

Oatmeal Cookie Dough Smoothie

- 1 frozen banana
- ½ cup raw oats
- 1 tbsp. peanut butter (or almond butter)
- 2 tbsp. maple syrup
- 1.5 cups almond milk (or milk of choice)
- 5 ice cubes
- 1 tbsp. dark chocolate chips (and a small handful for topping)
- ½ tsp. vanilla extract
- OPTIONAL: 1 scoop of vanilla protein powder



Instructions:

Combine all ingredients in a blender and blend until smooth. Add more liquid to get to desired thickness. Top a few mini chocolate chips!
Serves 1-2

Nutrition Facts (for entire recipe):

Calories: 565

Protein: 17g

Carbohydrates: 89g

Fat: 17g

Contains 1/3 of your daily iron needs!

Mango Orange Dreams

- 1 cup frozen mango
- ½ frozen banana
- 1 (5 oz.) container of plain Greek yogurt
- ¼ cup orange juice
- 1 tbsp. almond butter (or peanut butter)
- 1 cup almond milk (or milk of choice)
- 1 tbsp. shredded unsweetened coconut
- 5 ice cubes
- OPTIONAL: 1 scoop of vanilla protein powder



Instructions:

Combine all ingredients in a blender and blend until smooth. Add more liquid to get to desired thickness.
Serves 1

Nutrition Facts (for entire recipe):

Calories: 445

Protein: 22g

Carbohydrates: 58g

Fat: 15g

Your whole day of Vitamin C in one smoothie!

Lemon Chia Seed Protein Bites

- ½ cup almond flour
- 1 scoop (30g) vanilla whey protein powder
- ½ cup melted coconut oil
- Juice from 1/4 lemon
- ½ tsp. vanilla extract
- 6 drops liquid stevia (or 2 tbsp. sugar)
- 1/8 tsp. salt
- 1 tbsp. chia seeds (or poppy seeds)



Instructions:

Measure out each ingredient and mix well in a bowl until a dough is formed. Using a tablespoon, scoop out mixture and roll into round bites. Place in refrigerator to cool for at least one hour, and keep stored in the fridge as the coconut oil can melt at higher temperatures. Enjoy!
Yields 9 servings

Nutrition Facts (per serving):

Calories: 105

Protein: 6g

Carbohydrates: 2g

Fat: 9g

These contain a filling combination of healthy fats and a dose of protein making them a perfect afternoon snack to ward off hunger and fuel you for practice. The fat from coconut oil is easily digested and immediately available for lasting energy.

Healthy Protein Brownie Bites

- ¾ cup no-salt-added canned black beans, drained and rinsed thoroughly
- 2 large eggs
- 2 tbsp. plain Greek yogurt
- 1 tbsp. coconut oil, melted
- 1 scoop (30g) vanilla whey protein powder
- 4 tbsp. cocoa powder
- 1/8 tsp. salt
- 2 tsp. vanilla extract
- ¼ cup honey
- ¼ cup dark chocolate chips or chopped chocolate bar



Instructions:

Pre-heat oven to 350 degrees. Combine dry ingredients in a bowl and mix well. Mix all wet ingredients in a separate bowl. Add wet ingredients to dry and mix well until combined. Lightly grease a mini muffin tin with a spray. Fill each muffin about ¾ of the way to the top. Bake for 15 minutes or until a toothpick comes out clean.
Makes 12-15 mini muffins

Nutrition Facts (per serving):

Calories: 90

Protein: 5g

Carbohydrates: 10g

Fat: 5g

These are a low sugar snack that will give you a boost of protein and satisfy a sweet tooth! Perfect for carrying on the go and munching on after school or after practice to help your muscles recover. Pack two up for 10 grams of easily digesting protein.