

Avocado Chocolate Smoothie

- ½ large avocado
- 1 ripe frozen banana
- 2 tbsp. unsweetened cocoa powder
- 2 tbsp. sweetener (maple syrup, brown sugar, or honey)
- ½ cup milk of choice (almond, low-fat, skim, etc.)



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: 5g
Carbohydrates: 35g
Fat: 13g

Try this super filling and creamy avocado smoothie for a breakfast that will power you through your morning with energy. Avocados supply a great dose of healthy monounsaturated fat and help keep your hormone levels healthy.

Cherry Pie Smoothie

- 1 cup frozen cherries
- ¼ cup rolled oats
- ½ cup plain or vanilla Greek yogurt
- ½ cup milk of choice (almond, low-fat, skim, etc.)
- 4 ice cubes
- 1 tbsp. maple syrup (or honey, add more or less as desired)
- 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: 375
Protein: 11g
Carbohydrates: 45g
Fat: 2g

Cherries are a super fruit filled with antioxidants that help your body's immune system stay strong. Try this smoothie for a quick breakfast that you can take to go for those crazy mornings.

No-Bake Quinoa Peanut Butter Bites

- ½ cup dry quinoa
- ¼ cup natural peanut butter
- 3 tbsp. honey
- ½ tsp. cinnamon
- ½ tsp. vanilla extract
- Pinch of sea salt



Instructions:

Cook the quinoa per instructions on the package. Allow cooked quinoa to cool in the refrigerator for about 20 minutes. In mixing bowl, combine all ingredients, stirring until thoroughly combined. With slightly wet hands, roll mixture into bite sized balls and place on wax paper over a plate. Allow bites to chill in the refrigerator or freezer for about an hour. Keep stored in the refrigerator for the best freshness.

Makes 8 bites

Nutrition Facts (per bite):

Calories: 80
Protein: 3g
Carbohydrates: 7g
Fat: 6g

Pop a few bites into a container and pack in your lunch bag for a sweet, protein-packed treat to have with lunch or as an after-school snack.

Simple Chia Pudding

- ¼ cup chia seeds
- 1 cup milk of choice (almond, low-fat, skim, etc.)
- ½ tsp. cinnamon
- Pinch of salt
- ½ tsp. vanilla extract

Instructions:

First, add the chia seeds to a jar with a lid. Next, add in your milk, cinnamon, salt, and vanilla. Stir well, top the jar, and shake well until combined. Allow to sit in the refrigerator for at least two hours or overnight while chia seeds expand and create a pudding like consistency.

OPTIONAL add-ins and toppings: handful of dried fruit or nuts, 1 tbsp. of peanut butter, sprinkle of chocolate chips, cut up fresh fruit (i.e. berries, banana, etc.)

Serves 1

Nutrition Facts

(for entire recipe, not including added toppings):

Calories: 150
Protein: 12g
Carbohydrates: 15g
Fat: 13g

Chia seeds contain a ton of good-for-you nutrients, including fiber, protein, omega-3 fatty acids, calcium, copper, phosphorus, potassium, and zinc.

