

Chai Banana Smoothie

- 1 large banana, frozen
- ½ cup plain yogurt
- Chai tea leaves (1 tea bag)
- 1 tsp. vanilla extract
- ¼ tsp. ground cinnamon
- 1 cup milk of choice (skim, low-fat, almond, etc.)
- 1 tbsp. maple syrup
- Optional: 1 scoop protein powder



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; without protein powder):

Calories: 325

Protein: 25g

Carbohydrates: 49g

Fat: 3g

Whip up this creamy, protein-filled smoothie that is naturally gluten-free in just 5 minutes before starting your day! Chai tea adds a spiced flavor that is said to enhance the immune system, fight inflammation, and has antioxidant properties.

Green Monster Smoothie

- 1 large banana, frozen
- ½ cup mixed frozen berries
- 1 tbsp. flaxseed meal (optional)
- 1 heaping tbsp. peanut butter
- ½ - ¾ cup milk of choice (skim, low-fat, almond, etc.)
- 2 cups fresh spinach



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: 310

Protein: 11g

Carbohydrates: 40g

Fat: 10g

Get a serving of fruits and veggies with the Green Monster Smoothie!

Spicy Roasted Chickpeas

- 1 (15 oz.) can of chickpeas
- 1 tbsp. olive oil
- ¼ tsp. cayenne pepper
- ¼ tsp. salt
- ½ tsp. paprika
- ¼ tsp. garlic powder



Instructions:

Pre-heat oven to 375. Rinse and drain the chickpeas. Toss chickpeas in a bowl with oil and spices until evenly coated. Roast the chickpeas for 35-40 minutes until lightly brown and crunchy. Allow to cool completely and keep refrigerated for optimal freshness.

Makes 4 snack sized servings

Nutrition Facts (per serving):

Calories: 160

Protein: 7g

Carbohydrates: 22g

Fat: 2g

Enjoy these crunchy, savory treats on top of a salad or on their own as a satisfying afternoon snack. Chickpeas, also known as Garbanzo beans, offer 7 grams of protein and 5 grams of fiber in a half serving, keeping you fuller longer.

Apple Pie Protein Bars

- 3-4 cups rolled oats (for oat flour)
- ½ cup vanilla protein powder
- 2 tbsp. granulated sugar
- 1 tbsp. cinnamon
- 1 tsp. nutmeg
- ¼ cup peanut butter
- ½ cup maple syrup
- ½ cup applesauce
- 2 tbsp. milk of choice



Instructions:

Line an 8x8 baking dish with wax paper and spray with cooking spray. To make the oat flour, add in roughly 3-4 cups rolled oats into a blender or food processor and process into a fine flour. Measure out 2.5 cups of the flour into a mixing bowl. Add the protein powder, sugar, cinnamon, and nutmeg and mix well. In a microwave-safe bowl, combine the nut butter and maple syrup; heat until melted and stir to combine. Pour the wet mixture into the dry and mix well. Add the applesauce and mix (batter should be crumbly). Add in one tablespoon at a time of milk mixing very well, until a thick, firm batter is formed. Transfer to the baking dish and press firmly. Refrigerate for at least 30 minutes. Keep refrigerated or frozen for best freshness.

Makes 10 bars

Nutrition Facts (per bar):

Calories: 200

Protein: 8g

Carbohydrates: 31g

Fat: 5g

Try these no-bake bars for a boost of energy before practice or a game!