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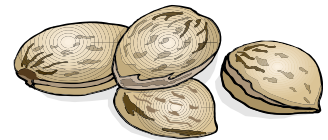
# Snack Attack!

## High Energy Snack Ideas

(250-350 calories each depending on portion size)

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- Peanut butter, banana and honey sandwich
- Bagel with 2 Tbsp. of cream cheese
- 2 ounces of cheese with crackers
- Cottage cheese with fruit, crackers or pretzels
- Quesadilla (tortilla with melted cheese) with guacamole, chicken and/or vegetables
- Pita chips, toasted pita bread or Naan with hummus or other spread
- English muffin with peanut butter and jelly, jam, or honey
- 1 cup of yogurt with ¼ cups of granola or dry cereal and fruit
- 1 cup cooked oatmeal made with milk, brown sugar, banana, raisins and peanut butter
- Pudding or ice cream topped with nuts or seeds
- Parfait (Create Your Own!)
- Granola bars, Fig bars, or energy bars (Balance®, Clif®, Kashi®, GoLean®, KIND®, Luna®, Lara®, MOJO™, NuGo®, Odwalla®, SoyJoy®, Zone Perfect®) with a glass of milk or kefir
- 3oz Tuna salad, chicken salad, or egg salad with crackers
- Trail Mix (Create your Own!)
- Toast or pita bread dipped in olive oil and vinegar or other dressing
- Avocado Sorbet topped with chopped nuts or tortilla chips



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# No-Bake Energy Bites

Time: 10 minutes

Makes about 2 dozen

## Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup raisins



## Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for half an hour.
2. Once chilled, roll into 1 inch diameter balls. Store in an airtight container and keep refrigerated for up to 1 week.

## Nutrition Information (serving size= 2 balls)

Calories: 280

Protein: 4 grams

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# Avocado Sorbet Recipe

Time: 5 minutes (not including freezer time)

## Ingredients:

2 Avocados

1/2 cup Lime juice (more or less depending on desired taste)

1-3 Tsp or more of Lime zest (amount depends on desired taste)

Cilantro (optional)

1/4 cup Corn syrup or Simple syrup

## Equipment:

Freezer

Food processor or Blender



## Steps:

1. Slice the avocados into thin strips and cover with lime juice to prevent browning and add flavor.
2. Freeze overnight or for at least 3 hours.
3. Combine cilantro, lime zest and simple syrup and/or corn syrup. Place mixture in the fridge to keep cool.
4. Take out frozen avocados and put in Food processor or Blender.
5. Pour cilantro/lime zest/syrup mixture over avocados.
6. Pulse until smooth
7. Serve sorbet immediately or freeze it for a harder texture
8. Garnish with cilantro

## Nutrition Information (serving size: 1/4 of the recipe)

Calories: 220

Protein: 2 grams

\*Sprinkle nuts on top to add more calories and protein.