



SPORTS NUTRITION RECIPES



HEALTHY ENERGY CUPS

WHAT YOU'LL NEED:

BY BREEZE BROWN, RD

1 RIPE BANANA
2 C. ROLLED OATS
¼ C. GROUND FLAX
¼ C. NATURAL HONEY
½ C. NUT OR SEED BUTTER (NON SUGAR ADDED)
2 TBSP. COCOA POWDER
2 TBSP. CHIA SEEDS
1 TSP. VANILLA EXTRACT
OPTIONAL — ¼ C. NUTS, SEEDS OR CHOCOLATE CHIPS

PUTTING IT TOGETHER:

1. IN A LARGE BOWL, COMBINE OATS, FLAX, COCOA POWDER, CHIA SEEDS & THE OPTIONAL NUTS, SEEDS OR CHOCOLATE CHIPS — SET ASIDE
2. IN A SMALL SAUCEPAN OVER MEDIUM HEAT COMBINE HONEY, MASHED BANANA AND NUT BUTTER. STIR CONTINUOUSLY UNTIL MIXTURE IS FAIRLY FLUID & SLIGHTLY BUBBLY.
3. ADD THE WET MIXTURE TO THE BOWL OF DRY INGREDIENTS & STIR. AS SOON AS THE MIXTURE IS COOL ENOUGH TO HANDLE, PORTION AND PRESS INTO SMALL MUFFIN CUPS OR A SMALL BAKING DISH. USE A PIECE OF CLING WRAP TO PRESS THE MIXTURE SO IT DOESN'T STICK TO YOUR HANDS.
4. LET COOL & STORE IN FRIDGE OR FREEZER UNTIL READY TO EAT.