

Easy Snacks for the On the Go Athlete!

No Bake Protein Balls:

- ½ Cup Peanut butter
- 2/3 Cup Oats 2/3
- ¼ Cup Protein Powder
- 1 Tbsp. Honey or Agave (or to taste)
- 2 Tbsp Mini Chocolate Chips, Nuts, Berries or Coconut.

- * Mix in a bowl
- * Roll into balls and Enjoy!

Peanut Butter Breakfast Bites:

- 5-6 Cups of Peanut Butter Whole Grain Cheerios
- 1.5 Cups of Crunchy Peanut Butter
- ½ Cup Honey
- 1 Teaspoon Vanilla

- * Microwave Peanut Butter
- * Add Honey & Vanilla to PB
- * Pour over Cheerios
- * Put in freezer until solid

No Bake PB Granola Cups:

- 2.5 Cups Granola
- 1 Cup Nuts chopped
- 3 Tablespoons Peanut Butter
- 3 Tablespoons Honey (more as needed)

Filling:

- 1 Cup melted Peanut Butter

Topping:

- 12 oz Dark Chocolate chopped
- 1 Tablespoon Coconut Oil

- * Mix Granola, PB, nuts, & honey
- * Grease a cupcake pan
- * Press mixture in cup & make an indent for filling
- * Freeze for 20-30min
- * Melt PB, fill cups & freeze again for 20min
- * Melt chocolate & glaze

Pan Fried Cinnamon Bananas

- 2 Ripe Bananas
- 2 Tablespoons Sugar (or granulated Splenda)
- 1 Teaspoon Cinnamon
- ¼ teaspoon Nutmeg (Optional)

- * Slice bananas into rounds
- * Mix Sugar, Cinnamon and nutmeg & sprinkle on rounds
- * Spray pan & cook 2-3 min

