



SPORTS NUTRITION RECIPES



Perfect Pre-Workout Snack

By Breeze Brown, RD

What you'll Need:

- Serves 1
- 2 Huge Tbsp. of your favorite organic peanut butter
- 1 Tsp. organic unsweetened shredded coconut
- 1 Tsp. dried cranberries or raisins
- 1 Tsp. mini organic chocolate chips
- ¾ Tsp. organic honey or maple syrup
- 6 slices freeze dried banana slices or ¼ cup freeze dried blueberries/strawberries
- 6 plain almonds or walnuts
- Pinch of seas salt

Putting it together:

1. Mix all ingredients in a bowl or in Tupperware (for on the go).
2. Enjoy!