

Mint Cooler Smoothie

- ½ cup non-fat plain Greek yogurt
- 1 frozen ripe banana
- ¼ cup tightly packed fresh mint leaves
- 1 cup milk of choice
- 1 cup raw spinach
- 5-6 ice cubes
- OPTIONAL: 1 tbsp. honey (sweetness)
- OPTIONAL: ¼ tsp. mint extract (minty flavor)



Instructions:

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: 350
Protein: 26g
Carbohydrates: 58g
Fat: 3g

This smoothie is cool and refreshing. Perfect for after a sweaty workout!

Strawberry and Cream Smoothie

- 2 cups fresh strawberries
- 1 cup milk of choice (almond, low fat, skim, etc.)
- 1/3 cup vanilla yogurt (one small container)
- 1 tsp. vanilla extract
- 1 tbsp. honey
- 5 ice cubes



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: 280
Protein: 17g
Carbohydrates: 53g
Fat: 3g

Try this sweet, creamy smoothie to start your day off with more than half your day of Vitamin C! Feel free to add your favorite protein powder for a bit more staying power.

5-ingredient Peanut Butter Bites

- 1 cup rolled oats
- ½ cup ground flax seeds
- 2/3 cup natural peanut butter
- 3 tbsp. honey
- ¼ cup chocolate chips



Instructions:

Mix all ingredients together well in a large bowl. Place mixture in refrigerator for a minimum of one hour. Using a spoon, scoop out and roll into balls. Bites are ready to eat. Store in the refrigerator.

Makes 15 bites

Nutrition Facts (per serving):

Calories: 130
Protein: 5g
Carbohydrates: 12g
Fat: 8g

These mini bites are perfect to pack as a snack on the go and supply a great burst of energy as a pre-game snack!

Chunky Monkey Breakfast Cookies

- 2 ripe bananas
- 1 egg
- ¼ cup dried cranberries (or raisins)
- 1/3 cup apple sauce
- 2 cups rolled oats
- 2 tbsp. maple syrup
- 1/3 cup sliced almonds
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1 tsp. vanilla extract



Instructions:

Pre-heat oven to 350 degrees. Mash bananas well with a fork in a mixing bowl. Add in egg, apple sauce, and vanilla. Mix well until combined. Add in the remaining dry ingredients and mix thoroughly. Using a tablespoon, scoop out heaping tablespoons onto a greased baking sheet. Bake for about 10 minutes or until slightly golden. Remove from the oven and carefully transfer to a cooling rack. Makes 24 small cookies.

Nutrition Facts (per serving):

Calories: 55
Protein: 1g
Carbohydrates: 8g
Fat: 1g

Enjoy a few cookies along with a protein source for a filling, healthy, on the go breakfast!