



ENERGY BOOSTING RECIPES



CHOCOLATE PEANUT BUTTER ENERGY BALLS

Ingredients

- 1 ripe banana mashed
- 1 tablespoon cocoa powder
- 2 tablespoons creamy natural peanut butter
- 2 tablespoons flax seed meal
- 2 tablespoons vanilla protein powder
- pinch sea salt
- 3/4 cup old fashioned oats

Instructions

- Mash banana in a medium bowl and add in cocoa powder, peanut butter, flax, protein powder and a pinch of sea salt.
- 2. Continue to mash with fork until all ingredients are fully combined. (May seem dry at first but keep mashing!)
- 3. Stir in oats using a rubber spatula to combine edges of the bowl.
- 4. Using a small ice cream scooper or two teaspoons, form into 12 balls and place on a plate lined with wax paper.
- 5. Refrigerate 30 minutes or up to 3 days covered with plastic wrap.

(12 Servings)







Green Tea Smoothie

Ingredients

- 1/2 cup boiling water
- 2 green tea bags
- 2 small bananas, frozen or fresh
- 1 cup frozen strawberries
- 1 cup yogurt, milk, or calciumfortified soy milk
- 2 teaspoons agave nectar, or a pinch of stevia

Instructions

- Remove water from boil; then add tea bags and steep for 3 minutes. Remove tea bags, squeezing to extract all liquid. Discard bags; let tea cool for 2-3 minutes.
- 2. Combine bananas, strawberries, and yogurt or milk in a blender. Pour in slightly cooled tea and purée until smooth. Add agave nectar or stevia and any additional boosters, and purée again to blend. Serve immediately.







Peppered Kale Chips

Ingredients

- 1 bunch (12 ounces) fresh kale
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1/8 teaspoon cayenne pepper (optional)

Instructions

- 1. Preheat oven to 300 degrees^F. Line two large baking sheets with parchment paper; set aside.
- 2. Remove and discard thick stems from kale. Tear leaves into bite-size pieces. Rinse and dry in a salad spinner or pat dry with paper towels.
- 3. In a large bowl combine kale, oil, salt, black pepper, and, if desired, cayenne pepper, massaging with your hands to thoroughly coat. Arrange in a single layer on the prepared baking sheets. Bake for 20 minutes. Stir gently. Bake for 2 to 4 minutes more or until completely dry and crisp, being careful not to burn.







PEANUT BUTTER AND HAZELNUT SMOOTHIE

Ingredients

- 1.5 cups coconut milk (frozen in ice cubes is helpful)
- 1 tablespoon hazelnut spread
- 2 tablespoons PB2
- 1 cup greek yogurt
- 1 tablespoon chocolate nibs
- 1/2 frozen banana, chocolate granola for garnish
- I teaspoon Truvia (optional)

Instructions

- In a blender, combine PB2 powder, 1/2 cup greek yogurt, 1/2 frozen banana, 1 cup coconut milk. Blend and add to a large glass.
- 2. Next, rinse your blender and combine 1 tablespoon hazelnut spread, 1 tablespoon chocolate nibs, 1/2 cup greek yogurt, 1/2 cup coconut milk and 4 large ice cubes.
- 3. If you like things extra sweet, add the Truvia now. Blend and add to your glass.
- 4. When preparing to make smoothies it's helpful to freeze everything you can.

(1 Serving)







SWEET POTATO BLACK BEAN BURGER

Ingredients

- 2 cups mashed sweet potato
- 1 cup cooked salted black beans, rinsed and well drained
- 1-11/2 cups cooked brown rice
- 1/2 cup walnut or pecan meal (or very finely chopped)
- 1/2 cup finely diced green onion
- 2 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp each salt and pepper (to taste)

Instructions

- Preheat oven to 400 degrees^F and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch – about 30 minutes – set aside. Reduce oven heat to 375 degrees^F.
- 2. While potatoes are baking, cook rice or quinoa
- 3. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice, green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.
- 4. Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap. Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a gentle press will do.
- 5. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get up to preference. I went for around the 35 minute mark.
- 6. Serve on slider buns (double stack for more bulk) or atop a salad with sliced avocado, red onion, greens, and ketchup or salsa.

(12 Servings)





Quinoa Crusted Chicken Strips with BBQ Honey Mustard

Ingredients

- 2 cups cooked quinoa
- 11/2 pounds boneless skinless chicken tenders, cut into stirps
- 1/2 cup low-fat buttermilk
- 1/2 cup Panko bread crumbs
- 1 teaspoon fresh black pepper
- I teaspoon seasoned salt
- 1/3 cup dijon mustard
- 1/4 cup honey
- 3 tablespoons of your favorite BBQ Sauce
- 1/2 a lime juiced

Instructions

- In a medium size bowl combine the dijon mustard, honey, BBQ sauce and lime juice. Mix well and season with salt and pepper if needed. Set aside.
- 2. Preheat oven to 350 degrees^F. Line a baking sheet with parchment or a silpat.
- Spread the quinoa on the prepared baking sheet and bake until toasted, golden brown and crispy, 20 to 25 minutes. Let cool, then transfer all but 1/3 cup to a food processor or high powdered blender. Process the quinoa until half of it is ground into flour and the other half is in small pieces, about 1-2 minutes.
- 4. Increase the oven temperature to 475 degrees F. Line a baking sheet with foil and spray or brush it with the olive oil.
- Add the quinoa crumbs + the 1/3 cup of reserved quinoa to a large bowl and add in the Panko bread crumbs, pepper and seasoned salt. Stir to combine.
- 6. In another bowl combine the buttermilk and 1/4 cup of the BBQ Honey Mustard sauce, add the chicken and toss well.
- 7. Remove each piece of chicken from the buttermilk, and dredge through the crumbs, pressing gently to adhere. Place on the prepared baking sheet. Repeat until all the chicken has been used. Make sure not to crowd your pan, if necessary use two baking sheets. Lightly spray the fingers with cooking spray or a mist of olive oil.
- Bake for 10-12 minutes, then gently flip using kitchen tongs and spray the other side. Bake for 10-12 minutes more, then remove from oven and serve with the remaining BBQ Honey Mustard. Garnish with fresh cilantro and or parsley + a lemon wedge if desired.

(1 Serving)





FRESH CORN TOMATO SALAD

Ingredients

- 3 tablespoons white wine vinegar
- Kosher salt and black pepper
- 1/4 cup extra-virgin olive oil
- 6 ears fresh corn
- 2 cups red or orange grape tomatoes, halved
- 8 ounces fresh mozzarella, cut into small cubes
- 1 bunch scallions, thinly sliced
- 11/2 cups fresh basil leaves

Instructions

- 1. Whisk together the vinegar, 2 teaspoons salt and some pepper in a small bowl.
 Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.
- 2. Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes, mozzarella and scallions. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear the basil over the salad and stir.







WATERMELON SALSA

Ingredients

- 11/2 teaspoons lime zest (from about 1 lime)
- 1/4 cup fresh lime juice (from about 3 limes)
- 1 tablespoon sugar
- Freshly ground pepper
- 3 cups seeded and finely chopped watermelon
- 1 cucumber, peeled, seeded and diced
- 1 mango, peeled and diced
- 1 jalapeno pepper, seeded and minced
- 1 small red onion, finely chopped
- 8 fresh basil leaves, finely chopped
- 1/2 teaspoon garlic salt
- Tortilla or pita chips, for serving

Instructions

- 1. Stir together the lime zest, lime juice, sugar and 3/4 teaspoon pepper in a bowl. Add the watermelon, cucumber, mango, jalapeno, onion and basil and toss gently. Chill the salsa until ready to serve.
- 2. Add the garlic salt just before serving. Serve with chips.







CRUNCHY TURKEY SALAD SANDWICHES

Ingredients

- 11/4 pounds smoked turkey breast, diced
- Kosher salt and freshly ground pepper
- 1 cup chopped scallions
- 3/4 cup chopped celery
- 1/3 cup mayonnaise
- 2 tablespoons dijon mustard
- 1 cup seedless red grapes, cut in half
- 8 ounces provolone cheese, cut into 1/2 inch cubes
- 1/2 cup sliced almonds, toasted and coarsely chopped (optional)
- 3 tablespoons chopped fresh parsley
- 2 tablespoons snipped fresh chives
- Soft whole-grain sandwich bread, for serving

Instructions

- Place the turkey in a medium mixing bowl and season with salt and pepper.
- 2. Add the remaining ingredients (except the bread) and combine.
- 3. Serve on sandwich bread.







Banana-Nut Elvis Wrap

Ingredients

- 8 tablespoons peanut butter
- 4 (6-inch) whole-wheat wraps
- 2 bananas
- 8 teaspoons honey
- 40 baby carrots

Instructions

- 1. Spread 2 tablespoons peanut butter on bottom third of each wrap, leaving a 2-inch border on each side.
- 2. Top each wrap with 1/2 of a banana, sliced, and about 2 teaspoons honey.
- 3. Roll up wrap, slice in half, and serve immediately.
- 4. Serve with 10 baby carrots on the side.







VERY BERRY SODAS

Ingredients

- 2 pints (4 cups) fresh or frozen raspberries, thawed
- 1 cup minus 2 tablespoons sugar
- 1/2 teaspoon fresh lemon juice
- 1/4 teaspoon kosher salt
- 4 cups cold seltzer water
- 1 pint strawberry ice cream
- 1/4 cup fresh blueberries
- 1/4 cup fresh boysenberries, blackberries, or raspberries

Instructions

- Purée raspberries in a food processor. Strain through a fine-mesh sieve, discarding seeds (should yield about 2 cups purée).
- 2. In a large pitcher, mix the purée, sugar, lemon juice, and salt (you can make the purée up to 12 hours before serving; just keep refrigerated).
- 3. Add the seltzer and stir until combined.
- 4. Place a few small scoops of ice cream and some blueberries and other berries in each of 6 glasses. Fill with the soda.
- 5. Serve with long spoons and straws.



