



unbottled.
FOODS & BEVERAGES

ERIN GREEN
R.D.N. | NUTRITION

Peanut Butter Cup Energy Bites

Prep time: 5 min | **Chill time:** 2 hrs | **Servings:** 30 bites

Ingredients:

- 1 cup of quick or rolled oats
- 1 ¼ cup creamy, natural peanut butter
- ⅓ cup ground flaxseed
- ⅓ cup honey
- ⅓ cup chocolate protein powder
- 1 tsp vanilla
- ¼ cup mini chocolate chips

NOTE:

Make them your own! Use different nut butters, flavors and ingredients. Dried fruit, coconut flakes, cinnamon, different nuts and seeds are fair game.

Directions:

1. Add all ingredients to a large mixing bowl. Stir until thoroughly combined.
2. Form into balls approximately the size of a golf ball. Makes approximately 25 bites.
3. Store in an airtight container in the fridge. Chill approximately 2 hours before enjoying.
4. Can be stored for ~3 weeks in the fridge, or a few days at room temperature.

Nutrition per bite:

Calories	100
Carbohydrates	9g
Fat	7g
Protein	4.5g
Fiber	2g





Tropical Greens Smoothie

Prep time: 5 min

Ingredients:

- 1 cup mixed frozen fruit (mango, pineapple)
- ½ cup plain or flavored yogurt
- ¾ cup milk
- 2 tsp maple syrup
- ½ cup packed fresh spinach

NOTE:

Any fruit can be used. Flavored yogurt will change the carbohydrate content of the smoothie and make a sweeter product. Consider omitting the maple syrup if you use a flavored yogurt. Juice may be used instead of milk. If you add your favorite protein powder, consider increasing the liquid by ½ cup.

Directions:

1. Add all ingredients in a blender. Pulse until smooth.

Protein Bites + Smoothie Shopping List:

- Plain Greek yogurt
- Frozen fruit
- Chocolate protein powder
- Spinach
- Maple syrup
- Milk
- Honey
- Quick oats
- Peanut butter
- Flaxseed meal
- Vanilla
- Mini chocolate chips
- Small tasting cups

Nutrition per serving:

Calories	150
Carbohydrates	30g
Fat	3g
Protein	10g
Fiber	4g

