

Cinnamon Date Dessert Squares

Ingredients

Preparation time: 30 minutes

Servings: 16

Cost: \$

For the Bar:

2 ½ cups old fashioned rolled oats

15 pitted, chopped soft dates

¾ cup Smucker's® Creamy Natural Peanut Butter

¼ cup agave, honey, **or** maple syrup

1 ½ tsp. vanilla extract

1 tsp. cinnamon

½ cup shredded unsweetened coconut (optional)

For the Chocolate Topping:

1 cup Hershey's semi-sweet chocolate chips

3 Tbsp. coconut, almond, soy, **or MilkPEP milk**

Directions

1. Line an 8 x 8 pan with parchment paper.
2. Blend or food process oats, then add dates and blend. Add nut butter, agave, vanilla, and cinnamon. Blend until dough is dense but doesn't fall apart. If too dry, add some agave or nut butter. If too wet, add oats.
3. Press mixture firmly into the pan. Smooth with a spatula.
4. In a microwave safe bowl, heat chocolate chips for about 1 minute to soften.
5. Microwave milk for about 30 seconds until close to boiling, pour over chocolate, and let sit for 1 minute.
6. Whisk chocolate mixture until smooth, pour chocolate evenly over bars, and refrigerate for 30 minutes.
7. Cut into 16 squares.



Cinnamon Date Dessert Squares Nondairy/Dairy

Amount	1 bar
Calories	250/250
Fat (g) Sat. Fat (g)	13/13 4/4
Carb. (g) Fiber (g)	34/34 3.5/3.5
Protein (g)	5.5/5.5
Can be Vegan (see cooking tip)	

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Cooking Tip

Many of the ingredients in this dessert bar are exchangeable, which makes it easy to use alternatives from your cupboard. Choose any nut butter, sweetener, or oat you like. Substitute soymilk for cow's milk and dairy-free chocolate for a vegan version. These can be stored in the refrigerator for two weeks!

Performance Facts

Cinnamon reduces inflammation, has antioxidant properties, and has anti-bacterial properties. The combination of oats and dates provides a good source of fiber, which is defined as more than 3 grams of fiber per serving. The type of fiber in oats (beta glucan) removes bad cholesterol (LDL) from blood.

Vegan Peanut Butter Mousse

Ingredients

Preparation time: 25 minutes

Servings: 4

Cost: \$

1 box of firm silken tofu

1/3 cup JIF® Natural Creamy Peanut Butter

Up to 1/4 cup of agave or maple syrup (depending on taste and consistency)

1 Tbsp. soy milk (more if too thick) or 1 Tbsp. MilkPEP milk

1/2 tsp. vanilla

Pinch of salt

Optional toppings:

HERSHEY'S Semi-Sweet Chocolate Baking Chips or crushed chocolate chip cookies

Directions

1. Place all ingredients into a small food processor and blend. Add in more milk if it's too thick or the blade gets stuck. Taste and adjust amount of peanut butter, syrup, and salt to your liking.
2. Pour into 6 small bowls or ramekins, cover with foil and let set in the fridge for approximately 1 – 2 hours.
3. Top with chocolate chips, crushed chocolate chip cookies, toasted coconut, granola, dried banana chips, a drizzle of Nutella, or use as a dip for apples.



Vegan Peanut Butter Mousse Nondairy/Dairy

Amount	1 cup (1/6 of total)
Calories	153/153
Fat (g)	9/9
Sat. Fat (g)	1.5/1.5
Carb. (g)	15/15
Fiber (g)	1/1
Protein (g)	6/6
Allergy Info: Gluten Free, Vegan	

Meghan Donovan, MS - Author

Cooking Tip

Refrigerating the mixture will allow the flavors to blend together, producing a thicker mousse with stronger flavor. The toppings for this treat are endless, while chocolate chips are suggested you could add granola, toasted coconut, a drizzle of Nutella, or dried fruit like banana chips. Try freezing for a icy cold treat!

Performance Facts

Nuts provide nice source of vitamins and minerals including folate, vitamin E, magnesium, niacin, and copper. These vitamins and minerals are important for a healthy immune system and energy metabolism. Silken tofu is a good source of iron, which is critical to transport of oxygen to tissues throughout the body. Tofu is also rich in phytosterols which support a healthy heart, aid in lowering “bad” (LDL) cholesterol, and decrease inflammation.

Weekly Recipe: **Blended Veggie Juice**

Juicing has been gaining rapid popularity lately, but there are distinct differences between blending and juicing that put our opinion in favor of blending. Juicers are typically expensive to purchase, less versatile, and less than practical because they take up more space counter and are harder to clean than a small blender. Aside from the logistics, the other important difference is that a juicer separates the fibrous plant matter from the fluid. The plant matter is packed with nutrients and consists mostly of fiber that promotes satiety, prolonged fullness, and aids in digestion. It would be a shame to throw that away! Enjoy this blended juice drink icy cold a few hours before an intense practice, as part of your recovery snack, or as snack during the day! It also makes a great homemade frozen popsicle!

Ingredients:

Makes about 16 oz.

- 1 medium cooked or canned beet
- ~15 baby carrots (a handful)
- 1 cup of greens*
- 2 tsp. honey (local honey if possible)
- 1 Tbsp. mint leaves
- 1 tsp. cinnamon
- ~1 cup of cold water

*We tested the recipe with baby kale, but any type of dark leafy green will do! (kale, spinach, swiss chard, etc.)

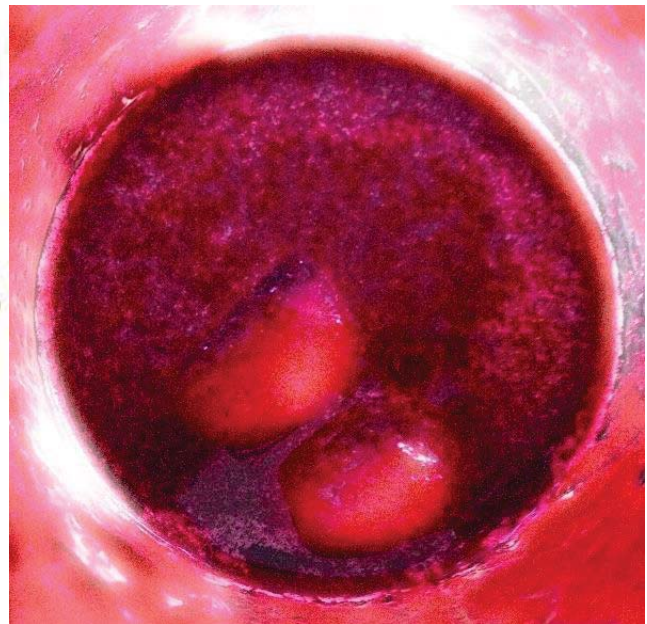
Directions:

Combine all ingredients in a blender. Pour enough water in to barely cover the veggies.

Blend for about 2 minutes on high, until the juice has no visible chunks. Serve in a chilled glass with 3-4 ice cubes.



Nutrition Facts	
Amount	About 16 oz.
Calories	120
Fat (g)	0.5
Sat. Fat (g)	0
Carb. (g)	29
Fiber (g)	4
Protein (g)	4
Gluten free, Vegan.	



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This juice offers a myriad of performance benefits. It's a prime example of a nutrient-dense versus calorie-dense food. As mentioned before, it's packed with fiber to promote fullness & optimal digestive function. We also intentionally formulated the recipe with 3 ingredients that are naturally high in nitrates. Nitrate from beets have been shown to potentially reduce the oxygen cost of exercise by enhancing mitochondrial function, allowing for higher intensity exercise with less perceived effort. We also purposely left out acidic fruits, such as orange or lemon, in order to preserve the nitrate & prevent it from being broken down before our body gets a chance to do the work & reap the benefits. Locally produced honey is best to use if possible, because it contains powerful antibacterial components & allergy-fighting compounds that can help you to build immunity from common allergens in your area. Cinnamon is a natural anti-inflammatory, reducing exercise-induced muscle damage and helping you recover. It also contains powerful flavanol antioxidants such as epicatechin.



Pineapple Spice Cake Smoothie

Smoothies are one of the most simple and versatile foods. As an example we are going to take the one recipe and make minor modifications to meet different needs. This week's recipe is a Pineapple Spice Cake Smoothie with suggested modifications for those individuals looking for a tasty nutrient dense pre-training snack, those trying to gain weight, and a thicker, dessert-style version for those with a sweet tooth!

Pre-training Snack:

Yields: 28 oz (lg. smoothie shaker)

- ¾ cup frozen pineapple
- ¾ cup frozen mango
- 1 small banana
- 1 tbsp of gingerroot (~½ thumb size)
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ½ -1 cup of red or green swiss chard (or spinach, kale, collard)
- 1 cup water

Building:

Yields: 28 oz (lg. smoothie shaker)

- ¾ cup frozen pineapple
- ¾ cup frozen mango
- 1 large banana
- 1 tbsp of gingerroot (~½ thumb size)
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ½ -1 cup of red or green swiss chard (or spinach, kale, collard)
- 1 cup milk
- 1 scoop whey protein powder

Dessert:

Yields: 12 oz (small glass)

- ½ cup frozen pineapple
- ½ cup frozen mango
- ½ small banana
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ½ cup water
- 3 Tbsp. un-sweetened coconut flakes
- 2 Dove dark chocolates, slivered or grated to top

Pineapple Spice Cake Smoothie: Pre

Amount	28 ounces
Calories	270
Fat (g)	1
Sat. Fat (g)	0
Carb. (g)	60
Fiber (g)	8
Protein (g)	4
Gluten Free, Vegan.	

Pineapple Spice Cake Smoothie: Building

Amount	28 ounces
Calories	550
Fat (g)	8
Sat. Fat (g)	5
Carb. (g)	80
Fiber (g)	8
Protein (g)	38
Gluten Free.	

Pineapple Spice Cake Smoothie: Dessert

Amount	12 ounces
Calories	400
Fat (g)	15
Sat. Fat (g)	3
Carb. (g)	70
Fiber (g)	11
Protein (g)	5
Gluten Free, Vegan.	

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Benefits of Ingredients

The tropical fruits and dark leafy greens in this smoothie provide plenty of antioxidant properties as well as strong immune system support. There is a day's worth of vitamin C and vitamin A along with plenty of fiber!

Smoothie Tip

Double this recipe and blend a large batch in the morning. Split into several snacks during the day by storing leftovers in smoothie shakers in the fridge so they are ready for a post-training recovery snack or dessert!



Strawberry Spinach Smoothie

Don't be fooled by the name. This smoothie is sweet and delicious, while providing ample amounts of vitamins, antioxidants, and phytochemicals to keep your body in tip-top shape. This smoothie has a great balance of carbohydrate and protein, and is high in fiber. Make it an addition to your favorite breakfast, or as a nice snack. It provides 337% of the RDA for vitamin A, which is important for healthy skin. Make a large batch to share with team mates, family, and friends!

Ingredients

Makes 1 16 oz. serving

1 cup water
1 cup baby spinach (fresh or frozen)
¾ cup frozen strawberries
½ banana
1 scoop vanilla whey protein powder

Optional additions:
1-2 tbsp. flax or chia seeds
Skip the protein powder and add 1 tsp. honey or sweetener for flavor
Use ½ cup orange juice in place of ½ cup of water

Directions:

1. Add water to blender.
2. Add frozen strawberries, spinach, banana, and whey protein.
3. Add any additional ingredients, if desired.
4. Mix in blender for up to one minute, until smooth.
5. Enjoy!

Cherry Almond Smoothie	
Amount	1-16 oz.
Calories	220
Fat	2g
Sat Fat	1g
Carbs	35g
Fiber	6g
Protein	19g
Gluten Free	



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Strawberries are an excellent source of the antioxidant vitamin C. Vitamin C helps boost immunity, promote eye health, and fight cancer cells. Phytochemicals in strawberries lower bad (LDL) cholesterol, reduce inflammation, and lower blood pressure.

One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Spinach is full of antioxidants that, like strawberries, help vision, and improve immunity. The abundance of vitamin K in spinach contributes greatly to a healthy nervous system and brain function by providing an essential part for the synthesis of sphingolipids, the crucial fat that makes up the myelin sheath around our nerves.

Tropical Greens Smoothie

Ingredients

Preparation time: 5 min.

Servings: 1

Cost: \$

2/3 cup Kale

1/3 cup Orange Juice

1/2 cup Pineapple

1/2 cup Apple

1 1/2 Tbsp. Avocado

1 scoop (20 g) plain or vanilla protein powder

Directions

Add all the ingredients together and blend until smooth.



Charli Brand - Author

Tropical Greens Smoothie

Amount	1 serving
Calories	284
Fat (g)	4
Sat. Fat (g)	1
Carb. (g)	40
Fiber (g)	6
Protein (g)	24
Allergen info: Dairy Free, Gluten Free, Vegan	

Cooking Tip

Add a splash of cold water for easier blending, or a few ice cubes if using fresh ingredients, to cool this smoothie down after intense training. Frozen pineapple works well too! Add a scoop of your favorite protein powder to make this into the perfect post-training recovery smoothie.

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Performance Facts

Kale, when paired with a vitamin C source such as orange juice and pineapple, can provide a good source of iron. Avocado is rich in monounsaturated fatty acids, which help to decrease inflammation after muscle-damaging exercise and can also help athletes with high energy expenditures meet their calorie needs.



Cherry Almond Smoothie

Smoothies are a great way to get in quality nutrients, in a short amount of time. Almond milk, creamy almond butter and dark cherries provide a nice balance of carbohydrates, protein, and healthy fat, everything you need to start your morning or end your workout, right. The cherries are full of antioxidants, and the almond butter has heart healthy monounsaturated fat. The cherries also provide fiber, which helps to keep you feeling full. For breakfast, recovery, or as an evening dessert, this smoothie is one sweet and delicious treat!

Ingredients
Makes 1 16 oz. serving

1 cup unsweetened almond milk
¾ cup frozen, pitted cherries
1 Tbsp. almond butter
½ scoop vanilla whey protein powder

Optional additions:
1 cup baby spinach
1-2 Tbsp. flax seeds
1-2 Tbsp. chia seeds
Ice for thicker consistency

Directions:

1. Add almond milk to blender
2. Add frozen cherries, almond butter, and whey protein
3. Add any additional ingredients, if desired
4. Mix in blender for up to one minute, until smooth
5. Enjoy!

**For a tasty dessert, add dark chocolate chips to top!*

**For higher protein content, choose low-fat cow's milk or soy milk.*

Cherry Almond Smoothie	
Amount	1-16 oz.
Calories	340
Fat	17g
Sat Fat	1.5g
Carbs	27g
Fiber	7g
Protein	17g
Gluten Free	



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Cherries are full of antioxidants, which help fight free radicals (damaged cells) in the body. Cherries are also an excellent source of potassium, which helps to lower blood pressure. One cup of cherries has about the same amount of potassium as a banana (300-400mg). Cherries also contain high levels of phytochemicals such as melatonin, which helps to regulate the sleep-wake cycle.

The number one health benefit of almond butter is that it is good for the heart. It is rich in monounsaturated fats, vitamin E, and potassium which play a role in reducing LDL cholesterol. And, because almond butter is simply ground almonds, 2 Tbsp. provides the equivalent protein amount as ¼ cup of raw almonds (6-8 grams). Keep in mind the antioxidants are primarily found in the skin of the almond, so grind your own for butter and choose almonds with the skin when possible!

Cocoa Almond Smoothie

Smoothies are a great way to get in quality nutrients, in a short amount of time. Almond milk, creamy flax and bananas provide a nice balance of carbohydrates, protein, and healthy fat, everything you need to start your morning or end your workout, right. The almond has heart healthy monounsaturated fat. For breakfast, recovery, or as an evening dessert, this smoothie is one sweet and delicious treat!



Ingredients:

1 - 10 oz. serving

1 cup almond milk
 ¼ cup almonds
 2 tsp. ground flax
 1 fresh banana or ½ frozen banana
 1 Tbsp. cocoa powder
 2 dates or 1 Tbsp. agave

Optional

1 scoop whey protein powder
 1 Tbsp. unsweetened coconut

Directions:

1. Blend almonds and milk first.
2. Add all other ingredients and puree until smooth.
3. Put in freezer for approximately 20 minutes to cool.
4. Drink and enjoy!

Cocoa Almond Smoothie

Amount	10oz
Calories	430
Fat	23g
Sat Fat	2g
Carbs	56g
Fiber	12g
Protein	12g

Gluten Free

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Preparation Tip

Mason jars are a great way to store smoothies for later in the day. You can easily shake the smoothie if needed in a sealed container.

If you prepare this smoothie earlier in the day and drink later, it becomes thicker and creamier – almost like a dessert!

Substitutions are easy with this smoothie –cashews instead of almonds and soy-coconut-cow's milk instead of almond.!

Watermelon (Whole) Juice

Ingredients

Yield: 16 servings

Serving Size: 8 fl. oz

1. 2 lb. watermelon
(seedless works best)
2. ¼ cup water

Directions

1. **Cut** the watermelon into 4 quarters
2. **Cut** each quarter into chunks and add to a blender
3. **Add** ¼ c water to blender
4. **Blend** on a medium speed for about 10 sec (depends on type of blender used) until watermelon liquefies into juice consistency
5. **Save** about ¼ cup of the blended juice left in the pitcher and add to the next batch of watermelon chunks (this takes the place of the ¼ cup of water)



Watermelon (Whole) Juice

Amount	8 fl oz
Calories	76
Fat (g)	0
Sat. Fat (g)	0
Carb. (g)	17
Fiber (g)	1
Protein (g)	1

Allergen info: Vegan, Gluten free

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Performance Benefits

- The amino acid L-citrulline in watermelon has been shown to decrease next day muscle soreness after a tough training session.
- Drink 16 fl. oz. of watermelon juice, which contains 1.17 g of L-citrulline before training or competition to help with recovery.
- Choose whole food sources of L-citrulline over the supplemental form to increase absorption and benefit.
- 8 fl oz. contains 276 mg of potassium and about 40% of daily vitamin C.
- Watermelon is high in lycopene, a phytonutrient beneficial to cardiovascular health and packed with antioxidants!

Pomegranate Smoothie



Ingredients

3 15 oz. serving

½ cups frozen raspberries
 2 cups frozen blueberries
 ½ cup carrot juice
 1 ½ cups pomegranate juice
 3 cups spinach
 3 scoops (servings) vanilla protein powder

Directions

1. Add liquids and frozen fruit to blender and puree.
2. Add greens and protein powder, puree.
3. Enjoy one serving now and save one in the fridge for after training!

Pomegranate Smoothie

Amount	15 oz.
Calories	300 kcal
Fat (g)	2.5
Sat. Fat (g)	1
Carb. (g)	49
Fiber (g)	6
Protein (g)	23
Allergen info: Vegan (if plant protein, gluten free)	

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Cooking Tip

Smoothies are a great way to replenish carbs, protein, fluid, and antioxidants after a training session. The ingredients are easily modified so you can use what you have in the cupboard and fridge rather than buying special ingredients! For example substitute any greens like Swiss chard, beet greens, romaine, or kale for the spinach in this recipe. Substitutions can also be made for the fruit or juice. Smoothies can be made in the morning, stored in a shake-able container (a glass mason jar is an inexpensive option) and kept in a cooler bag for later in the day.