

## No-Bake Energy Bites



### ***Ingredients:***

- \* 1 cup old fashion oats
- \* 1/2 cup ground flaxseeds
- \* 1 tablespoon chia seeds
- \* 1/4 cup all natural almond butter
- \* 1/4 cup all natural peanut butter
- \* 1/2 teaspoon (add more or less to taste) cinnamon
- \* 1/4 cup honey (add more or less to taste)

### ***Directions:***

- \* Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- \* Once chilled, roll into balls about 1" in diameter. Store in an airtight container and keep refrigerated for up to 1 week.
- \* Makes about 20-25 balls

## Healthy Chex Mix



### ***Ingredients:***

- \* 4 cups rice chex
- \* 4 cups corn chex
- \* 1 cup wheat chex
- \* 1 cup whole grain pretzel stick
- \* 1 cup cashews
- \* 1 cup almonds
- \* 1 1/2 tsps garlic powder (optional)
- \* 1 1/4 tsps onion powder (optional)
- \* 1 1/4 tsps seasoned salt (optional)
- \* 3 tbsps worcestershire sauce
- \* 1/2c grapeseed oil

### ***Directions:***

- \* Mix all dry ingredients in an oven safe container
- \* Mix Grapeseed Oil & Worcestershire sauce VERY well & then pour evenly over the mixture of dry ingredients
- \* Mix Wet & Dry ingredients very well and Bake at 250 for 1 hour
- \* Toss ingredients in oven every 15min to ensure all ingredients are toasted evenly

## Build Your Own Smoothie



### *Ingredients:*

- \*Non fat greek yogurt (plain or low sugar flavor, Chobani or Trader Joe's brand) \*optional
- \*1 cup frozen fruit (no sugar added)
- \* 1 cup water, coconut water , nonfat milk, or milk alternative (add more if needed)
- \* extras: chia seed, coconut shreds, almond butter, spinach for added greens, cinnamon, honey, protein powder

### *Directions:*

- \* Toss ingredients in the blender and blend until smooth

### *Important notes:*

\*Keep the smoothie healthy by avoiding added sugars in high sugar yogurts or frozen fruit with sugar added, try and add a handful of spinach, kale, or other greens (it will only change the color, not the taste), if you do not want to add greek yogurt, look for a healthy protein mix to add to your smoothies, add a small spoonful of healthy fats to keep you satiated and energized!

# Snacking 101:

## Why are healthy snacks important?

Athletes need more calories and nutrients than people who do not exercise regularly. Nutrients include carbohydrates, protein, fat, vitamins, and minerals. Healthy snacks can provide these extra calories and nutrients you need. Eating a healthy snack before exercise will give you energy. Eating a healthy snack right after exercise can keep you from overeating during mealtime and is crucial for muscle repair and a speedy recovery time.

## What snacks should I avoid?

Avoid snacks that are high in fat and sugar. Some examples are doughnuts, cookies, potato chips, candy bars, sodas, chicken fingers, and pizza. These foods are low in healthy nutrients and will not give you the energy you need to perform well during exercise and sports competitions. They will slow your performance and negate your training.

## What kind of snacks should I eat?

Eat snacks that are fast, easy, and healthy. You will have to plan these snacks ahead of time and have them available when you need them. This will make it easier for you to fit in healthy snacks during a busy schedule. Choose snacks from all the food groups to get a variety of nutrients throughout the day. Other than the snacks we will be making today, some other healthy snacks include:

Apple or banana slices and peanut butter

Whole-grain crackers and cheese

Carrot and celery sticks with dressing

Cottage cheese or yogurt with fresh fruit

Energy bars, breakfast bars, or granola bars.

Crackers and hummus

Trail mix with nuts and dried fruit

1/2 Whole-grain bread or bagel sandwich (with peanut butter, turkey, chicken, or tuna)

## **What snacks should I eat right before a sports competition?**

The snack you should choose before a competition depends on how long you will be exercising. For competitions that last longer than 1 hour, choose carbohydrates that your body digests slowly. Some examples are yogurt, bananas, 1/2 cup oatmeal with milk, apples, and energy bars. If you will be exercising for less than 1 hour, choose carbohydrates that your body digests quickly. Some of these foods include whole grain crackers, whole grain bread, and whole grain english muffins.

Eat snacks 1 hour before a competition to prevent hunger and low blood sugar. A drop in blood sugar can make you feel lightheaded and tired and will significantly effect your performance.

Avoid foods high in fat and sugar. High-fat foods take longer to digest and may cause stomach discomfort. High-sugar foods may cause your blood sugar to drop quickly during exercise.

Eat snack foods that you are used to eating. It is best not to try a new food before a sports competition. Each person digests food differently. Certain foods may cause stomach discomfort. This may cause you to slow down or even stop the competition. Try new snack foods on a different day.

The snack items we made today are all perfectly suitable for eating pre or post competition or training.

The **Healthy Chex Mix** is a great source of energy and would be perfect for a pre workout or pre game snack. The whole grain cereals and pretzels provide you with healthy grains, fiber and complex carbohydrates that will give you long lasting energy and keep your blood sugar levels stable. The nuts provide you with healthy fats that will keep you satiated and when paired with the cereal it will give you longer lasting energy.

The **No-Bake Energy Bites** are a fantastic source of carbohydrates, healthy fats and protein. These would be fantastic for a post workout snack, paired with an apple or enjoyed alone. They can also be a healthy dessert option to kill your sweet tooth! The nut butters, chia seeds and flaxseeds are wonderful sources of healthy fats and all your Omegas. Healthy fats & Omegas 3, 6, and 9 are crucial for muscle repair and recovery time. The nut butters also provide you with protein which is crucial for muscle repair, and the oatmeal provides you with complex carbohydrates which are essential for restoring energy levels. Finally, the honey is a wonderful antioxidant, antimicrobial and anti-inflammatory, all of which are important for a healthy functioning immune system.

The **Smoothie** is a wonderful way to get in more fruits and veggies. Often times, liquid meals are much easier to digest pre or post workout and again, they are an easy way to sneak in more greens (if you add spinach, kale or other greens)!