

## Recipes from Kelsey Beamish, Kootenay Nutrition

### **Energy Balls**

(makes 18 balls)

#### INGREDIENTS

1 ¼ cups rolled oats (gf or regular)

2 Tbsp power ingredients - chia seeds, pumpkin seeds, flaxseeds, hemp seeds, etc.

½ cup nut or seed butter of choice (sunbutter for school safe)

⅓ cup honey, maple syrup, or brown rice syrup

1 tsp vanilla extract or almond extract

¼ tsp salt

¼ tsp cinnamon (optional)

½ cup mix-ins of choice (or a mix of mix-ins)

#### MIX-INS

Chocolate chips

Cacao nibs

M&Ms

Unsweetened dried fruit

Shredded Unsweetened Coconut

Chopped nuts

More seeds

#### INSTRUCTIONS

Combine all ingredients in a large bowl and stir to combine.

If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when balled.

When fully mixed, ball the dough into balls of desired size (you can also use a cookie scoop to help)

Ball up all the dough into about 18 balls.

Place the balls onto a plate or cookie sheet and let set in the freezer for at least 30 minutes.

Once set, place all balls into a freezer bag or freezer-safe container and store in the freezer.

They stay set while out of the freezer but try to keep from melting.

Grab a couple for a snack, make them as a healthy pre-game or training snack, or take them on your next adventure!

## Chocolate Coconut Lara Bars

### INGREDIENTS

2 cups shredded unsweetened coconut + more for on top

2 cups pitted Medjool dates

1/2 cup slivered almonds, OR replace with pumpkin seeds/sunflower seeds to make them nut-free

1/3 cup cocoa powder

1/2 tsp vanilla extract

Water, as needed (I used 4 tbsp but it depends how "moist" your dates are)

### INSTRUCTIONS

In a food processor, add all ingredients except for the water.

Mix together until combined and crumbly.

Add water as necessary, a little at a time, until you get a texture that clumps but aren't too moist.

Line an 8x8 baking pan with parchment paper, leaving extra on the sides.

Move the mixture from the processor into the prepared pan and press down using your hands, a roller, or the back of a spatula.

I covered mine with more coconut, but this is optional.

Refrigerate for at least 30 minutes to firm.

Using the excess parchment, lift the mixture out of the pan.

Slice into bars and wrap individually or keep in an airtight container in the fridge.

Bars will keep for 1 week in the fridge, but you could freeze them (individually wrapped) and bring them out when you want.

## **Black Forest Muffins**

(makes 12)

### **INGREDIENTS**

3/4 cup unsweetened apple sauce  
1/3 sugar or granulated sweetener of choice  
1/4 cup maple syrup  
1 large egg  
3/4 cup Greek yogurt (regular or vanilla)  
2 tsp pure vanilla extract  
1 cup whole wheat or all-purpose flour  
1/2 cup unsweetened cocoa powder (fair trade if possible)  
1/4 tsp salt  
1 tsp baking soda  
1 tsp baking powder  
1 cup chopped dark cherries (fresh or frozen)

### **INSTRUCTIONS**

Preheat oven to 425° and spray a 12 muffin pan with nonstick spray.

In a large bowl, combine sugar, applesauce, maple syrup, egg, yogurt, and vanilla.

Whisk together until smooth and remove all lumps.

In a medium bowl, combine flour, cocoa powder, salt, baking soda, and baking powder together.

Stir the wet ingredients into the dry and stir just until combined.

Fold in cherries.

Divide the batter into the tray (12 muffins).

Bake for 5 minutes in the 425° oven, then reduce heat to 350° and, without removing the muffins, continue to bake for 15-17 minutes.

Check with a toothpick for doneness.

Remove from the oven and allow to cool for 5 minutes in the pan, then transfer to a rack for cooling.

## **Pumpkin Breakfast Cookies**

Packed with energy-boosting complex carbs and brain supporting essential fatty acids, these are great to get the day going! Side with a protein of choice for an awesome breakfast or snack option.

### **INGREDIENTS**

1/4 cup coconut oil  
1/4 cup honey or maple syrup  
2 cups quick cook oats (can be gf)  
1/2 cup pumpkin puree  
2/3 cup unsweetened dried cranberries or raisins  
2/3 cup pumpkin seeds  
1/4 hemp seeds or ground flax seeds  
1 tsp pumpkin pie spice  
1/4 tsp sea salt  
2 eggs, beaten

### **INGREDIENTS**

Preheat oven to 350° and line 2 baking sheets with parchment or slip mats.

In a small bowl, warm coconut oil and honey/maple syrup until melted. Whisk to combine.

In a large bowl, combine all other ingredients and mix.

Add in the melted coconut oil and honey and stir to fully combine.

Use hands to form balls of about 1/4 cup each, place them on the prepared baking sheets, and press down to flatten. Squish in any oats or seeds that went rogue.

Continue with the remainder of the dough.

Bake for 15-20 minutes, until edges are slightly browned and they stay formed.

Let them cool on baking sheets before moving to an airtight container.