

## **Protein Bites**

### *Ingredients*

- 1 cup dry oats (old-fashioned, but quick cooking also works)
- 1/4 cup peanut butter (or any alternative nut butter)
- 1/4 cup honey
- 1/4 cup raisins/Craisins/chopped dates/other dried fruit
- Dash of salt
- 1/2 teaspoon vanilla

### *Instructions*

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes to set.
2. Use a spoon to scoop about 1 Tablespoon of the peanut butter mixture into your hand. Roll into a ball. Repeat with the remaining mixture. This should make about 12 protein balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for longer.

## **Overnight Oats**

### *Ingredients*

#### *For the base:*

- ½ cup rolled oats
- 1/3 cup plain yogurt
- 2/3 cup milk, water, or other liquid
- 1 tbsp chia seeds or ground flax meal
- ½ tsp vanilla extract
- pinch of salt
- 1-2 tbsp honey or maple syrup, to taste

#### *Mix-ins: (optional)*

- Dried fruits: raisons, cranberries, sliced dried apricot, sliced dates, dried coconut
- Fresh fruits: banana, sliced apple, mango, pineapple, berries, cherries
- Other fruits/vegetables: shredded carrot, pumpkin puree
- Liquids: water, milk, soy milk, almond milk, oat milk, coconut milk
- Sweets: chocolate chips, honey, maple syrup, agave syrup, sugar
- Spices and other flavors: peanut butter, cocoa powder, cream cheese, cinnamon, lemon zest, ground nutmeg, ground cloves, ground cardamom

### *Instructions*

1. In a mason jar with a lid (or any other 16 oz. microwavable container that can be tightly covered), mix rolled oats, yogurt, milk, chia seeds, vanilla extract, salt, and honey or another sweetener (if desired) until there are no dry pockets of oatmeal.
2. Leave overnight in the fridge.
3. In the morning, either heat in the microwave for 1-2 minutes, or eat cold.

Tips: This recipe is all about experimenting with flavors. Try “mix-ins” to create new flavor profiles such as:

- Chocolate-peanut butter: Mix in 2 tbsp peanut butter and 2 tbsp cocoa powder
- Carrot cake: Mix in 1 large carrot, peeled and shredded, 2 tbsp cream cheese, ¼ cup raisins, and ½ tsp ground cinnamon
- Banana-chocolate chip: Mix in ½ banana, chopped or mashed and 2 Tbsp chocolate chips
- Pumpkin spice: Mix in ½ cup plain pumpkin puree, ½ tsp ground cinnamon, 1/8 tsp ground cloves, and ¼ tsp ground nutmeg

### **Soup-erb PHO**

#### *Ingredients*

- ½ package rice noodles
- 1 cup chicken broth
- ⅓ cup cooked chicken or turkey
- ⅓ cup carrots (shredded)
- ½ cup cabbage (shredded)
- **Optional:** low sodium soy sauce or tamari, ginger, cilantro and more veggies!

#### *Instructions*

1. Add desired amount of noodles (approximately a small handful) to a pot of boiling water. Simmer 2-3 minutes and stir occasionally until fully cooked. Drain off water.
2. Warm a cup of broth in the microwave for 1 ½ min. Add noodles, broth, meat, vegetables and optional garnishes to a deep bowl and enjoy!

### **Fruit Smoothie**

#### *Ingredients*

- 1 cup of low-fat milk (dairy or dairy alternative)
- ½ cup Greek yogurt (flavored or unflavored)
- 1 cup frozen mixed fruit (any variety or combination)
- 1 semi-ripe to ripe banana broken in to pieces
- ¼ cup fruit juice or nectar (any variety)

#### *Instructions*

1. Combine all ingredients in blender or blending container if using a hand-held immersion blender.
2. Pulse blender a few times to break up larger pieces of fruit
3. Blend on low to medium setting until smooth
4. Add cubes of ice and blend to desired consistency
5. Transfer to a sealable container for easy transport and enjoy!

Makes two moderate or one large serving.