

Classic Peanut Butter Banana Smoothie

- 1 banana, frozen
- 1 cup milk of choice
- 2 tbsp. peanut butter
- 6 ice cubes
- 1 tsp. vanilla extract



Instructions:

Combine all ingredients in a blender and blend until smooth. Add more ice or liquid to get to desired thickness.

Serves 1

Nutrition Facts (for entire recipe):

Calories: 400

Protein: 18g

Carbohydrates: 40g

Fat: 21g

The classic peanut butter banana smoothie is a filling choice for a breakfast as you run out the door! This smoothie is sweet with a touch of saltiness from the peanut butter and the healthy fats will fill you all the way into the afternoon! Did you know that the fats coming from peanuts are considered mostly mono unsaturated and are considered 'heart-healthy' and an incredible source of Vitamin E, niacin, and folate?!

Apple Crisp Smoothie

- 1 apple, cored
- ½ frozen banana
- 1 tsp. cinnamon
- ½ cup milk of choice
- 1 tbsp. peanut butter
- ¼ cup rolled oatmeal



Instructions:

Core and cube the apple. Combine all ingredients in a blender and blend until smooth. Add more ice or liquid to get to desired thickness.

Serves 1-2

Nutrition Facts (for entire recipe):

Calories: 410

Protein: 16g

Carbohydrates: 62g

Fat: 10g

The skin of an apple offers a high dose of Vitamin C and Vitamin A, so make sure you include the skin in the smoothie! With a touch of sweet and cinnamon, this makes a perfect pre-practice snack or breakfast to go in the morning.

Egg Muffins

- 12 whole eggs
- ¼ cup milk of choice
- 1 small sweet potato
- 1 red bell pepper
- 2 handfuls spinach
- 12 cherry tomatoes
- ¼ cup feta crumbles
- Salt and pepper to taste



Instructions:

Pre-heat oven to 350. Whisk together eggs and milk in a large mixing bowl. Grate the sweet potato using a box grater and divide evenly into the bottom of 12 lightly greased muffin tins. Pack the sweet potato down lightly. Chop the red pepper and spinach into small pieces. Add chopped veggies and salt and pepper into the egg mixture and mix well. Top the grated sweet potato with 1 small cherry tomato in each tin. Pur the egg mixture evenly into the 12 tins making sure to fill ¾ of the way up. Sprinkle feta over the top evenly. Bake for about 15 minutes or until eggs start to become golden and are cooked thoroughly.

Makes 12 muffins

Nutrition Facts (per muffin):

Calories: 90

Protein: 7g

Carbohydrates: 3g

Fat: 5g

Enjoy a protein packed breakfast on the go all week long with these egg muffins. In less than 30 minutes, you can streamline your mornings and have a filling breakfast ready for the week! Eggs offer a great source of protein to keep you feeling fuller and energized through the morning.

Oatmeal Muffins

- 3 cups rolled oatmeal
- 2 eggs
- 2 tsp. baking soda
- 2 tsp. cinnamon
- ¾ cup milk of choice
- 1 ripe banana
- 1 apple
- ½ tsp. salt
- Optional: brown sugar, maple syrup, or honey to add more sweetness to taste



Instructions:

Pre-heat oven to 350 and lightly grease a muffin tin. In a large mixing bowl, combine oats, cinnamon, and salt. In a separate bowl, whisk eggs, milk, and mashed ripe banana together until combined. Add egg mixture to the oats and mix until a batter is formed. Evenly distribute the oatmeal mixture into the muffin tin, filling each one about ¾ full. Top each muffin with a few pieces of one chopped apple. Bake 15-18 minutes until the muffins have set and are beginning to turn slightly golden and the apples have cooked through. Allow to fully cool before removing from the tray and storing (in refrigerator for best freshness).

Makes 12 muffins

Nutrition Facts (per muffin):

Calories: 110

Protein: 4g

Carbohydrates: 18g

Fat: 2g

Each of these muffins are packed with healthy grains that give your body and mind the fuel it needs to power through your busy day.