

# 9 QUICK, EASY, and HEALTHY Recipes to Fuel your Body!

Made by Coach Marie

# About the Recipe “Book”

I absolutely love cooking & baking, almost as much as I love volleyball! So for my ‘media at home’ campaign project, I thought it would be fun to compile a few of my favorite recipes for you all to enjoy. Most of my recipe inspiration comes from Pinterest, family and friends, or my own imagination + the process of trial and error 😊

I also wanted to give athletes and their families access to quick and healthy recipe options during the hectic time club season can be. Nutrition plays a big role in your body’s performance on and off the court. With that said, it is SO important as an athlete that you make sure to give your body the right fuel to get you through each day, practice, and tournament – especially ones that are 2 or three days long!

I hope you all have fun recreating these recipes with your families or for yourselves! 😊

PS: I have gluten and dairy sensitivities, so each of my recipes will be gluten/dairy free. However feel free to use the ‘regular’ versions of the substitute ingredients if you’d prefer!

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# Super Simple Banana Pancakes

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Makes 4 pancakes

## Ingredients      Preparation

- 1 ripe banana
  - 1 egg
  - 4 tbsp Bob's Red Mill 1:1 Gluten-free Baking flour
  - Dash of cinnamon
1. In small bowl, mash banana with fork.
  2. Add egg, flour, and cinnamon - mix well.
  3. Cook on a greased pan over medium heat, 3-5 minutes per side.



### Tips & Tricks!

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Toppings are endless, make it your own! For a sweet treat, top pancakes with strawberries, raspberries, etc and a dollop of whip cream 😊

# My Take on Avocado Toast

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## Ingredients

- 1-2 slices of GF bread, toasted
- ¼ - ½ avocado, per piece of toast
- 1 egg, per slice of toast
- Tomato, thinly sliced
- Trader Joe's Everything but the Bagel seasoning
- Hot sauce, optional but definitely recommended! - I prefer Cholula

## Preparation

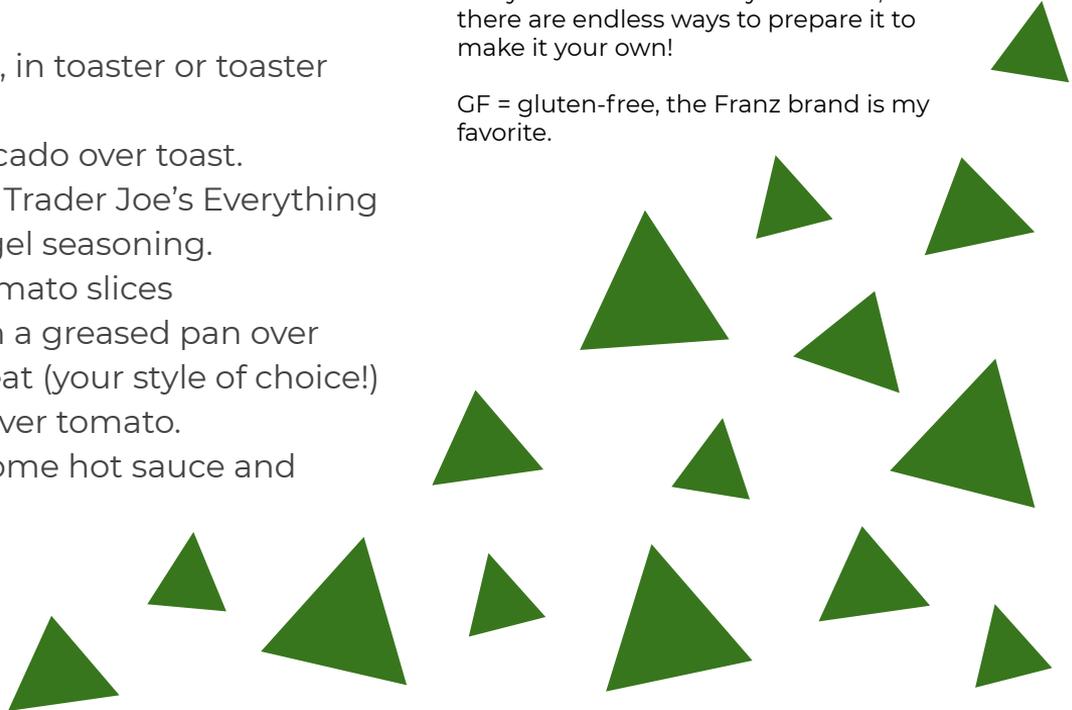
1. Toast bread, in toaster or toaster oven.
2. Spread avocado over toast.
3. Sprinkle on Trader Joe's Everything but the Bagel seasoning.
4. Top with tomato slices
5. Cook egg in a greased pan over medium heat (your style of choice!) and place over tomato.
6. Shake on some hot sauce and enjoy!

## Tips & Tricks!

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I love avocado toast because there is no wrong way to make it. It's a super quick and easy breakfast or snack! This version is my favorite for a savory breakfast, but there are endless ways to prepare it to make it your own!

GF = gluten-free, the Franz brand is my favorite.



# Smoothie Bowls!

## Banana-Berry

### Ingredients

- 1 ½ bananas
- ½ cup raspberries
- ½ cup strawberries
- ¼ cup almond milk

### Preparation

1. Peel bananas, wash & dry berries.
2. Place smoothie ingredients in blender and blend on high until thick & smooth.
3. Pour smoothie into bowl and top with ingredients of your choice!

## Tropical

### Ingredients

- 1 ½ cup frozen mango chunks
- ½ cup frozen pineapple chunks
- ½ banana, peeled
- 1 cup coconut water or milk

### Preparation

1. Place smoothie ingredients in blender and blend on high until thick & smooth.
2. Pour smoothie into bowl and top with ingredients of your choice!

## Tips & Tricks!

Top smoothies with a variety of goodies – sliced almonds, chia or pumpkin seeds, coconut flakes, or fresh fruit!

# Energy Bites

## Ingredients

- 1 cup Bob's Red Mill GF Oats
- ½ cup creamy peanut butter
- ½ cup semisweet chocolate chips
- ⅓ cup honey
- 1 tsp vanilla extract
- ½ ground flaxseed

## Preparation

1. In a medium bowl, mix all ingredients together.
2. Chill mixture in refrigerator for 1-2 hours.
3. Roll mixture into 1 inch balls.
4. Store in fridge for 1 week, or freezer for up to 3 months!

## Tips & Tricks!

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This is a perfect snack to bring to tournaments for a quick boost of energy, and it's always a favorite!

Make sure to make plenty because they never last long!

# The Classic BLT - as a Lettuce Wrap!

## Ingredients

- 4 slices bacon
- 4 slices tomato
- 2 leaves of green leaf or romaine lettuce
- 1 tbsp mayonnaise, optional

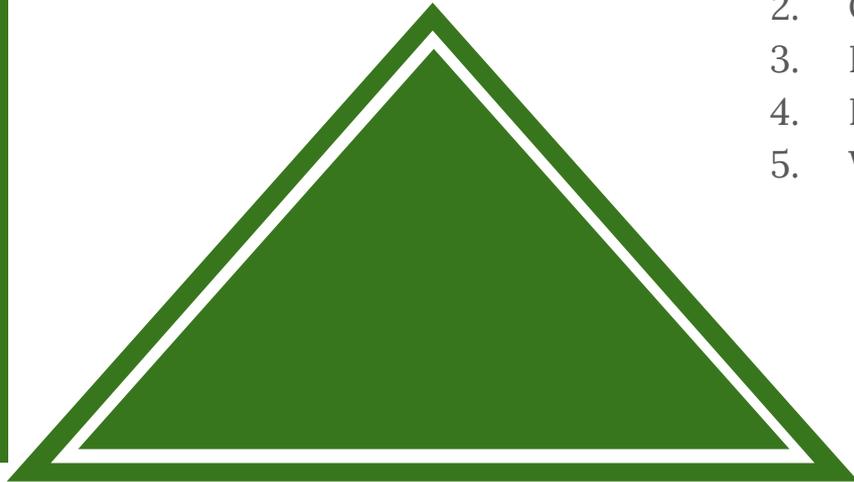
This classic sandwich was a staple of my childhood. I love a good BLT. I make mine as lettuce wraps, but feel free to use 2 slices of toast to keep it original 😊

## Preparation

1. Cook bacon on the stovetop over medium heat. When cooked to your liking, remove and let cool.
2. Cut tomato into slices of our desired thickness.
3. Remove, wash and dry leaves of lettuce.
4. Layer mayonnaise, bacon and tomato or lettuce.
5. Wrap up & enjoy!

### Tips & Tricks!

You can also bake the bacon in the oven at 400°F for 12-17 minutes if you'd prefer.





# Oven-Roasted Potatoes

## Ingredients

- 1 lb or 3-4 medium yukon gold potatoes or red potatoes
- 2-3 tbsp olive oil
- 2 tsp parsley
- 2 tsp rosemary
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{4}$  tsp salt

## Preparation

1. Preheat oven to 400°F
2. Rinse and dry potatoes, and cut into cubes.
3. In a medium bowl, mix potatoes, olive oil, and herbs together thoroughly.
4. Grease a baking sheet and place potatoes on evenly.
5. Bake for 40 minutes, turning potatoes  $\frac{1}{2}$  through.

# Garlic Green Beans

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## Ingredients

- 1 lb fresh green beans, edges trimmed
- 2-3 tsps garlic, minced – about 2 medium cloves
- 2 tsp olive oil or Earth Balance Vegan butter

## Preparations

1. In a medium pot, bring water to a boil. Add green beans and cook 5-7 minutes. Drain and set aside.
2. Heat olive oil/butter in a large skillet over medium heat, when shimmering/melted add green beans.
3. After a minute add garlic and sauté 2 more minutes or until tender-crisp.



### Tips & Tricks!

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Tender-crisp = easy to bite into but still has crunch for a nice texture!



# The Best Baked Salmon

## Ingredients

- 4 salmon fillets - 6 oz ea.
- 2 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 2 tsp garlic, minced
- 1 tsp Italian herb seasoning
- 1 medium lemon

## Tips & Tricks!

if you don't have italian seasoning, you can make your own by mixing together ¼ tsp each of dried thyme, parsley, oregano, and basil 😊

## Preparation

1. Preheat oven to 400°F
2. Place salmon on a greased baking sheet and season with salt and pepper.
3. In a small bowl, mix together olive oil, garlic, herbs, and juice from ½ lemon → spoon all over salmon.
4. Thinly slice other ½ of lemon and place one slice over each piece of salmon.
5. Bake 15-18 minutes, or until opaque and flakey when pulled apart.
6. Garnish with fresh thyme or parsley. Serve & enjoy!



# Coconut Oil Rice Krispie Treats

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## Ingredients

- ¼ cup coconut oil
- 1 bag jumbo marshmallows
- 5 cups rice krispie cereal

## Preparation

1. Melt coconut oil and marshmallows over medium heat.
2. Once melted - no lumps - mix in large bowl with Rice Krispie cereal
3. Place in baking dish and let set before cutting.

## ▲ Tips & Tricks!

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Add chocolate chips, sprinkles, m&ms, pretzels, and more to give this recipe your own sweet twist!