



McMASTER
ATHLETICS & RECREATION

DAVID BRALEY SPORT MEDICINE AND REHABILITATION CENTRE



SNACK IDEAS

Protein and Carbohydrate Combinations:

- Greek yogurt and a piece of fruit
- Cheese and whole grain crackers or pretzels
- Peanut butter on toast*
- Mini can of flavoured tuna with whole grain crackers*
- Trail mix made with nuts/seeds and dried fruit* (**or trail mix bars – see Snack #1**)*
- Cottage cheese and fruit
- Hard-boiled egg(s) with whole grain crackers or toast
- Glass of milk and a piece of fruit
- Whole grain crackers or pita with hummus
- Whole grain cereal or granola and milk
- Granola bar and a handful of nuts/seeds*
- Peanut butter mixed with plain Greek yogurt and cinnamon with apple slices
- Maple peanut energy bites (**see Snack #2**)*
- Coconut lime bites (**see Snack #3**)*
- Cranberry pistachio energy bites (**see Snack #4**)*
- Protein packed muffins (**see Snack #5**)*

*non-perishable (you can keep this snack in your bag)

Recipes below

Snack #1 – Trail Mix Bars

Makes 16 servings

Ingredients

- 3 cups rolled oats
- 2 cups trail mix
- 1 cup mashed ripe bananas

Preheat oven to 350 degrees. Mix all ingredients together. Line a cookie sheet with foil and pat the mixture onto it about 1/2" thick. Bake about 20 minutes -- do not brown. Let cool slightly and cut into bars.

Snack #2 – Maple Peanut Energy Bites

Makes 20 servings - great for freezing!

Ingredients

- 1 cup dry lake flake oats
- 2/3 cup toasted unsweetened coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips or cocoa nibs
- 1/3 cup maple syrup
- 1 tbsp chia seeds
- 1 tsp vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of about 2" in diameter. Store in an airtight container and keep refrigerated for up to 1 week.

Snack #3 – Coconut Lime Bites

Makes 12 servings

Ingredients

- 2/3 cup raw cashews
- 1/3 cup raw almonds
- 1 cup fresh dates (seeds removed)
- Zest of 2 limes
- Fresh juice from 1 lime
- 1/2 cup shredded coconut

Blend all the ingredients, except coconut, until the mix becomes breadcrumb-like consistency. With damp hands, roll into walnut sized balls, and roll in coconut. Refrigerate until ready to eat.

Snack #4 – Cranberry Pistachio Energy Bites

Makes 30 servings

Ingredients

- 8 ounces (about 1 packed cup) chopped dates
- 1/2 cup honey
- 1 Tablespoon chia seeds (optional)
- 1 Tablespoon ground flax seeds
- pinch of salt
- 1 1/2 cups dry old-fashioned oats
- 1 cup shelled pistachio nuts
- 1 cup dried cranberries
- 1/3 cup white chocolate chips (optional)

Combine the dates, honey, chia seeds, flax seeds and salt in a food processor, and pulse until smooth and combined. You should be able to stir the mixture -- if it is too thick, add in another tablespoon or two of honey. Transfer the mixture to a large bowl, and stir in the oats, pistachios, dried cranberries, and white chocolate chips until evenly combined. Cover and refrigerate for at least 30 minutes. Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls (about 1-inch in diameter).

Snack #5 – Protein-Packed Muffins

Makes 19 servings

Ingredients

- 3 cups oat bran
- 2 cups egg whites
- 1 cup unsweetened applesauce
- 1 tsp cinnamon
- 1 cup Greek vanilla yogurt
- 2 tbsp peanut butter
- 1 banana, sliced into small chunks
- 2 cups blueberries (fresh or frozen, drain juice if using frozen)
- 8 dates, chopped

Pre-heat oven to 350 degrees. Spray muffin tins with non-stick cooking spray OR use muffin liners as these do tend to stick to the pan. Spoon ingredients into muffin trays and bake for 30 minutes. Cool completely before attempting to remove muffins.