

RECIPES

Mary Patterson - Personal Trainer and Nutrition Counselor
www.marypatterson.myshaklee.com / www.kids-move.com
mary@kids-move.com / 732-320-5166

Recipes referenced from Thrive by Brandon Brazier

PRE-WORKOUT / DURING / POST WORKOUT

Apple Cinnamon Energy Bars

Ingredients:

1 small apple, cored
1 cup of dried dates
1/2 cup of soaked or cooked quinoa or oats
1/4 cup of almonds
1/4 cup of ground flaxseed
1/4 cup of Hemp protein
2 tsp. Cinnamon
1/2 tsp. Nutmeg
Sea Salt to taste

Directions:

Place all ingredients in food processor and blend until reach desired consistency. (Smoother for during workouts is easier to eat.)
Roll into 12 balls or roll flat in a tray cover with wax paper and cut into 12 bars.
Place in refrigerator or freezer.
Can be eaten straight out of freezer!

POST WORKOUT

Recovery Pudding

Ingredients:

2 bananas
1 cup of blueberries
1/2 cup of almonds
1/4 cup of ground flaxseed
1/4 cup of hemp protein
1/4 cup of carob or cocoa powder
1 tsp lemon juice
1/4 tsp sea salt

Directions:

Combine all ingredients in a blender and process until smooth.
Makes 2 servings.
Will keep up to 3 days in refrigerator.

**DON'T BE AFRAID TO EXCHANGE INGREDIENTS FOR PERSONAL PREFERENCE: HEMP PROTEIN FOR WHEY OR SOY / FRUITS /NUTS AND SEEDS