



## Power-packed sports snacks to-go

- 1) Baby carrots – dip in hummus
- 2) Banana burrito:
  - ½ of whole grain tortilla
  - 2 tablespoons of peanut butter\*
  - ½ banana
  - A drizzle of honey
  - Roll-up and enjoy!
- 3) Mozzarella cheese stick with 6 – 7 whole grain crackers
- 4) Sliced apple with peanut butter
- 5) After Practice Refuel
  - a) Have a banana and a big glass of water
    - (i) ***Just one banana has the same amount of electrolytes as 10 1/2 bottles of Gatorade!***

\*ingredients should be peanuts or peanuts and salt

## Power smoothie

(Great for breakfast or to help build your muscles after a workout)

- 4 ounces (half a cup) low-fat milk
  - 3 ounces (6 tablespoons) protein powder
  - 1 cup of fresh or frozen fruit
  - 1 small handful of almonds
    - raw with the skin, not roasted and not salted
- 1) Place milk and almonds in a blender. Process until smooth and creamy, with no nut fragments.
  - 2) Add fruit and process again.
    - a) Small pieces of fruit blend more easily
      - i) Any type of berry
      - ii) Chunks of pineapple or apple (with the skin)
      - iii) Sliced bananas
    - b) Add 3-4 ice cubes if using fresh fruit for a cooler drink.
  - 3) Add protein powder and process until smooth.
  - 4) Enjoy!

### Notes

- add a few drops of vanilla, almond or coconut extract for extra flavoring

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### Remember the 3 No's:

- 1) No high-fructose corn-syrup
- 2) No hydrogenated oils
- 3) No food dyes (i.e. red #40)