an excellent structure and flavour.

Get to know Tineke Verrijp, @tinekeslifestyle



**Do you prefer to cook an elaborate meal or prepare a quick snack?**

I love cooking more elaborate meals if I have time, but I'm equally happy with the occasional snack, providing it's healthy.

**What's your go-to comfort food?**

Sushi.

**What's your favourite savoury sauce?**

Curry Ketchup is my favourite. I cook with it, and it goes with everything. It's nice and spicy and great in a sauce or simply as a dip.

**Why Callowfit?**

These sauces reflect my lifestyle perfectly, because I'm an independent lifestyle coach and live healthily.





Get to know Yvette Burgers, @in\_balans\_met\_yvette

**What makes healthy eating so important?**

Your body is your temple. You have to treat it with respect - and what better way to do so than with healthy food?

**What does your family think of your cooking skills?**

In fact, they love everything, but the absolute favourite is the creamy spinach pasta with chicken.

**Do you prefer to cook an elaborate meal or prepare a quick snack?**

We have four kids, so ideally a quick but healthy dish.

**What's your favourite savoury sauce?**

Mayo Style and Curry Ketchup.

**Why Callowfit?**

Because these are simply the tastiest sauces - and I've tried many, believe me!

Get to know Zjenni vd Heyden, @mijnketoeken.nl



**What makes baking and cooking so much fun?**

I can express my creativity. And as you can see, my page is full of recipes.

**Do you prefer to cook an elaborate meal or prepare a quick snack?**

Both. It really depends on how much time I have, from quick vegetables with some meat to a whole Indonesian-style buffet. All low-carb, of course.

**What's your favourite savoury sauce?**

The curry ketchup, because it's indistinguishable from the real thing but without all the calories.

**Why Callowfit?**

Because these sauces are perfect for a low-carb diet.







Recipe: @passie.volleven

## Chicken honey mustard sandwich



### Ingredients

2 slices of bread  
90 g smoked chicken fillet  
½ beef tomato  
½ avocado  
Handful of rocket  
Callowfit Honey Mustard Style

### Preparation

Cut the tomato into slices. Halve the avocado and cut into slices. Put the tomato, avocado, chicken fillet and rocket on one slice of bread, then top with the Honey Mustard Style dressing. Place the second slice of bread on top and cut in half diagonally. Tip: try it with a piece of fried bacon! Or, as a vegetarian option, with plant-based chicken fillet. You can also toast the bread briefly for extra crispiness.



# Beef sandwich with Asian guacamole spread

Recipe: @amrap\_photography

↖ Get to know her at page 36

## Serves 4

### *Asian guacamole spread*

- 2 avocados
- 2 small cloves of garlic
- 1 shallot
- 1 piece of ginger (1.5 cm)
- 3 tbsp coconut milk
- 2.5 tbsp soy sauce
- 1 red chilli pepper
- 1 lime

### *Steak strips*

- 4 steaks
- salt and pepper

### *Sandwich*

- Callowfit Curry Mango Style
- 200 g iceberg lettuce
- 10 cherry tomatoes
- 1 firm loaf of bread
- handful of unsalted cashew nuts

## Preparation

### **Asian guacamole spread**

Finely chop the onion, garlic and ginger. After removing the seeds, chop the red chilli pepper finely. Cut the avocado in half, remove the stone and scoop out the flesh into a bowl. Grate the zest of the lime and add to the avocado. Then cut the lime in half and squeeze the juice out over the avocado in the bowl. Add the chopped onion, garlic, ginger and pepper and grind the mixture finely with a hand blender. Then add the coconut milk and soy sauce and mix until smooth. The Asian guacamole spread is now ready. Put it aside until you're ready to make the sandwiches.

### **Steak strips**

Start by seasoning the steak with salt and pepper to your liking. Heat a frying pan with butter until the butter turns a shade of golden brown. Fry the steak for 1.5 to 2 minutes on each side, then let the meat rest on a plate.

### **Sandwich**

Cut the cherry tomatoes into quarters. Cut a slice about 2.5 cm (1 inch) thick from the firm bread. Spread the slice of bread generously with the Asian guacamole spread. Then place a handful of iceberg lettuce over the Asian guacamole spread. Cut the steak into strips and place them on the iceberg lettuce. Then add the steak strips with the cherry tomatoes and cashew nuts. Top the sandwich with Callowfit's Curry Mango Style sauce.







# Tapas Trio

Recipe: @femmfoodielicious

↖ Get to know her at page 35

## Cheese rolls with wafer-thin chicken

### Ingredients

20 g grated mozzarella  
1 tbsp cream cheese  
25 g psyllium husk fibres  
120 g almond flour  
2 egg whites  
1 egg yolk  
8 g baking powder  
1 tsp olive oil  
75 ml boiling water  
Pinch of salt  
Guacamole herbs  
15 g pumpkin seeds  
Callowfit Curry Mango Style  
Smoked chicken fillet  
Lime

### Preparation

Preheat the oven to 180 °C. Melt the mozzarella and cream cheese in the microwave for 30 seconds. Stir the mixture well. Mix all the dry ingredients together. Now add all the wet ingredients and knead into a dough by hand. Place the dough in the fridge for 30 minutes, so that all the ingredients can infuse each other properly. Place the dough between two baking sheets and roll it out evenly. Brush the dough with the Curry Mango Style sauce, then place the smoked chicken fillet on top. Cut long strips and fold each strip in half. Make sure they stick well. Now make braids with two strips. The dough is still quite sticky, so be careful. Brush with the remaining egg yolk. Bake them for 20 minutes at 180 °C.



Trio tapas

## Curry Mango salad with lime



### Ingredients

Spirelli tricolore  
1 red onion  
fennel  
fresh coriander  
cucumber  
Greek yogurt  
snack tomatoes  
orange bell pepper  
chilli garlic oil  
lime  
Callowfit Curry Mango style

### Preparation

Cook the spirelli in some water. Drain and rinse with cold water. Allow to cool completely. Finely chop all the vegetables. Mix some Greek yogurt with a dash of chilli garlic oil and the Curry Mango Style sauce and squeeze in some lime juice. Mix all the ingredients and place in the fridge. Serve cool.



Trio tapas

## Lime filled with avocado & pineapple mouse



### Ingredients

1 avocado  
2 slices of pineapple  
1 generous tbsp mascarpone  
dash of honey  
lime  
Callowfit Curry Mango Style

### Preparation

Place all the ingredients, except the Curry Mango Style Sauce, together in the blender. Squeeze the lime and save the juice for other dishes. There's no need to add lime juice here, as the lime flavour infuses the mousse when it's served in the lime rinds. Only fill the lime rind with the mousse when you're ready to serve this dish. Drizzle the Curry Mango Style sauce over the mousse.



Recipe: @tessentieel

## Berry-banana bread



### Serves 1

75 g ripe/overripe banana  
1 egg  
25 g coconut flour  
40 g protein powder (*flavour of your choice*)  
3 g baking powder  
75 ml almond milk  
2.5 ml vanilla flavouring (*or other flavour of your choice*)  
pinch of salt  
1 g xanthan gum  
optional sweetener to taste  
200 g low-fat French quark (*with a little sweetener or vanilla flavouring*)  
100 g fresh or frozen strawberries and/or raspberries  
2 cubes of dark chocolate (*about 15 g*)  
fresh mint leaves  
Callowfit Chocolate Style (*the more the better*)

### Preparation

Preheat the oven to 180 °C. Mix the banana, egg, coconut flour, baking powder, protein powder, vanilla flavouring, salt and sweetener together until you have a smooth mixture. Add the xanthan gum and mix it in well. The xanthan gum is surprisingly efficient at thickening your batter and giving it more body. Line a baking tin or springform pan with baking paper, then pour in the cake mixture. Bake the cake for about 45-50 minutes. Keep an eye on the cake, but don't open the oven until it has baked for at least 30 minutes. Top your cake with a layer of quark, fruit, chocolate and fresh mint. Decorate it Callowfit Chocolate Style!





Recipe: (@art\_\_of\_\_food)

## Yogurt snack



### Serves 1

200 g Greek yogurt  
1 tbsp agave syrup or honey  
1 tbsp peanut butter  
pinch of salt  
Callowfit Salty Caramel  
blueberries  
chocolate granola

### Preparation

Mix all the ingredients together, then pour the mixture into a baking tin lined with baking paper. Add the sauce, blueberries and granola. Place the baking tin in the freezer for at least 2 hours. Your snack is ready to be served!



Recipe: @lafede\_fitandmind

## Waffle sandwich



### Ingredients

50 g spelt flour  
50 g buckwheat flour  
1 tbsp cinnamon  
1 tsp yeast  
lemon  
150 g sugar-free plant-based milk  
half teaspoon of stevia  
50 g soy yogurt  
strawberries  
Callowfit Chocolate

### Preparation

Preheat the waffle maker. Mix the flour with the cinnamon and stevia. Add the yeast and activate it with a few drops of lemon. Gradually pour in the milk while stirring with a whisk to avoid lumps forming. Keep stirring until you have a smooth batter. Grease the waffle maker with coconut oil and pour the dough into the mould. Bake the waffles until golden brown, then let them cool for a bit on your plate. In the meantime, add the chocolate sauce to the yogurt and cut the strawberries into slices. Fill the waffles with the yogurt and strawberries and top with the Chocolate sauce.



Recipe: @lafede\_fitandmind

## Pumpkin muffins



### Ingredients

- 50 g chickpea flour
- 150 ml water
- 5 g extra virgin olive oil
- 140 g cooked pumpkin
- 3 g yeast
- grated cheese to taste
- salt
- chives
- chia seeds
- Callowfit Tasty Toscana

### Preparation

Mix the chickpea flour with salt and water, and beat until the lumps disappear. Bake the pumpkin in the oven, or steam it. Once cooked, mash the pumpkin with a fork, then add the chickpea mixture. Keep stirring well. Add the olive oil and chives to taste. Add the yeast. Mix well and put the mixture in muffin tins greased with oil or lined with baking paper. Fill the moulds slightly more than half full, add a teaspoon of cheese and cover with a little dough. Finish with some chives and chia seeds and bake in the oven at 220°C for 20-25 minutes. Once baked, you can serve the muffins with the Tasty Toscana sauce for a hint of the Mediterranean.





# Chickpea blondies with white chocolate

Recipe: @marloes.wessels

← Get to know her at page 36

## Ingredients

400 g canned chickpeas  
100 g almond flour  
3 eggs  
150 g whole/low-fat quark  
2 tsp baking powder  
80 g white chocolate drops  
40 g pistachio nuts  
Callowfit Salty Caramel

## Preparation

Preheat the oven to 180 °C. Peel the pistachio nuts and chop in half. Rinse the chickpeas. Put the chickpeas, almond flour, eggs, quark and baking powder in the blender and mix into a smooth batter. Fold the white chocolate drops into the batter together with 2 tablespoons of Callowfit Cookies & Cream Style sauce. Line the baking tin with baking paper, then pour the mixture in. Garnish with pistachio nuts. Place the blondie in the middle of the oven and bake for 30 minutes at 180 °C. Remove the blondie from the oven and allow to cool briefly. Decorate the blondie with thin lines of Callowfit Salty Caramel sauce. Cut the blondie into pieces and enjoy!



# Quesadillas

Recipe: @jessica\_lazyfitgirl

## Ingredients

2 wholegrain wheat wraps XL  
2 eggs  
2 mushrooms  
½ courgette  
1 tomato  
1 red pointed pepper  
Grated mozzarella  
Garlic heaven herbs  
fresh coriander  
cooking spray  
½ avocado  
2 snack tomatoes  
Lime juice  
fresh coriander  
Callowfit Tasty Toscana

## Preparation

Clean the mushrooms, then slice the mushrooms, the half courgette and the tomato thinly. Finally, clean the pointed pepper and cut it into small cubes. Beat the eggs and add the herbs to taste. Spray some cooking spray in a frying pan at least as large as the wraps, and fry the mushrooms and courgette until brown on both sides

Add the pointed pepper, then carefully pour the beaten eggs over it. Spread the tomato slices over the top followed by half the cheese, then cover with 1 wrap. Leave on a low heat until solid enough to be turned over. Tip! Place a plate upside down on your wrap, and turn the pan over. You can then slide the wrap back into the pan the other way up. Spread the other half of the cheese over the new top, and place the second wrap on top. Melt the cheese again on low heat. As soon as the bottom of the wrap is nicely brown, turn it over as before and bake the other wrap until nice and brown.

While you let it cool a little, make the guacamole. Mash the avocado, cut the tomatoes into small pieces and chop the fresh coriander. Mix everything together and squeeze in a little lime juice. Top with some fresh coriander to finish. Cut the quesadillas into 8 wedges, and serve with the guacamole and Tasty Toscana sauce.









# Vegetarian low-carb mango curry with nut-cauliflower rice

Recipe: @mijnketoeken.nl

↩ Get to know her at page 38

## Serves 2

100 g tinned jackfruit  
60 ml Callowfit Curry Mango Style  
5 ml lime juice  
3 g sambal  
75 g courgette  
35 g large carrots  
35 g mushroom  
25 g red bell pepper  
5 g fresh garlic  
150 g cauliflower  
50 g mixed nuts  
10 g whole flax seed  
15 ml mild olive oil  
120 ml coconut milk  
salt and pepper  
turmeric  
ground coriander  
onion powder  
garlic powder  
curry powder  
extra sambal if desired

## Preparation

Make a marinade from the Callowfit Curry Mango Style sauce, lime and sambal and place the jackfruit in it. Cover with cling film and put in the fridge for at least 2 hours.

Cut the carrot and bell pepper into strips and slice the courgette and mushrooms. Squeeze the garlic. Heat the olive oil in a wok. First fry the carrot for a few minutes, then add the rest of the vegetables and the garlic. Season with salt, pepper and turmeric.

Add the marinated jackfruit and fry for a few more minutes on medium heat. Deglaze the curry with the coconut milk. Reduce the heat until the vegetables are al dente. If you like your curry spicy, add some sambal.

To make the nut-cauliflower rice, grate or grind the cauliflower into rice. Chop the nuts finely and add them and the flax seed to the rice. Heat a frying pan and fry the rice for 3/4 minutes. While frying, add some salt, ground coriander, garlic powder and curry powder. Serve the rice and curry sauce on a plate and top with some chopped parsley and a slice of lime. You can replace the jackfruit with chicken if you prefer - the rest of the recipe is the same.



Recipe: @marco.fitfood

## Feta with sesame & poppy seeds



### Ingredients

200g feta  
½ avocado  
Sesame seed  
poppy seeds  
Callowfit Sweet Chili

### Preparation

Cut the block of feta in half. Dip in the Callowfit Sweet Chili, then in the sesame and poppy seed mix, so that the seeds stick well to the cheese all around. Bake in the oven for 25 minutes at 180 °C until golden brown. Enjoy your meal!



Recipe: @Doof\_fam\_hajou

## Toast with crab salad



### Ingredients

- 1 of your favourite baguettes
- 4 crab sticks
- 1 tbsp Callowfit Mayo Style
- 1 tbsp Callowfit Curry Mango Style
- small shallot, chopped
- 1 lime
- ¼ cucumber
- salt and pepper

### Preparation

Cut the baguette into slices (toast if necessary). Place the slices on a nice board or bowl. Finely chop the crab sticks and cucumber. Mix together with the Mayo Style, Curry Mango Style and the chopped shallot. Squeeze half a lime over the mix. Add some salt and pepper and mix well again. Spoon the salad onto the slices of baguette. Garnish with a piece of lime and a few drops of Curry Mango Style sauce.



## **Dear Callowfit fan,**

It's clear that Callowfit consumers are trying to eat more healthily, for whatever reason, but they still appreciate tasty food. As all of our sauces contain 0% fat and no added sugars, it's no wonder they're gaining ground with consumers worldwide.

These consumers enjoy our sauces so much that they increasingly share their unique recipes with us. Our "Callowfit fans" share their creations every day, in fantastic posts, often with all kinds of compliments. We're really happy that they've taken this initiative! Their enthusiasm has prompted us to once again compile the best of these recipes and photos in a recipe book.

We hope you enjoyed this compilation and that it inspires you to create lots of amazing, delicious dishes.

### **This tastes like more...**

We'd like to thank everyone for submitting so many remarkable and tasty recipes, including the accompanying photos and tips. Great stuff! We're really proud that our sauces are used to create so many stunning dishes.

If you too would like to share your cooking skills with the rest of the world in a following edition, please continue to share your delectable creations and experiments with us. We're thrilled to receive so many images of your dishes, but don't forget that photos of yourself, your kitchen and your environment are just as interesting!

Please e-mail everything to [fanzone@callowfit.com](mailto:fanzone@callowfit.com).

**So join in, & send us an e-mail!**

## A word of thanks

We couldn't have made this book without our loyal fans. Thanks so much for your enthusiasm and yummy recipes! Our special thanks go to the creators of the recipes in the book:

@mooibeterleven

@femmfoodielicious

@amrap\_photography

@marloes.wessels

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