

*The*  
**Fit** *for* **Golf**  
**RECIPE BOOK**

*Fit For Golf - Fit For Life*



M I C H A E L C A R R O L L

# Breakfast



Whether you're looking for a quick bite, or something to fuel you for a day of intense activity, there are a number of breakfast options to suit you!

If you're going to be taking it easy, I suggest one of the egg based high protein and low calorie breakfasts. Preparing for an intense workout, or have a very high activity level? Then you may benefit from the extra carbohydrate in one of the oat based options!

With the variety provided it's easy to switch up your choices based on your goals, and what the day is going to throw at you.

## Greek Yogurt Bowl



### Calorie & Macro Breakdown

Calories	410
Protein	26g
Carbohydrate	55g
Fat	34g

### **Ingredients:**

170g yoghurt  
25g oats  
1 teaspoon chia seeds  
15g mixed nuts  
100g fruit: strawberries, blueberries, half banana

### **Method:**

1. Place yoghurt in a bowl.
2. Add toppings.

## Apple & Cinnamon Porridge Bowl



### Calorie & Macro Breakdown

Calories	571
Protein	20g
Carbohydrate	69g
Fat	27g

### **Ingredients:**

½ cup oats  
1 cup milk  
1 tsp Almond butter  
½ tsp cinnamon  
Half a banana, sliced  
Half an apple, sliced  
10g walnuts

### **Method:**

1. Place oats, milk and cinnamon in a pan over a medium heat.
2. Stir until milk has been absorbed.
3. Alternatively place in the microwave for 2-3 minutes, stirring after every minute.
4. Pour porridge into a bowl and add toppings.

## High Protein Berry Smoothie



### Calorie & Macro Breakdown

Calories	532
Protein	37g
Carbohydrate	66g
Fat	15g

### **Ingredients:**

Ice cubes  
1 cup frozen berries  
1/3 cup of oats  
25g scoop whey protein powder ([LINK](#))  
Half a banana  
1 tsp chia seeds  
250ml milk

### **Method:**

1. Place all ingredients into a nutri bullet/blender and blitz until smooth.

## Chocolate & Peanut Butter Overnight Oats



### Calorie & Macro Breakdown

Calories	486
Protein	37g
Carbohydrate	42g
Fat	20g

### **Ingredients:**

- ½ cup of oats
- 1 cup of milk
- 1 scoop of chocolate whey protein powder ([LINK](#))
- 1 tbsp peanut butter

### **Method:**

1. Mix all ingredients until well combined.
2. Place in a jar/bowl and put into the refrigerator overnight.
3. Enjoy the next morning.

# Protein Pancakes



Calorie & Macro Breakdown per serving (based on 2 servings)

Calories	336
Protein	31g
Carbohydrate	25g
Fat	12g

## **Ingredients:**

Oats 40g  
2 eggs  
2 x 25g scoops chocolate whey protein ([LINK](#))  
1 tsp chia seeds  
100ml milk  
2tbsp fat free greek yogurt  
1/3 cup blueberries

## **Method:**

1. Mix all dry ingredients in a large bowl.
2. Add milk and eggs and mix thoroughly.
3. Put olive oil in a pan on medium to high heat and add batter in small circles. You may have to cook these one at a time. Cook for 60-90 seconds each side.
4. Serve warm with a dollop of yoghurt and some berries.

## Veggie Omelette



### Calorie & Macro Breakdown

Calories	372
Protein	26g
Carbohydrate	6g
Fat	27g

### **Ingredients:**

4 eggs  
¼ Red onion  
½ Tomato  
½ Bell pepper  
1 tsp olive oil  
Salt,pepper

### **Method:**

1. Chop up veggies of your choice. Onions, bell peppers, tomatoes and mushrooms are all good.
2. Heat oil in a pan on medium heat, add veggies and fry for 3-4 minutes.
3. Crack 4 eggs into a jug/cup and whisk. Season with salt and pepper.
4. Pour into the pan with the veggies and cook on a low-medium heat for 3-4 minutes.
5. Place under the grill to cook the top for a further 3-4 minutes.

## Veggie Breakfast Burrito



### Calorie & Macro Breakdown

Calories	587
Protein	32g
Carbohydrate	55g
Fat	51g

### **Ingredients:**

3 eggs  
¼ onion  
¼ red pepper  
½ tomato  
½ cup black beans  
½ avocado  
15g Shredded Cheese  
Whole wheat tortilla wrap

### **Method:**

1. Chop up onion, pepper and tomatoes. You can use whatever veggies you like for this.
2. Crack eggs into a container and whisk. Add the eggs to the veggies. Fry in a pan for a few minutes.
3. Add cheese and season to taste.
4. Heat the black beans in a separate pan as sometimes the juice causes the eggs to split.
5. Heat the tortilla wrap in the microwave for 10 seconds
6. Place egg mix, beans and chopped avocado in the centre of the wrap.
7. Fold in each side and then roll up making sure it is wrapped tightly.
8. Cut in half and enjoy.

# Smoked Salmon & Eggs



## Calorie & Macro Breakdown

Calories	304
Protein	28g
Carbohydrate	5g
Fat	18g

### **Ingredients:**

Handful of spinach  
3 eggs  
6 cherry tomatoes  
30g smoked salmon

### **Method:**

1. Crack eggs into a container. Season with salt and pepper.
2. Heat oil in a pan and add eggs.
3. Swipe a spatula around the corners of the pan. Continue until cooked through.
4. Fry cherry tomatoes in a separate pan until blistered.
5. Place spinach in a bowl, add scrambled eggs and stack smoked salmon on top. Add cherry tomatoes and enjoy.

# Egg Muffins



## Calorie & Macro Breakdown (per 3 muffins)

Calories	248
Protein	18g
Carbohydrate	18g
Fat	2g

### **Ingredients:**

6 eggs (1 per muffin slot)  
Half bell pepper, finely diced  
¼ Onion, finely diced  
Spinach, chopped  
Salt, pepper to taste

### **Method:**

1. Preheat oven to 350F/175C
2. Lightly grease a muffin pan.
3. Crack and whisk eggs in a container, add veggies, salt and pepper and whisk thoroughly.
4. Pour into the greased muffin tray and bake for 15/20 minutes or until the egg is completely set.
5. Let them cool for a few minutes before popping them out.
6. These hold great in the refrigerator.

## *Lunch & Dinner*



Turkey lasagne, pitta bread pizzas, curried chicken salads, breaded cod...plus a whole lot more. Regardless of your preferences there is a huge selection of delicious recipes that are simple to prepare and cook in this section.

# Turkey Lasagne



Calories & Macro Breakdown per serving (based on 8 servings)

Calories	340
Protein	26g
Carbohydrate	37g
Fat	9g

## **Ingredients:**

1 onion, diced  
2 garlic cloves  
40g white mushrooms, sliced  
Handful of spinach, chopped  
540g ground turkey  
2 tsp tomato puree  
Fresh basil, plus extra for garnish  
½ tsp oregano  
1 tsp worcestershire sauce  
2 tins/cans of chopped tomatoes  
2 tins/cans of crushed tomatoes / passata  
10-12 dry pasta sheets  
40g mozzarella  
Salt, pepper

## **Method:**

1. Heat oil in a large pot and fry off onions for 2-3 minutes.
2. Add garlic and mushrooms, cook for another minute.
3. Toss in the ground turkey and cook for 4-5 minutes, making sure to break up the meat and stir.
4. Mix in the tomato puree and cook for another minute.
5. Stir in basil, oregano and worcestershire sauce.
6. Toss in the diced and crushed tomatoes.
7. Add in the chopped spinach, season to taste and simmer on low for 1 hour.
8. Preheat oven to 200C/400F
9. Layer up your lasagne, starting and finishing with a meat layer. Top with small chunks of fresh mozzarella
10. Lightly cover with tin foil/aluminium foil and bake for 45 minutes.
11. Remove the foil and bake for another 10-15 minutes or until golden in colour and bubbling inside.

12. Let rest for a few minutes and serve with a salad.

# Beef Chilli



Calorie & Macro Breakdown per serving (based on 6 servings)

Calories	326
Protein	31g
Carbohydrate	28g
Fat	10g

## **Ingredients:**

- 1lb / 454g 90% lean ground beef
- 1 onion
- 3 peppers - (green, red, yellow)
- 2 garlic cloves
- 1 courgette
- 1 tsp chilli powder
- 1 tsp cumin
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 can tinned tomatoes
- 2 cans crushed tomatoes
- 1 can kidney beans
- 1 can black beans

Optional toppings: Sour cream, grated cheese.

## **Method:**

1. Heat oil in a large pot over a medium heat.
2. Add onion and sweat for about 3-4 minutes.
3. Add garlic, peppers and courgettes and cook for 2 minutes.
4. Add in the beef and cook until brown. Strain out any fat.
5. Mix in tomato puree and spices.
6. Add in your tinned chopped tomatoes. Simmer for 15 minutes.
7. Add in the beans and simmer for another 5 minutes.
8. Top with cheese, sour cream and fresh coriander

# **Baked Lemon & Garlic Salmon with Roast Potatoes & Green Beans**



## Calorie & Macro Breakdown

Calories	484
Protein	44g
Carbohydrate	29g
Fat	22g

### **Ingredients:**

1 salmon dame  
1 potato  
50g green beans  
1 garlic clove,minced  
Slice of lemon  
Parsley, chopped

### **Method:**

1. Preheat oven to 200C/400F and place a tray with olive oil inside.
2. Peel and cut potato into wedges. Place in a pot with cold water and bring to the boil. Boil for 2-3 minutes.
3. Drain potatoes and put them onto the hot tray. Season with salt and pepper and roast in the oven for 15 minutes.
4. Place salmon and green beans on a tray (you can use the same tray that the potatoes are on) and drizzle with some olive oil.
5. Rub garlic and parsley onto salmon and season with salt and pepper. Place lemon wedge on top of the salmon.
6. Place in the oven and cook for another 10-12 minutes

## Tuna Cakes with Lemon & Garlic Dip



Calorie & Macro Breakdown per serving (based on 2 servings)

Calories	419
Protein	57g
Carbohydrate	9g
Fat	17g

### **Ingredients:**

For the tuna cakes:

2 cans tuna  
¼ Red onion, finely chopped  
1 celery stick, finely chopped  
Fresh parsley, chopped  
Juice and zest of 1 lemon  
4 tbsp ground almonds  
¼ tsp paprika  
¼ tsp chilli powder  
salt, pepper

For the lemon and garlic dip:

1 tbsp natural yoghurt  
Juice of 1 lemon  
¼ tsp garlic powder  
Fresh chives, chopped

### **Method:**

1. Mix everything for the tuna cakes in a large mixing bowl until well combined.
2. Shape into 4 patties.
3. Heat oil in a pan, add patties and fry on medium to high heat for 4-5 minutes on each side or until golden brown and crispy.
4. Mix yoghurt with lemon juice, garlic powder and fresh chives.
5. Serve tuna cakes with lemon and garlic dip and a side salad.

## Pitta Pizzas



### Calorie & Macro Breakdown

Calories	545
Protein	53g
Carbohydrate	28g
Fat	18g

### **Ingredients:**

- 1 wholegrain pitta
- 1 tsp tomato puree
- 10g shredded cheddar
- 10g mozzarella
- Shredded cooked chicken
- Chopped tomatoes
- 1 tsp pesto

### **Method:**

1. Spread tomato puree on pitta bread.
2. Add the cheese, chicken and tomatoes.
3. Grill on high for a few minutes or until the cheese has melted
4. Remove and dollop pesto on top.
5. Serve immediately.
6. Alternatively skip the chicken for a veggie version and add extra veggies.

## Chicken Bruschetta



Calorie & Macro Breakdown per serving (based on 2 servings)

Calories	361
Protein	54g
Carbohydrate	4g
Fat	13g

### **Ingredients:**

2 chicken breasts  
1 tomato  
¼ red onion  
Fresh Basil  
1 tsp balsamic vinegar  
1 tsp olive oil  
Salt,pepper

### **Method:**

1. Preheat oven to 220C/425F
2. Drizzle olive oil over chicken and season with salt and pepper.
3. Heat oil in a pan and add chicken breasts, sear for 2 minutes on each side. Place onto a tray and put into the oven for about 15-18 minutes or until cooked through.
4. Meanwhile, make the bruschetta mix. Chop tomatoes, red onion and basil and mix in a bowl. Toss with balsamic vinegar and season with salt and pepper.
5. Once chicken is cooked, serve hot or cold with bruschetta mix.

## Steak & Chimichurri Sauce



### Calorie & Macro Breakdown

Calories	503
Protein	46g
Carbohydrate	3g
Fat	34g

### **Ingredients:**

Small bunch of parsley  
½ shallot  
1 garlic clove  
2 tbsp olive oil  
1 tsp red wine vinegar  
Juice ½ lemon  
Salt, pepper  
10 oz Ribeye or Sirloin steak

### **Method:**

1. To make the chimichurri, blitz parsley, shallot and garlic in a food processor. Add oil, vinegar and lemon and blitz to a sauce consistency and season to taste. Alternatively chop everything finely and mix together.
2. Heat a pan on high. Rub oil, salt and pepper on steak and sear on both sides for about 2-3 minutes or until done to your liking.
3. Let the steak rest for a few minutes to allow the juices to soak back in.
4. Slice steak and spoon over some of the sauce.
5. This is great with a salad or veggies and the leftover sauce will last up to 5 days refrigerated.

## Curried Chicken Salad with Apples & Raisins



### Calorie & Macro Breakdown

Calories	470
Protein	63g
Carbohydrate	39g
Fat	6g

### **Ingredients:**

- 1 cooked chicken breast
- 2-3 tbsp Fat free plain yoghurt
- 1 tsp curry powder
- Handful of raisins
- ½ Apple, chopped

### **Method:**

1. Dice up the cooked chicken and place in a large mixing bowl.
2. Add all ingredients and mix until well combined.
3. Serve with a salad or in a sandwich.

## Baked Chilli & Eggs



Calorie & Macro Breakdown per serving (based on 2 servings)

Calories	405
Protein	37g
Carbohydrate	2g
Fat	26g

### **Ingredients:**

Chilli mix (see previous recipe for beef chilli)

4 eggs

10-20g grated cheese

### **Method:**

This is a great way to use up any leftover chilli and can be eaten for breakfast, lunch or dinner.

1. Turn on the grill to high.
2. Heat a small bit of olive oil in a pan and add chilli, the amount will depend on how many people you want to serve.
3. Heat on low-medium for a few minutes.
4. Spread the chilli to make little sockets for the eggs.
5. Crack eggs into the sockets and place under grill until eggs are cooked.
6. Add cheese and grill for another minute

## Baja Bowl



### Calorie & Macro Breakdown

Calories	597
Protein	66g
Carbohydrate	66g
Fat	7g

### **Ingredients:**

1 Medium Chicken Breast (170g)  
½ tsp chilli powder  
½ tsp cumin  
½ tsp paprika  
½ tsp garlic powder  
Juice of half a lime  
¼ red bell pepper, sliced  
¼ yellow bell pepper, sliced  
½ cup uncooked rice  
½ cup black beans  
1 tomato  
½ red onion  
Handful of mixed leaves  
Fresh coriander, chopped  
Chilli Flakes

### **Method:**

1. Rinse rice in cold water and drain (this removes some of the starch which prevents it from becoming too sticky)
2. Pour enough water to rise about an inch over the rice.
3. Bring to the boil and then reduce to a simmer for 10-12 minutes. The rice should soak up all the water without being overcooked.
4. Heat oil in a pan on medium to high heat. Add in your sliced chicken and fry. Add spices and a squeeze of lime juice. Cook through.
5. Slice peppers diagonally and fry in a pan with some oil.
6. Heat black beans in a pan on a low heat.
7. To make the pico de gallo/salsa, chop red onion, tomato and coriander and mix. Season with salt and pepper.
8. Add everything to a bowl. Sprinkle chilli flakes on top and garnish with a lime wedge.

## Chicken Korma



### Calorie & Macronutrient Breakdown

Calories	641
Protein	63g
Carbohydrate	40g
Fat	24g

#### **Ingredients:**

- 1 onion
- 1/2 inch ginger finely chopped
- 3 garlic cloves
- 2 cardamom pods, crushed
- 1 tbsp garam masala
- 1 tsp cumin
- 1 tsp chilli powder
- 1 tsp ground all spice
- 1 tsp paprika
- 1 tsp turmeric
- 2 tbsp tomato puree
- 4 whole cloves
- 250ml chicken stock
- 50g ground almonds
- 1 handful flaked almonds
- 2 tbsp non fat greek yogurt
- 1 can lite coconut milk
- 1 cup basmati rice
- 3 medium chicken breasts (170g each)

#### **Method:**

1. Heat oil in a large pot. Add onions and cook for a few minutes.
2. Add minced garlic and ginger. Cook for another minute.
3. Add sliced chicken and cook for 4-5 minutes
4. Add in spices, cloves and crushed cardamom.
5. Stir in tomato puree and ground almonds.
6. Pour in 250ml chicken stock and simmer for 20 minutes.

7. Add coconut milk and yoghurt and simmer on a very low heat for 5 minutes.
8. Meanwhile cook the rice.
9. Place in a bowl, add the creamy korma and top with flaked almonds

# Beef Burger



## Calorie & Macro Breakdown

Calories	660
Protein	58g
Carbohydrate	33g
Fat	34g

### **Ingredients:**

180g 90% lean beef mince/ground beef  
¼ onion  
Salt,pepper  
Brioche burger bun  
Lettuce  
Tomato, slice  
Red onion, slice  
1 tsp chipotle mayo  
Cheese, slice

### **Method:**

1. Dice onion finely and add to the ground beef.
2. Roll into a ball and then flatten in the centre to make a burger pattie. Cover and refrigerate for 30 minutes to firm up.
3. Heat oil in a pan, add burger and cook for about 5 minutes on each side on medium to high heat or until cooked to your liking.
4. Once cooked, turn off the heat, place the cheese on top to melt and let rest for a few minutes.
5. Toast the burger bun, spread the chipotle mayo (You can make this yourself by mixing 2 tbsp mayo with ½ tsp canned chipotle peppers)
6. Add lettuce, tomato and red onion, place burger on top and serve.

## Baked Cod with Pea Puree & Fries



### Calorie & Macro Breakdown

Calories	644
Protein	59g
Carbohydrate	32g
Fat	18g

### Ingredients:

2-3 Cod fillets, cut into strips  
50g flour  
1 egg, whisked  
50g Ground almonds  
1 tsp garlic powder  
½ tsp parsley  
½ tsp lemon pepper  
1 potato, cut into skinny fries  
200g frozen peas  
150ml vegetable stock  
½ onion, diced  
1 garlic clove  
Salt, pepper  
1 tbsp olive oil

### Method:

1. Preheat oven to 200C/400F
2. Place the fries on a tray and drizzle some of the olive oil on top. Season with salt and pepper. Toss the fries and bake for 20-25 minutes.
3. Get three mixing bowls. Place the flour in one, egg in the next and the ground almonds, garlic powder, parsley, lemon pepper and some salt in the last and mix.
4. Coat the cod fillets in flour, egg and then the ground almond mix, in this order, making sure the fish is evenly coated.
5. You can either fry the fish tenders in a pan with some oil or place in the oven and bake for 10-12 minutes, depending on the size of your fish.
6. To make the pea puree, fry the onion in a pot and add the garlic, peas and vegetable stock. Boil on a medium heat for 5 minutes. Let it cool slightly and then blitz in a blender or with a handheld blitzer. You may not need to use all of the stock depending on your preferred texture.
7. Serve with a slice of lemon.

# Snacks



High quality snacks are useful for filling the gaps between meals for active people. Whether you need something to bring to the course to keep you going down the back nine, fuel up before or recover after a workout, or just keep hunger at bay during the work day these have you covered.

# Protein Banana Nut Bread



## Calorie & Macro Breakdown Per Slice (10 slices)

Calories	220
Protein	8g
Carbohydrate	17g
Fat	15g

### **Ingredients:**

- ¼ cup almond flour
- 50g chocolate whey protein ([LINK](#))
- ¼ cup cane sugar (or alternative sugar)
- 2 tsp cinnamon
- 1 ½ tsp baking soda
- Pinch of salt
- 2 eggs
- 1 ½ tsp vanilla
- 2 bananas (ripe)

### **Method:**

1. Pre heat oven to 330F/165c
2. Line a bread tin with greaseproof paper and lightly oil with extra virgin olive oil
3. In one bowl mix the protein powder, flour, sugar, cinnamon, baking soda, and salt.
4. In a separate bowl mix the eggs, coconut oil, and vanilla. Add in the banana, mash thoroughly, and mix everything together into a paste.
5. Add the contents of the dry bowl into the wet bowl and mix everything together thoroughly.
6. Pour into bread tin and level off.
7. Place in the bottom or middle shelf of the oven for approximately 55 mins.
8. Bake until the outside is golden brown. Stick a knife into the centre of the loaf, when it comes out clean it is fully cooked.
9. Leave to cool for approximately 30 minutes before slicing.

## Chocolate Orange Energy Bars



Calorie & Macro Breakdown per  
bar (based on 12 bars)

Calories	147
Protein	6g
Carbohydrate	10g
Fat	10g

### **Ingredients:**

1 cup of oats  
50g Chopped nuts  
50g chocolate protein powder ([LINK](#))  
2 tbsp coconut oil, melted  
3 tbsp almond butter  
1 tbsp honey  
100g dark chocolate, melted  
Juice and zest of 1 orange

### **Method:**

1. Preheat oven to 180C/360F.
2. Toast oats and nuts for 2-3 minutes. Once toasted add to a heat proof mixing bowl.
3. In a pot heat coconut oil, almond butter, honey and dark chocolate until melted.
4. Add the zest and juice of orange, pour wet ingredients into dry ingredients and mix thoroughly.
5. Tip into a small lightly greased dish and press down.
6. Refrigerate for at least 2 hours, cut and enjoy.

## Sticky Pr-Oat Bars



Calorie & Macro Breakdown per  
bar (12 bars)

Calories	128
Protein	8g
Carbohydrate	10g
Fat	6g

### **Ingredients:**

160g oats

3 x 25g scoops chocolate whey protein (you can try other flavours too) ([LINK](#))

40g finely chopped walnuts & almonds

½ can (200ml) lite coconut milk

4 tablespoons natural peanut butter (choose nutty or creamy based on preference)

### **Method:**

1. In a large dry bowl thoroughly mix oats, protein powder, and chopped nuts
2. Put a hob on low heat and mix coconut milk and peanut butter until it forms a paste
3. Pour paste into dry bowl and mix everything together. Ensure it's well mixed.
4. Place some tinfoil on a baking tray and lightly line it in extra virgin olive oil. This will prevent the mixture from sticking to the foil or tray.
5. Flatten the mixture onto the tray so the bars are at the depth you desire. I place a layer of cling film over the mixture before flattening with my hands. This prevents the mixture from sticking to your hands.
6. Once flattened, you can leave the cling film covering the bars and place the tray in the fridge for 2-3 hours.
7. Cut to desired size and place in a lunch box / tupper ware

## Trail Mix



Calorie & Macro Breakdown per serving (8 servings)

Calories	140
Protein	3g
Carbohydrate	8g
Fat	11g

### **Ingredients:**

40g chopped almonds  
40g chopped walnuts  
40g cashews  
30g cranberries  
15g sesame seeds  
20g dark chocolate

### **Method:**

1. Turn the grill on high.
2. Place almonds, walnuts and cashews on a tray and toast under the grill for a few minutes.
3. Remove and cool for a few minutes, then put into a mixing bowl.
4. Add cranberries, sesame seeds, dark chocolate and mix.
5. You can also add cinnamon or nutmeg to add more flavour

## Wake Me Up Smoothie



### Calorie & Macro Breakdown

Calories	407
Protein	27
Carbohydrate	52
Fat	8

### **Ingredients:**

4 Ice cubes  
25g protein powder ([LINK](#))  
1/3 cup oats  
1 banana  
1 tsp almond butter  
100ml brewed cold coffee  
80ml Fat free milk

### **Method:**

Place everything in a blender and blitz until smooth.

## Curried Carrot Soup



Calorie & Macro Breakdown per serving (based on 4 servings)

Calories	111
Protein	3g
Carbohydrate	26g
Fat	0g

### **Ingredients:**

1lb carrots  
1 white onion  
2 garlic cloves  
2 medium potatoes  
1tbsp curry powder  
1/2 tsp cumin  
1/2 tsp ground coriander  
500ml vegetable stock

### **Method:**

1. Roughly chop all vegetables.
2. Sweat off onions for 3-4 minutes.
3. Add garlic and sweat for another minute.
4. Add in your carrots and potatoes.
5. Stir in curry powder, cumin and ground coriander
6. Add vegetable stock to the pot and mix.
7. Simmer for about 15-20 minutes.
8. Blitz to your preferred consistency, you may need to add more water depending on preference.
9. Season to taste.