

Week 1: Peanut Butter Energy Bites and Peanut butter banana soy smoothie

## Peanut Butter Energy Bites

**Yield:** 4 servings of 2 bites

**Cook Time:** 10 minutes

### Ingredients:

- 1/3 cup dry oatmeal
- 2 tsp chia seeds
- 2 oz bittersweet chocolate chopped
- 2 tsp 100% pure maple syrup
- 3 Tbsp unsweetened shredded coconut
- 1/4 cup creamy peanut butter

### Directions:

- Rough chop the chocolate and combine all of the ingredients in a mixing bowl. Mix well with a spoon.
- Portion into 3/4 ounce pieces and roll into a ball. Repeat until all are formed. Place on a plate and refrigerate for at least 30 minutes. Can also eat as they are, they will just firm up a bit.
- Serve – 2 each per snack

**Chef's Tip:** Many of these ingredients can be swapped to include items you have in the pantry. Substitutions for maple syrup include honey or agave. You can even add chopped dried fruit.

**Nutrition Info Per Serving:** 260 calories, 10.6 g fat 39 carbs, 4.2 g fiber 140 mg sodium, 7.7 g protein

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## Peanut Butter Banana and Soy Smoothie

**Yield:** 1, 12 oz smoothie

**Cook Time:** 5 minutes

### Ingredients:

- 1 tbsp creamy peanut butter
- 1 whole banana, sliced
- 1/2 cup ice cubes
- 1/2 cup soy milk

### Instructions:

- Place all ingredients into a blender and puree until smooth. Serve Immediately.

**Nutrition Tip:** Make this for breakfast! Up the protein with a scoop of protein powder.

**Nutrition Info Per Serving:** 265 calories, 10.7 g fat, 37 g carbs, 4.4 g fiber, 135 mg sodium, 8.8 g protein