

Bites and Bars:

Healthy Energy Bites:

Ingredients:

- 1 ½ cups whole rolled oats (chopped lightly in food processor)
- 1 ½ cups rice crispy cereal
- ½ cup shredded coconut
- ¼ cup chia seeds
- ¼ cup flax seed (ground)
- ½ cup smooth peanut butter
- ¼ cup virgin coconut oil
- ¼ cup honey
- ¼ cup mini dark chocolate chips

Stir together peanut butter, coconut oil, and honey until smooth.

Combine dry ingredients in a separate bowl

Pour peanut butter mixture over dry ingredients and mix until combined.

Spray an ice cube tray with oil and press mixture into this or form small balls.

Chill/Freeze 30 minutes to set.

Place in air tight container in fridge.

Peanut Butter Pretzel Energy Bites:

Ingredients:

- 1 ½ cup rolled oats
- 1 ½ cup pretzels
- ½ cup unsweetened coconut
- ¼ cup chia seeds
- ½ cup peanut butter
- ¼ cup coconut oil, softened
- ¼ cup blue agave

Pulse the oats and pretzels in food processor one at a time.

Mix all ingredients together until combined.

Spray an ice cube tray with oil and press mixture into this or form small balls.

Chill/Freeze 30 minutes to set.

Place in air tight container in fridge.

Homemade Superfood Protein Bars

Time to Make It: 5 to 10 minutes

Yield: 8 bars

Ingredients

1/4 cup raw unsalted almonds
1/4 cup unsalted walnuts
1/4 cup pumpkin seeds
3 TB chia seeds
2 cups medjool dates, pitted
1/3 cup protein powder
2 TB maca powder (optional)
1/2 cup dried blueberries
3 TB cocoa nibs

Instructions:

1. Put almonds, walnuts, pumpkin, and chia seeds into a *food processor* or high power blender. Pulse for 15-30 seconds until nuts and seeds are crumbly.
2. Add in medjool dates, protein powder, blueberries, and cocoa nibs. Process or blend until a dough ball forms. Add coconut oil if consistency is too thick.
3. Lay out a 2 foot length of plastic wrap. Dump the dough onto the plastic wrap and flatten into a 1-inch thick rectangle. Cover with plastic wrap and refrigerate until hard.
4. Cut into 8 bars. Wrap each bar individually and store in the refrigerator for 1 to 2 weeks, or in the freezer for up to 3 months.

Breakfast and Beyond:

High Energy Muffins

Ingredients:

2 cups rolled oats
1/2 cup almond butter
1 banana
1/3 cup dried blueberries
1/3 cup almond milk
1 tsp baking powder
1/3 cup dried cranberries
1/3 cup dark chocolate chip

Optional: A scoop or two of chocolate or vanilla protein powder.
Bake at 350 degrees for 15 minutes.

272 calories, 8g protein, 34g carbs, 11g fat, 6g fiber, 14g sugar

Homemade Granola

6 cups rolled oats
1 cup whole wheat flour
1 cup raw wheat germ
1 cup flaked coconut
½ cup sunflower seeds
½ cup nuts
½ cup vegetable oil
½ cup honey
½ cup water
½ tsp salt
1 tsp vanilla
1 cup dried fruit, raisins, currants, etc.

Preheat oven to 350 degrees.

In a very large bowl mix together oats, flour, wheat germ, coconut, seeds, and nuts.

In a separate container mix together the rest of the ingredients except dried fruit.

Pour wet ingredients over dry ingredients, and mix thoroughly.

Spread mixture onto well greased baking sheets.

Bake for 30 minutes or until golden, stirring regularly.

Add dried fruit,

Store in airtight container.

Savory Selections:

Lisa's Pasta Salad:

I use Barilla Plus Protein Pasta – more protein and fiber, more balanced carbs.

Ingredients:

1 lb. Barilla plus rotini pasta
Balsamic vinaigrette- I make my own with Good Seasonings Packet
Black olives sliced
Roma beans - drained
Red pepper - diced
Shallots diced and soaked in cold water ten minutes- drain
Cucumber - diced
Sundried tomatoes chopped (if dry soak in hot water 10 min)
-drain

Sharp cheddar cheese cubes
Chopped Fresh Dill
Chopped Fresh Basil

Cook pasta according to directions and drain.
Toss with a little olive oil to prevent sticking.
Add other ingredients to liking.
Salt, pepper, and additional vinegar per your taste

American Macaroni Salad

Use Barilla plus pasta or Multigrain pasta to boost the staying power of this carb. Barilla plus also has the added benefit of more grams of protein and some Omega-3's than most pasta choices!

Ingredients

- 2 cups dry elbow macaroni, cooked, rinsed, and drained
- 1/3 cup diced celery
- 1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
- 1 tablespoon minced flat-leaf parsley
- 1/2 cup diced vine-ripened tomato (optional)
- 1/2 cup prepared mayonnaise
- 3/4 teaspoon dry mustard
- 1 1/2 teaspoons sugar
- 1 1/2 tablespoons cider vinegar
- 3 tablespoons sour cream
- 1/2 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper

Directions

- In a large bowl combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, [sour cream](#) and salt. Pour the [dressing](#) over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.
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Tomato Caprese on Multigrain Italian Bread

Grape Tomatoes
Small Mozzarella balls
Basil
Balsamic Vinaigrette
Toothpicks
Slices of Multigrain Italian Bread

Place grape tomatoes and mozzarella balls in a bowl.
Marinate overnight in balsamic vinaigrette and shredded basil leaves.
Create a snack by placing one grape tomato and one mozzarella ball on each toothpick.
Slice some bread and pack in a separate container.

Tzatziki Sauce:

Ingredients:

8 oz Greek yogurt
1 clove garlic, diced
1 tsp lemon juice (or a little more to taste – I use fresh squeezed)
1 tsp fresh dill, chopped
1 tbsp fresh chives, chopped
kosher salt and fresh pepper
Drizzle of olive oil

Mix all ingredients and let set for several hours.
Use as a dipping sauce for veggies or pita wedges.
(We used cucumbers.)

Homemade Greek Yogurt

Making yogurt is super easy and there are many good recipes available. This is how I make it: Start out with high quality milk such as Meadowbrook Farms. (We get it delivered each week.) Place in a ceramic lined cast iron Dutch oven. (I believe you can use any pot that can be covered and put in the oven.)

Heat the milk to 180 degrees, monitoring with a candy thermometer. (Medium-low heat.) This denatures the milk proteins to allow for culturing.
Allow the milk to cool to about 110 degrees.
Add about $\frac{3}{4}$ cup plain yogurt to the pot but do not mix.
Place in a 110 degree oven, cover, and leave overnight.

In the morning, take the yogurt out and drain into a colander lined with cheese cloth. Place the colander/cheese cloth with the yogurt inside the pot so that the yogurt can drain but the whey is caught in the pot. Place the whole thing in the refrigerator.
The more you drain the thicker the yogurt. Drain to your preference. (I usually leave it in a few hours.)
If you over drain you can just add some whey back in.

Scoop yogurt into a covered bowl and store in refrigerator. Reserve a small amount for your next batch!

Making Jerky at Home: You will need a parent helper for this recipe!

Remember – the collagen in your body rebuilds itself most in the first three hours after a workout.

Nourishing yourself with proteins in the first three hours after a workout helps you rebuild, rejuvenate, and get stronger!

Ingredients:

- Meats - while beef is most popular you can use any lean meat.
- Marinade – homemade or store bought
- Spice blends - homemade or store bought

Preparation:

- Pick out your meat, marinade and spice blend.
- Freeze the meat and then partially thaw to make carving thin slices easier.
- Place the meat on the cutting board and carve off as much fat as possible. (Fat won't dry out completely, so it's best to use only the leanest parts to make jerky.)
- Use a sharp knife to cut the meat into several very thin strips. Each strip should be roughly an inch wide and no more than an eighth of an inch thick.
- Prepare your marinade in a glass dish and put all of the jerky strips inside so that they're completely submerged. Cover the dish with plastic wrap and leave it in the refrigerator for the duration recommended in your selected marinade recipe, usually about 12 hours.
- Remove the strips of meat from the marinade and drain them on several layers of paper towels. Press the strips between the paper towels until they are only moist enough to hold some of your spice blend.
- Remove the middle rack from the oven and clean it thoroughly, then dry it and set it aside.
- Place a baking sheet in the very bottom of the oven.
- Sprinkle both sides of each strip of meat with the spice blend. If the strips are too dry to hold the spices, gently brush each side of each piece with a dampened paper towel. As you finish coating each piece, lay it across the clean oven rack. Be sure to arrange the meat only in a single layer.
- Slide the loaded oven rack into the middle position of the oven and leave the door slightly ajar to allow moisture to escape.

Cooking:

Conventional Oven Method:

- Dry the beef in a convention oven for at least **6 hours at 160 degrees F**. When the jerky is done, it should crack, but bend without breaking.

Convection Oven Method:

- If your oven has a dehydrate setting, use it. Otherwise, set the oven to convection bake at **175 degrees F**. Because the convection oven method uses a warmer temperature, the drying time is faster -- typically around **3 hours**.
- Remove one piece of jerky, let it cool and take a bite to test it for consistency. If it still feels a little moist and chewy, let the jerky dry for a while longer, checking on it every 30 to 45 minutes.
- Cool the finished jerky completely, and then refrigerate it in an airtight container.

Sweets with a Twist:

Chocolate Zucchini Brownies:

Ingredients:

2 cups white whole wheat flour
2 TBS unsweetened cocoa powder
1 tsp baking soda
½ tsp. salt
½ cup butter
1 ½ cups sugar
2 eggs
1 tsp vanilla extract
2 ½ cups shredded zucchini
2 TBS sugar
1 cup dark chocolate chips

- Preheat oven to 350 degrees and spray a jellyroll pan with Pam
- Sift flour, cocoa powder, baking soda, and salt in a bowl
- Beat butter and 1 ½ cups sugar until smooth. Beat in one egg at a time until blended. Add vanilla extract and blend.
- Mix in flour mixture just until incorporated.
- Fold in zucchini.
- Pour all in pan.
- Sprinkle with remaining 2 TBS sugar and chocolate chips
- Bake for 25-30 minutes

Homemade Nutella – (without the refined sugar or dairy)

1 ½ cups Hazelnuts

½ cup coconut sugar

2 Tablespoons unsweetened cocoa powder

1 teaspoon vanilla

6-8 Tablespoons room temperature water

Pinch of salt

1. On a rimmed baking dish, roast hazelnuts at 300 degrees for 20 minutes.
2. Once hazelnuts are cool enough to touch, rub them with a kitchen towel to get most of the skins off.
3. In a food processor with the S blade attachment, process hazelnuts until creamy. About 5-7 minutes. Scrape bowl a few times in the process.

4. Add coconut sugar, cocoa powder, and pinch of salt. Process another 2-3 minutes.
5. With blade running, slowly pour 6 tablespoons of water. Process another 5 minutes.
6. Add vanilla and additional 1-2 tablespoons water if needed.

Store in a container in the refrigerator up to a month. (I use a glass mason jar.)

“Roll” Ups

Whole Wheat Bread

Filling:

Homemade Nutella

Peanut Butter

Cream Cheese

Strawberries

Banana

Jam or Jelly

1. Using a rolling pin, roll out the piece of bread.
2. Cut off crust.
3. Use any of the above fillings. We like to use a soft filling and fruit. Example: Nutella and sliced strawberries, peanut butter and sliced banana, cream cheese and berries or jelly.
4. Roll up.
5. Slice into 4 quarters.

Zucchini-Granola Cookies:

$\frac{3}{4}$ cup butter

1 $\frac{1}{2}$ cups brown sugar or coconut sugar

1 egg

1 teaspoon vanilla

Grated rind of one orange

3 cups grated zucchini

Cream butter and sugar. Combine with other ingredients in a large bowl.

3-3 ½ cups flour

1 teaspoon baking soda

1 teaspoon salt

Sift ingredients into zucchini mixture

3 cups granola

1 cup semi-sweet chocolate chips

Stir in. Dough should be sticky.

Drop by spoonfuls on cookie sheet.

Bake at 350 degrees for 12-15 minutes.

OMG Pumpkin Pie

Recipe from: <https://omgchocolatedesserts.com/omg-pumpkin-pie-cupcakes/>

Modification: I rolled out pie dough and cut out with a leaf cookie cutter. I baked them until brown. I topped the pumpkin pie cupcakes with whipped cream and a dough leaf for a “deconstructed” mini pie.

Ingredients

- 15 oz. pumpkin puree
- ¾ cup sugar
- 2 eggs
- 1 tsp vanilla
- ¾ cup evaporated milk
- ⅔ cup flour
- ¼ tsp baking soda
- ¼ tsp baking powder
- 2 tsp pumpkin spice
- ¼ tsp salt

Instructions

1. Preheat the oven to 350 F.
2. Grease 12 cup cupcake pan.
3. In a bowl stir together flour, pumpkin spice, salt, baking powder and baking soda.
4. Mix the pumpkin puree with sugar, eggs, vanilla and evaporated milk
5. Add dry ingredients in the mixture and mix until it's evenly combine.

6. Fill the pan with 1/3 cup of the mixture in each cup.
7. Bake for 20 minutes.
8. Let the cupcakes cool in the pan for 20 minutes than remove them from the pan and let them cool completely. Store them in the fridge.
9. Top the cupcakes with whipped cream and dusted with cinnamon or pumpkin pie spice on top before serve.

Chocolate Lentil Brownies

Ingredients:

3 c cooked black lentils
2 c milk chocolate chips
1/2 c unsweetened applesauce
2 eggs
2 tsp pure vanilla extract
2 Tbsp unsweetened cocoa powder
1/2 tsp salt
1 c chopped walnuts

Directions:

Preheat the oven to 350° F.
In a food processor, puree lentils, chocolate chips, applesauce, eggs, and vanilla extract.
Add coco powder, and salt.
Puree until well combined.
Stir walnuts into the batter.

Line an 8x8 pan with parchment paper leaving enough paper to stick out the sides.
Spoon batter into the pan.
Bake for about 30-35 minutes. Cool before cutting.
For a cool twist – roll cooked brownies into little balls and roll in flaked coconut or other topping. Makes it taste like a truffle! (Coach Ami's idea!)

Hydration Station:

Watermelon and Coconut Water Drink

Watermelon is filled with potassium and good carbs. Coconut water is rich in vitamins, minerals, electrolytes, enzymes, amino acids and cytokine. Add a dash of salt to offset your body salt loss from sweat.

This is a perfect Energy Drink for the gym!

6 cups seedless watermelon
2 cups coconut water
Dash of salt
Put it all in a blender with or without ice and enjoy!

Lemonade with Coconut Water:

We used Crystal Lite Pure and Coconut water:

Crystal Lite Pure States the following:

Contains No Artificial Sweeteners, Flavors or Preservatives; Gluten Free and Kosher

- Sweetened with Sugar and Stevia Leaf Extract; Each 8 Ounce Serving Contains 5 Calories
- Color Sourced from Turmeric
- Flavor Sourced from Lemon and other Natural Flavor

By using coconut water in place of H₂O we added some essential electrolytes.

Our girls were quite satisfied and it was an easy compromise.