

Recipes and Links

Chocolate Chip Oatmeal Date Balls

<http://www.runningwithspoons.com/2014/05/20/chocolate-chip-oatmeal-date-balls/>

Prep Time: 10 Min Yields 12

Ingredients

1 cup rolled or quick oats
1/2 cup pitted dates
1/4 cup nut butter*
3 Tbsp. honey**
1/2 cup crispy rice cereal
2 - 4 Tbsp. mini chocolate chips

Instructions

1. Throw oats into a food processor or blender and process until they reach a fine floury consistency. Add dates, nut butter, and honey and continue processing until fully combined. When dough begins to form and stick together, add crispy rice cereal and chocolate chips, pulsing a few times to ensure that they distribute evenly without breaking apart completely.
2. Using a tablespoon, scoop out balls of dough and roll them between your hands to neatly shape them. Store balls in an airtight container, either at room temperature or in the fridge.

Notes

* I used almond, but peanut butter would be fine as well. Or you can use soy nut butter/sunflower/pumpkin seed butter for a nut-free school friendly option.

These are great as snacks any time of day. 2-3 balls would be a good PRE workout snack, as they have a good amount of carbohydrate (a mix of simple and complex carbs), have a bit of protein, are low in fat (making them easier to digest pre-game), and high in nutrients. Serve with a cold glass of milk or soy milk for some extra protein and hydration!

Nutrition Facts Per 1 Ball:

Calories 93
Total Fat 1 g
Sodium 11 mg
Potassium 71 mg
Total Carbohydrate 15 g
Dietary Fiber 1 g
Sugars 9 g
Protein 1 g

Basic Performance Smoothie

1/2 - 1 Medium Ripe Banana (Fresh or Frozen)

1/2 Cup Baby Spinach (fresh or frozen)

1/2 - 1 Cup Fresh or Frozen Mixed Berries

1/4 Cup 0% Vanilla or Plain Greek Yogurt (any yogurt is fine, greek varieties or cottage cheese are higher protein, silken tofu and pasteurized egg whites is another protein option add in)

1/2 Cup 1% Milk /Soy

1/4 Cup Uncooked, Large Flake Oats (optional: note this will make the texture thick and a bit grainier so try both with and without, this adds some fibre and slow burning carb to the shake)

*** If not using any frozen fruit, add a few cubes of ice to froth it up

Instructions

Put all ingredients in a blender and mix until smooth. Drink up!

Notes: Smoothies are easy to drink and full of nutrition because you're blending the whole fruits and veg which preserves the fibre. This smoothie would be a great PRE game fuel beverage, or a POST game recovery because it is low in fat, high in nutritious carbohydrates, natural source of electrolytes and some highly absorbable protein. With the oats and/or some added fats, this shake would also be a great quick breakfast too!

You can easily change up the flavours or nutrition profile by modifying the ingredients.

More carbs: try adding more fruits, juices, honey, dried fruits

Less carbs: take away some fruits, opt for plain vs flavoured yogurts

More or less Protein/fat: depending on the recipe adding or taking away ingredients like nut butters, avocado, flax/hemp/chia seeds, milk/soy/yogurt, protein powders, egg whites will adjust protein/fat content

Nutrition Facts Per Serving (1 smoothie)

Calories 322

Total Fat 4 g

Cholesterol 3 mg

Sodium 131 mg

Potassium 732 mg

Total Carbohydrate 56 g

Dietary Fiber 7 g

Sugars 31

Protein 16 g

Turkey and Apple Snack Wrap

Prep time: 5 min Serves 1

3 Thin slices Deli Meat Turkey (Low Sodium)

1/4 Medium Apple Sliced Thin (Raw with Skin)

2 Tsp Honey

1 Tsp Mustard (optional)

1/2 oz Cheese

1 Whole Grain Wrap (large)

** Extra veggies like lettuce, tomato, and shredded carrot, inside the wrap or on the side would be a great addition too, especially if eating as a post game meal.

Instructions:

Lie wrap flat. Stack thinly sliced deli meat and thin apple slices on top. Drizzle the top with the honey and mustard, add veggies if you like.

Notes:

Wraps are quick to make and easy to eat. Kids can make this easily on their own! This is a balanced meal or snack any time of day, and works both PRE and POST game. The meat and cheese offer protein, while the honey, wrap and apple offer a mix of complex and simple carbs and nutrients. Look for lean, low sodium, thinly sliced deli meats for this. The sodium content in deli meats works to help with electrolyte balance pre and post exercise.

To round out the snack/meal, serve with a cup of milk, chocolate milk, or 100% fruit juice (depending on the carbohydrate needs pre or post game). Due to the fat content, best to limit cheese if using this for PRE game fuel. Post game, more may be tolerated.

Nutrition Facts 1 Snack Wrap:

Calories 344

Total Fat 10 g

Sodium 752 mg

Potassium 247 mg

Total Carbohydrate 43 g

Dietary Fiber 4 g

Sugars 17 g

Protein 21 g

5 Ingredient High Protein Banana Oat Pancake

- 2 cups rolled oats (large or 1-minute variety)
- 2 medium bananas
- 1 cup cottage cheese
- 4 large eggs
- 2 tsp. baking powder

Optional flavourings: 1 tsp. vanilla, nutmeg, pumpkin spice, 1 tsp. cinnamon, chocolate chips, Double or Triple the Recipe for Batch Cooking. They will Freeze well!

Instructions:

1. Place oats in blender and blend for 30 seconds.
2. Add the remaining ingredients, and blend for about another 30 seconds until ingredients are mixed.
3. Preheat a large pan or griddle over medium heat. Grease with a little butter, oil or coconut oil (put on a paper towel to spread over the surface of the pan).
4. For each pancake, drop about $\frac{1}{4}$ cup of the batter onto the pan (if it's thick and doesn't make a nice circle, spread it out with a spoon until it does). Cook without disturbing until you see bubbles form on the top surface and the bottom is golden brown (you can take a peek underneath). Flip the pancake over and cook until other side is golden brown.
5. Transfer pancakes to a wire rack and put in a warm oven while you cook the rest of the batter.

These are terrific topped with berries, bananas, and maple syrup, nut butters

Yield: Makes TWELVE pancakes (4 servings)

Nutrition per serving (1 serving = 3 pancakes)

- 165 calories
- 18 g protein
- 30 g carbohydrate
- 8 g fat (2.3 g sat fat)
- 188 mg cholesterol
- 4 g fiber
- 544 mg sodium
- 118 mg potassium

Simple Berry Bowl

3/4 cup Plain Greek Yogurt or Cottage Cheese

1/2 sliced Banana

1/2 cup fresh or frozen berries or other fruits of choice

1/4 cup trail mix/granola/muesli homemade or boxed (ie Kashi go Lean Crunch)

Other Useful Links:

<http://www.superskinnyme.com/how-to-make-no-bake-energy-bites.html>

<https://services.albertamilk.com/pdfs/ABMilk%20Smoothie%20Infographic%202015.pdf>

<https://services.albertamilk.com/pdfs/ABMilk%20FuelUp%202012.pdf>

<http://fnsweb01.edc.usda.gov/kids/ParentsEducators.html>

<https://glutenfreeonashoestring.com/healthy-gluten-free-banana-breakfast-muffins/>

<https://www.theleangreenbean.com/sweet-potato-protein-pancakes/>