**SMOOTHIES**

**MANGO PINEAPPLE**

**INGREDIENTS** (1 serving)
- 1/4 cup frozen mango
- 1/4 cup frozen pineapple
- 1/2 cup orange juice
- 6 ounces unsweetened almond milk
- 1 Tbsp ground flax seeds
- 1 scoop of vanilla protein powder (NSF Certified for Sport protein, MLB)

**NUTRITION BREAKDOWN**

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**GREEN GOODNESS**

**INGREDIENTS** (1 serving)
- 1/2 cup cucumber slices
- 1/2 cup spinach
- 1/4 cup kale
- 1/4 of an avocado
- 6 oz unsweetened almond milk
- 1/2 cup frozen peaches
- 1/4 cup water
- 1 scoop of vanilla protein powder (NSF Certified for Sport protein, MLB)

**NUTRITION BREAKDOWN**

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**NOTE:** For the protein powder, you can choose from whey protein or a plant protein. Another option is to swap in 1/2 cup of plain Greek yogurt or 2% plain Fairlife milk or Lifeway Kefir.
NO BAKE PEANUT BUTTER OAT CHOCOLATE CHIP BITES

INGREDIENTS (makes 50)
+ 1 cup natural peanut butter
+ 2/3 cup honey
+ 2 teaspoons vanilla extract
+ 2 cups old-fashioned oats (instant)
+ 2 cups shredded unsweetend coconut
+ 1 cup ground flax meal
+ 1 cup mini chocolate chips
+ 1/2 cup chopped dried cherries or another dried fruit of choice

DIRECTIONS
+ Mix all ingredients in a large bowl.
+ Use a 1 Tablespoon measuring spoon to form into balls. Option to use hands to make into bite size portions.
+ Refrigerate until ready to eat.
+ Use zip lock bags to portion into grab and go snacks.

NUTRITION BREAKDOWN
The recipe makes 50 bites portioned into 1 Tablespoon balls.
Nutrition breakdown per bite:

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Extra bites from the recipe can be stored in the freezer.

Michelle Riccardi, MS, MS, RD, CSSD
Team Performance Dietitian
NO EXCUSES: MORNING QUICK FUEL

OVERNIGHT OATS
PEANUT BUTTER BANANA

INGREDIENTS (serves 2)
+ 3/4 cup old-fashioned rolled oats
+ 6 oz plain Greek yogurt (2%) [1 container]
+ 6 oz unsweetened almond milk
+ 2 Tablespoon chia seeds
+ 3 Tablespoons natural peanut butter
+ 1 banana [1/2 banana for each portion]
+ Cinnamon

DIRECTIONS
+ In a mason jar or glass tupperware dish, mix all the ingredients, except the banana.
  Portion out evenly into 2 separate containers.
+ Cover with a lid or plastic wrap.
+ In the morning, slice the banana to top onto the overnight oats.
+ Add a spoonful of chopped almonds or walnuts for crunch.
+ Serves 2

NUTRITION BREAKDOWN PER SERVING

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TO CREATE YOUR OWN OVERNIGHT OATS RECIPE, THE BASE WILL INCLUDE:
1/2 Cup Rolled Oats + 2 Tbsp Chia Seeds + 1/2 Cup Milk
+ Toppings can include: blueberries, raspberries, strawberries, sliced apples, bananas
+ Shredded coconut, granola, cacao nibs
+ Pecans, almonds, walnuts, pistachios
+ Ground flax seeds, chia seeds, pepitas