

Almond Butter Granola Balls

Ingredients

Preparation time: 20 minutes

Servings: 26 balls

Cost: \$

1 cup Jif® Creamy Almond Butter

½ cup brown sugar

½ cup honey

½ cup Hershey's Semi-Sweet Chocolate Baking Chips

1 serving whey protein powder (approx. 26 g protein)

½ cup almonds

1 cup dried cranberries

1 cup old fashioned oats

1 ½ cups Kellogg's® Rice Krispies® cereal

Directions

- 1) Microwave almond butter, brown sugar, and honey for 1-1 ½ minutes in a large bowl, then stir until the sugar dissolves.
- 2) Add chocolate chips and protein powder and stir until melted and well-mixed.
- 3) Add remaining dry ingredients and stir until everything is well-combined.
- 4) Form into approx. 2 Tbsp size balls (can use scooper from protein powder) and lay out on a baking tray to cool.
- 5) Store in an airtight container and enjoy!



Almond Butter Granola Balls

Amount	1 ball
Calories	164
Fat (g)	8
Sat. Fat (g)	2
Carb. (g)	22
Fiber (g)	2
Protein (g)	4

Allergen info: Gluten Free

Cooking Tip

The ingredients in this recipe can be substituted to include other types of nut butter, nuts, dried fruit, and cereal. The wet ingredients (nut butter, honey, brown sugar, and chocolate chips) form the base of the recipe and you can swap out the dry ingredients for others in the same proportions to create a new granola ball flavor. If the mixture seems dry and doesn't stick together well, mix in a little bit of nut butter and agave nectar or honey until the consistency improves.

Performance Facts

These balls make for a great high energy snack in between training sessions if there is limited time for a full meal. Almonds are a fantastic source of vitamin E, a powerful antioxidant. Vitamin E helps to combat free radical oxidation which may be increased due to high volume training.

For Nutrition Questions, Contact
(919) 722-0407-Health Promotions
Department

Joe Gonzalez, MS, CSCS
Health Promotions Coordinator
Joseph.T.Gonzalez2.civ@mail.mil

WA Harris, III, MS, RDN, LDN
(919) 722-0575-Direct Dietitian line
Wilson.A.Harris2.ctr@mail.mil

No-Bake Cinnamon Raisin Cookie Balls

Ingredients

Preparation time: 20 minutes

Servings: 12

1 cup almonds

1 cup raisins

1 Tbsp. cinnamon

Optional Add-Ins:

2 Tbsp. shredded coconut

1 tsp. vanilla extract

1 Tbsp. ginger

1 tsp. nutmeg

½ cup protein powder

Directions

1. Rinse almonds and raisins in water.
2. Put almonds, raisins, and cinnamon in food processor and blend until well mixed.
3. Form into balls and store in refrigerator.

Jasmine Chu, MS - Author

Recipe from
fannetasticfood.com



Cinnamon-Raisin Cookie Balls

Amount	1 cookie
Calories	106
Fat (g)	6
Sat. Fat (g)	0
Carb. (g)	12
Fiber (g)	2
Protein (g)	3
Gluten free, Vegan.	

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Cooking Tip

Instead of almonds, feel free to substitute another type of nut such as walnuts, cashews, or a mixture of different nuts. For a tart flavor, substitute dried cherries or cranberries for raisins. Instead of forming balls, the cookie “dough” can also be pressed into a small wax-paper lined pan and cut into squares. Pack one or two into a plastic baggie and store in the fridge/freezer for an on-the-go snack.

Performance Facts

Almonds are a good source of polyunsaturated fatty acids as well as fiber. One serving of almonds (about 28 almonds) provides 3 grams of fiber and 37% of daily vitamin E needs. Vitamin E has numerous antioxidant properties, including scavenging free radicals caused by oxidative stress and protecting cell membranes.

STRAWBERRY NUT CRUNCH BALLS

Servings: 50 balls | Preparation Time: 15 minutes



INGREDIENTS

- 2.5 cups natural peanut butter
- 3 ripe bananas, mashed
- 6 scoops strawberry protein powder
- 2 cups rolled oats
- 1 cup Kellogg's rice chex (crushed) or rice krispies



Source: jennsblahblahblog.com

DIRECTIONS

- 1) In a large mixing bowl mash the bananas
- 2) Combine peanut butter and mashed bananas
- 3) In a separate bowl, combine all dry ingredients (protein powder, oats, crushed cereal)
- 4) Add the dry ingredients to the peanut butter and banana mixture and combine
- 5) Roll each ball to be about 1 in. x 1 in.
- 6) Place in a sealable container or Ziploc baggie to store for later

Serving Size: 1 ball

Calories: 120

Fat (g): 7

Sodium (mg): 90

Carb (g): 9

Fiber (g): 2

Protein (g): 7

Author- Jacque Scaramella

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Health Promotions Coordinator
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WA Harris, III, MS, RDN, LDN
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THE INSIDE SCOOP

These energy balls are great as a grab and go snack to help fuel or refuel your muscles pre or post training/competition. Consume two energy balls post training/competition for an easy high protein recovery snack. These balls are also rich in iron, which helps produce red blood cells to keep your body efficient at delivering oxygen to muscles. Additionally, the fiber in the oats and healthy fats in the peanut butter will keep you feeling full longer.

FROZEN YOGURT BLUEBERRY BITES



Dietary: Gluten free | Servings: 1-2 | Preparation Time: 10 min

INGREDIENTS

- 1 cup frozen blueberries
- 1 cup non-fat plain Chobani Greek yogurt

DIRECTIONS

Place blueberries and Chobani Greek yogurt in two separate bowls. Place a piece of parchment paper on a large baking sheet.

Rinse and pat the blueberries dry. Make sure the berries are well dried before coating.

Drop each blueberry into the bowl of Chobani Greek yogurt with a spoon, swirl around to coat and place on the parchment paper. Repeat until all blueberries are covered.

Freeze for one hour or more.



Adapted from: cookinglight.com

Serving Size: ½ cup

Calories: 60

Fat (g): 0

Sat. Fat (g): 0

Carb (g): 9

Fiber (g): 1

Protein (g): 7

Author- Katie Shetland,
USOC Sport Nutrition Intern

THE INSIDE SCOOP

Frozen blueberries dipped in creamy Greek yogurt can make for a great protein rich snack or dessert. Blueberries are packed with antioxidants, vitamin K for bone health, heart-healthy fiber, and a burst of flavor. Greek yogurt is rich in protein, calcium to help strengthen bones, and probiotics which boosts immunity and improves gut health. As a variation, try Chobani vanilla Greek yogurt or any other favorite flavors.

To increase calorie content, this recipe can also be modified by adding 1 Tbsp. of peanut butter powder or 1 Tbsp. of honey to the Greek yogurt.

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Joe Gonzalez, MS, CSCS
Health Promotions Coordinator
Joseph.T.Gonzalez2.civ@mail.mil

WA Harris, III, MS, RDN, LDN
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Building Blocks Pre-Workout



This is great before a hard day of training or as a treat on a hot day. It is easy and quick to prepare. You can add tart cherry juice or beet root juice powder as a cold pre-workout.

Directions:

1. Bring Juice to a Boil.
2. While Juice is heating up, mix gelatin into water
3. Crush vitamin C tablet and add powder to water and gelatin
4. Add hot juice to cold water and gelatin mixture
5. Place mix in flat tray, 13x9 pan, or molded tray and place in fridge at least 3 hours to set
6. Makes 8 servings
7. Eat 1 piece 30-60 minutes prior to training, exercise, or therapy

Ingredients

Makes 8 Servings

1/2 cup (10 pkts) Knox Gelatin
 1 1/2 cup Vitamin C enriched Juice
 1 cup water
 1- 500mg Vitamin C tablet (3rd party tested)

Optional

Dried tart cherries
 Tart cherry juice



Building Blocks Pre-Workout

Amount	1/8 th recipe
Calories	170
Fat	0g
Sat Fat	0g
Carbs	32g
Fiber	0g
Protein	10g
Gluten Free, Dairy Free, Nut Free	

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 line Wilson.A.Harris2.ctr@mail.mil

Injuries cause damage to soft tissues like tendons, ligaments, and muscles. Tendons and ligaments provide structural stability to joints and serve as the connections between muscles, cartilage, and bones. Injuries to soft tissues can be acute (from sudden trauma) or chronic (from overuse). Collagen Synthesis can make ligaments, bones, and tendons stronger, prevent injury, and accelerate return to play.

Vitamin C & Gelatin (for tendon/ligaments) promote greater collagen production following tissue injury. Use 60 minutes prior to light activity. Dose is .05 g/kg body weight of gelatin and 5 mg/kg body weight of vitamin C.

No-Bake Peanut Butter Grape Nuts Bars



It is hard to decide which attribute of these bars is their best part- the fact that they only take 5 minutes to put together, that you don't need an oven, that there are only 4 ingredients or just how simply delicious they taste! Besides the actual Grape Nuts cereal, all of the other ingredients can be modified to your preference and need. Replace the regular peanut butter with crunchy for extra bite or with almond butter for a more mellow taste. The honey can be swapped for agave nectar or maple syrup for different levels of sweetness and flavor. Take any leftover dried fruit, nuts, or even chocolate chips you may have in your kitchen for some fun mix-ins. Paired with a glass of milk, these bars make a great breakfast, recovery snack, or even dessert!

Ingredients

Makes 24 bars

- 4 cups Grape Nuts cereal
- 1 cup natural peanut butter
- 1 cup honey
- ½ cup dried tart cherries



Directions:

1. Spray a 13x9-inch baking pan with non-stick cooking spray and then line with foil or wax paper extending past the edges (so bars can be easily removed when cool)
2. Mix honey and peanut butter in large microwavable bowl.
3. Microwave on high for 1-2 minutes or just until mixture boils
4. Add in cereal and cherries and toss well to coat
5. Press mixture firmly into prepared pan and refrigerate for at least 1 hour
6. Cut into bars and enjoy!

*Note: This recipe can be easily halved if you only want 12 bars.

Grape Nuts Bars

Amount	1 bar (1/24 of total)
Calories	190
Fat	6g
Sat Fat	0.5g
Carbs	31g
Fiber	3g
Protein	5g

Vegan

Nutrient Information

- ✓ Besides their supreme flexibility, these no-bake bars have a lot to offer for supporting athletic performance.
- ✓ Grape Nuts are a fortified cereal packed full of B vitamins and iron which help with increasing the availability of energy to working muscle.
- ✓ The fiber promotes satiety before your next meal.
- ✓ Peanut butter offers up protein and healthy unsaturated fat in addition to zinc, a mineral important for healing and strengthening the immune system.
- ✓ The enzymes in tart cherries have been shown to reduce joint and muscle pain by decreasing inflammation that leads to swelling and irritation.
- ✓ And the natural goodness of honey extends beyond its sweet taste- it also offers up quick carbs for immediate energy and has powerful anti-bacterial properties to help keep the immune system strong..

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Health Promotions Coordinator
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(919) 722-0575-Direct Dietitian line
Wilson.A.Harris2.ctr@mail.mil



Peanut Butter Rice Krispie Treats



Ingredients
24 servings

½ cup brown sugar
½ cup honey or agave nectar
1 cup creamy peanut butter*
3 cups puffed rice cereal

optional

½ cup plain or flavored whey protein powder

***Substitute another type of nut butter such as almond, sunflower seed for the peanut butter if you prefer.**

Directions:

1. Put brown sugar, honey, and peanut butter in a large microwave-safe bowl and microwave for 1-2 minutes.
2. Stir until the brown sugar is dissolved.
3. Pour cereal (and protein powder if desired) into the bowl and stir until evenly mixed.
4. Use a small scoop to portion the mixture then use hands to compact the mixture into balls.
5. Lay the balls out to cool on a cookie sheet, then store in an airtight container.
6. Enjoy!!

Peanut Butter Rice Krispie Treats	
Amount	1/24 dish
Calories	110
Fat	6g
Sat Fat	1g
Carbs	14g
Fiber	1g
Protein	3g
Vegetarian	

Performance Facts

- Including peanuts and other nuts in the diet may help reduce inflammation caused by strenuous exercise.
- In addition, peanuts are a good source of monounsaturated fatty acids, which benefit heart health and reduce risk of cardiovascular disease.

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WA Harris, III, MS, RDN, LDN
(919) 722-0575-Direct Dietitian line
Wilson.A.Harris2.ctr@mail.mil

No-Bake Peanut Butter Crunch Bars

Authors- Liz Fusco, MS, RD and
Kate Machado, MS, RD, CSSD

Ingredients

Preparation time:

Servings: 24 bars

Cost: \$

4 cups Kashi Go Lean Crunch

1 cup natural peanut butter

1 cup honey

½ cup dried tart cherries

Directions

1. Spray a 13x9-inch baking pan with non-stick baking spray, then line with foil or wax paper extending past the edges (so bars can be easily removed when cool).
2. Mix honey and peanut butter in a large microwavable bowl. Microwave on high for 1-2 minutes or just until mixture starts bubbling.
3. Add cereal and tart cherries, and toss well to coat.
4. Press mixture firmly into the prepared pan and refrigerate for at least 1 hour.
5. Cut into bars and enjoy!



Peanut Butter Grape Nut Bars

Amount	1 bar
Calories	190
Fat (g)	6
Sat. Fat (g)	0.5
Carb. (g)	31
Fiber (g)	3
Protein (g)	5

Allergen Info: Vegan

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Department

Joe Gonzalez, MS, CSCS
Health Promotions Coordinator
Joseph.T.Gonzalez2.civ@mail.mil

WA Harris, III, MS, RDN, LDN (919)
722-0575-Direct Dietitian line
Wilson.A.Harris2.ctr@mail.mil

Cooking Tip

Besides the Kashi® GOLEAN Crunch Cereal, all other ingredients can be modified. Replace the regular peanut butter with crunchy, or with almond butter for a more mellow flavor. The honey can be swapped for agave nectar or maple syrup for different levels of sweetness and flavor. This recipe can be halved to make 12 bars instead.

Performance Facts

Kashi® GOLEAN Crunch Cereal are a fortified cereal packed full of B vitamins and iron which help with increasing the availability of energy to working muscle. The enzymes in tart cherries have been shown to reduce joint and muscle pain by decreasing inflammation that leads to swelling and irritation. Tart cherries have also been shown to help improve sleep quality in athletes.

Fruit and Yogurt Popsicles

This is great after a hard day of training or as a treat on a hot day. It is easy and quick to prepare. You can add tart cherry juice or beet root juice powder as a cold pre-workout, or protein powder as a recovery popsicle.



Ingredients
Makes 7 popsicles

Blueberry/Blackberry
1 cup frozen blueberries
1 cup frozen blackberries
1 individual sized tub blueberry Greek yogurt
1 Tbsp. agave nectar or brown sugar
7 small paper cups (3 oz.)
7 popsicle sticks

Raspberry/Strawberry
1 cup frozen raspberries
1 cup frozen strawberries
1 individual sized tub raspberry Greek yogurt
1 Tbsp. agave nectar or brown sugar
7 small paper cups (3 oz.)
7 popsicle sticks

Optional
1 scoop protein powder

Directions:

1. Place frozen fruit inside blender or food processor and thaw for 15 minutes or until slightly softened to make mixing easier.
2. Add Greek yogurt and sweetener to blender or food processor.
3. Blend until smooth, divide mixture evenly among cups.
4. Place 1 popsicle stick in each cup.
5. Freeze for several hours until set, then peel the paper cup off and enjoy!

Fruit/Yogurt Popsicle	
Amount	1
Calories	50
Fat	0g
Sat Fat	0g
Carbs	11g
Fiber	2g
Protein	2g
Gluten Free	



Prep Tip

This recipe is flexible and can be customized to include your favorite fruit and yogurt combinations. Other ideas include frozen pineapple + frozen mango + pineapple yogurt or frozen strawberry + frozen banana + strawberry yogurt. Plastic spoons or pretzel sticks can be used in place of popsicle sticks. Be creative and find a combination that you like.

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(919) 722-0407-Health Promotions Department

[Joe Gonzalez, MS, CSCS](#)
Health Promotions Coordinator
Joseph.T.Gonzalez2.civ@mail.mil

[WA Harris, III, MS, RDN, LDN](#)
(919) 722-0575-Direct Dietitian line
Wilson.A.Harris2.ctr@mail.mil

Valentine Chocolate Bark



Ingredients

~30 servings (varies with piece size)

1 lb. dark chocolate (or mixture of milk and dark)

¾ cup chewy red hots and sprinkles mixed or candy of your choice

Parchment or wax paper

Nutrient Information

- ✓ Dark Chocolate contains flavonoids which is an antioxidant to combat damage from free radicals
- ✓ Flavonoids can cause blood vessels to dilate and increase blood flow to the brain and heart, lowering blood pressure



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(919) 722-0407-Health Promotions
Department

[Joe Gonzalez, MS, CSCS](#)
[Health Promotions Coordinator](#)
Joseph.T.Gonzalez2.civ@mail.mil

[WA Harris, III, MS, RDN, LDN \(919\)](#)
[722-0575-Direct Dietitian line](#)
Wilson.A.Harris2.ctr@mail.mil

Directions:

1. Melt chocolate in a double-boiler. If you do not have double-boiler use a saucepan with a metal mixing bowl over it. See below for tips.
2. Make sure you do not get any water in the chocolate or it may seize up.
3. Stir in ½ cup of candy.
4. Cover large baking sheet with parchment paper. Pour mixture onto baking sheet and spread evenly.
5. Sprinkle the remaining ¼ cup candy over top.
6. Refrigerate for 1 hour.
7. Break into pieces and store in airtight container.
8. Share with loved ones, there will be lots!



Valentine Chocolate Bark

Amount	1 piece
Calories	100
Fat	5g
Sat Fat	3g
Carbs	12g
Fiber	1g
Protein	1g
Gluten Free	

Cooking Tip

If you are new to melting chocolate, here are a few tips!

- Place water in the bottom of a double boiler or sauce pan so the top of the water is ½ " below the upper pan. If using a saucepan, place a stainless steel or heat proof bowl on top of the saucepan. Then place over low heat. Add the chocolate gradually and stir constantly until it is melted. The water in the bottom of the double boiler should simmer but not come to a boil while melting.
- You can use a microwave to melt chocolate. However, you will want to melt in small batches on high for 1-2 minutes until you can stir the chocolate.
- Keep all equipment dry to avoid seizing. If it does seize, add a small amount of shortening or coconut oil.