Peanut Butter Protein Balls

- 1 Cup Peanut Butter
- ¼ Cup Honey
- 1 Cup Oats
- ½ Cup Protein Powder (try whey protein isolate, Gourmet Chocolate – Great flavor!)


Cherry Balls

- 6–7 Medjool dates, pitted (dried)
- 1/2 cup juice-sweetened tart cherries or unsweetened sweet cherries
- 2/3 cup raw almonds
- 1/3 cup pine nuts
- 1-2 Tbsp water (as needed)

1. Combine dates, cherries, almonds, and pine nuts in a food processor/high powered blender.

2. Process 1-2 minutes, scraping down the sides a few times. Mixture will eventually hold together in a clump of “dough”.

3. If dough does not hold together after 1 minute of processing, add water 1 Tbsp at a time until it does.

4. Once ingredients are well incorporated, roll dough into quarter-sized balls. Store in refrigerator. If you roll balls smaller, you can make twice as many...cut nutrition information in half if you do this!

Date Pecan Bon Bons – Recipe in Feeding the Young Athlete Cookbook


Peanut Butter Cranberry Zoom Zoom Bars – Recipe in Feeding the Young Athlete Cookbook

http://www.cookusinterruptus.com/peanut-butter-cranberry-zoom-zoom-bars-4136-305.html
Chewy Date Bites
Makes 5 Servings

Known as “nature’s candy,” dates provide fiber, potassium, antioxidants and a boatload of other nutrients important for good health. Whirrr them together with cocoa and walnuts, a nut rich in alpha-linolenic acid (omega-3 fat), and you’ve got a bite-size dessert you can feel good about feeding your family.

1 cup pitted dates, roughly chopped
1/2 cup roughly chopped walnuts, toasted
2 tablespoons unsweetened cocoa powder
1/2 teaspoon vanilla extract
1 to 2 teaspoons water, optional
Shredded coconut (sweetened or unsweetened), optional

1. Place the dates, walnuts, cocoa powder, and vanilla in the bowl of a food processor and process until well combined. You’ll probably want to scrape down the sides of the bowl a few times to get everything nice and blended. Add water as needed, 1 teaspoon at a time, until “batter” is well combined and easy to roll.

2. Use a tablespoon to form 10 “bites.” Serve as is, or immediately roll in shredded coconut until coated on all sides, as desired.

Nutrition Information per Serving (two 1¼-inch bites): 130 calories, 8g fat (0.5g saturated, 1.1g omega-3), 0mg sodium, 17g carbohydrate, 3g fiber, 3g protein