

INGREDIENTS:

- 1 cup old-fashioned oats
- ½ cup dried blueberries
- ¼ cup almond butter
- ¼ cup raw honey
- ¼ cup ground flaxseed
- ½ tsp cinnamon
- ½ tsp vanilla



DIRECTIONS:

In a medium mixing bowl, combine all ingredients. Refrigerate for 30 minutes. Shape into 1 ½ inch balls. Store in fridge until ready to eat.

(Honey is an effective, quick energy source that gets directly to the muscle tissue for athletes between games or at the beginning of a workout).

INGREDIENTS:

- ½ cup old-fashioned oats
- ½ cup Greek yogurt
- ½ Tbsp cocoa powder
- 1 cup milk (cow, rice, soy, almond)
- 1 Tbsp maple syrup
- ½ cup raspberries
- ½ Tbsp chia seeds



DIRECTIONS:

Combine oats, cocoa powder, chia seeds, milk, and maple syrup in a jar. Stir together and refrigerate overnight. In morning, layer greek yogurt, oat mixture and raspberries and enjoy!

INGREDIENTS:

- 1 dozen eggs
- 1 ½ cups finely chopped veggies
- 1 green onion, thinly sliced
- A handful of chopped herbs
- Sea salt and fresh ground pepper



DIRECTIONS:

Preheat oven to 375° F. Grease muffin tin with olive oil. In large bowl, whisk the dozen eggs. Add thinly chopped kale, veggies, green onion and herbs. Even distribute mixture in muffin tins. Bake 25–30 minutes until golden.

INGREDIENTS:

- 1 Tbsp flaxseeds
- 1 Tbsp walnuts
- 3–4 ice cubes
- ½ cup plain greek yogurt
- 2 large handfuls of spinach (fresh or frozen)
- ½ banana
- ¾ cup almond milk, regular milk



DIRECTIONS:

In blender first add walnuts, spinach, flaxseeds, banana and ice. Blend a couple times. Add yogurt and milk.

(Blueberries contain anthocyanins that help reduce muscle soreness and decrease inflammation for quick recovery).