CREAMY STRAWBERRY SMOOTHIE

(2 servings)

Ingredients

- 1 cup frozen strawberries
- 1 large banana
- ½ cup plain Greek yogurt
- 1 cup almond milk
- ½ tsp vanilla extract
- 1 tbsp chia seeds

Optional

- Handful of spinach or kale for more immune system enhancing and brain protecting nutrients!
- Ice if needed to thicken

Instructions

- Blend all ingredients and enjoy!

HEALTHY SIMPLE OATMEAL "COOKIES"

(1 serving)

Ingredients

- 1 banana
- ½ cup oatmeal
- 1 tbsp peanut butter
- Option to add a small handful dark chocolate chips for sweetness

Instructions

- Preheat oven for 350 degrees.
- Mix ingredients together.
- Bake for 10 minutes or until cookies are golden brown.
- Enjoy!

FRUIT AND YOGURT PARFAIT

(1 serving)

Berry Granola

- 1 cup plain Greek yogurt
- ¼ cup frozen mixed berries
- 2 tbsp granola
- ½ tsp honey

Apple Pie

- 1 cup plain Greek yogurt
- ¼ cup apple
- ½ tsp cinnamon
- 1 tbsp chopped pecans
- ½ tsp maple syrup

OATMEAL RAISIN ENERGY BALLS

(30 energy balls)

Ingredients

- 2 cups quick oats
- ½ cup raisins
- 1 cup chopped pecans
- 1 tsp cinnamon
- ½ cup peanut butter
- ½ cup honey
- 1 tsp vanilla
- 1 tbsp ground flaxseed
- 1 tbsp chia seeds

Instructions

- Mix all ingredients together in a mixing bowl. Refrigerate for 1 hour.
- Roll into 30 balls
- Can be frozen or refrigerated up to one week.