



## Endurance Recovery Recipes

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### Creamy Berry Recovery Popsicles



- 24 oz. fresh raspberries (or other fruit of your choice)
- 1 cup 100% unsweetened tart cherry juice (or blueberry juice, or a mixture of juices)
- 2 scoops whey protein
- ½ cup 0% Organic Greek Yogurt
- 8 - 5 oz. Dixie cups

Prepare the fruit by washing and de-stemming, if needed. Combine all ingredients into a blender or food processor and puree until smooth. Divide among eight 5oz. Dixie cups, filling each about  $\frac{3}{4}$  of the way full. Place in freezer until partially frozen – 60-90 minutes, then insert a popsicle stick or plastic spoon (handle up) into the center of each cup. Freeze until solid.

To serve, peel the cup away from the frozen popsicle. Makes 8.

## Aimee's Almond Oat Energy Bites



Prep time: 20 mins

Total time: 45 mins

Makes: 20-24 bites

These are great for trail runs and long hikes or overnight camping trips! They are very filling and have been a big hit for many endurance events I've attended over the years. - *Aimee*

- 2 1/2 cups Rolled Oats
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins (very important - grapes are a highly sprayed crop)
- 1/2 cup Organic Dark Chocolate Chips
- 1 tsp. Cinnamon
- 1 oz. Vanilla flavored Whey or Rice protein
- 1/2 cup Almond Butter
- 1/3 cup honey or coconut nectar

Grind 1/2 cup oats and 1/4 cup pumpkin seeds in food processor until powdery. Combine remaining 2 cups oats, remaining 1/4 cup pumpkin seeds, raisins, chocolate chips, and cinnamon in large bowl.

Add oat/seed and protein powder and mix well.

Stir in almond butter and honey in a small bowl until smooth. Transfer to dry bowl and mix until soft dough forms. Moisten hands, and roll dough into 1-inch balls. Place in freezer 20 minutes to set, then serve or store in the fridge.



## Cherry Protein Smoothie

Prep time: 3 mins

Total time: 3 mins

Serves: 1

Tart Cherry juice is a powerful anti-inflammatory and has been shown in studies to reduce muscle soreness after intense activity.

- 8 oz Tart Cherry Juice
- 8 oz Cold Water
- 2 Tablespoons Whey Protein Powder (flavored or unflavored)
- 1 cup ice

Combine the Tart Cherry Juice and Water. Add the Whey Protein Powder and ice. Blend until well combined. Simple, yet delicious!

## TURKEY BLT and Fruit

Author: Aimee Gallo

Prep time: 10 mins

Total time: 10 mins

Serves: 1

- 2 slices Ezekiel sprouted wheat or Gluten-free whole grain bread
- 3 slices turkey bacon, cooked
- Sliced tomato, to taste
- Bibb or Romaine Lettuce, to taste
- 1 fresh pear or apple

Assemble sandwich with first 4 ingredients. Serve with fresh fruit.



## Quick Peach Cardamom Overnight Oats

Author: Victoria — Green Plate Rule (check her out at [greenplaterule.com!](http://greenplaterule.com/))

Prep time: 5 mins

Total time: 5 mins

Serves: 1-2



This decadent breakfast can be prepped the night before and is ready to eat as soon as you wake up or return from your workout! Enjoy these oats with an egg — prepared any way you like. This bumps up the protein to an ideal ratio for workout recovery. If I am in a hurry I will often have a hard-boiled egg prepped in advance to round out the meal. - *Aimee*

- 1/2 cup rolled oats (Bob's Red Mill GF oats)
- 1 peach — chopped or grated
- 1/2 tsp cardamom
- 1 tsp vanilla extract
- 2 tsp sweetener — maple syrup, honey or coconut nectar
- 1 cup unsweetened coconut milk (I use So Delicious)
- 2 tbsp chia seeds
- 1 egg (cooked and served separately)

Add all the ingredients to a small bowl, except chia seeds, and mix.

Add chia seeds and stir for one minute

Add to the refrigerator for at least 4 hours or overnight

Stir before serving

Can be topped with blackberries and shredded coconut

Makes one large serving, or two small servings.

Serve with an egg, cooked any style.

## Travel friendly Protein oats

This is a great option for traveling athletes, or as a reliable breakfast the day before a race out of town. I place the oats and the protein powder in a ziploc baggie and use honey packets from convenience stores. ½ cup of any fruit can be used; bananas are used here because they travel well and are available almost anywhere. – Aimee



- 1 cup quick cooking oats
- 1 scoop vanilla protein powder (20gr. Protein)
- 12 oz. so delicious coconut milk, chocolate or vanilla (2 single-serve containers)
- 1 tbsp. raw honey
- 1 small banana, diced

Pour oats and protein into a bowl or large mug and stir to combine. Heat the coconut milk and add to the oats and protein, stirring as you pour to eliminate clumps. Swirl in honey, and add diced banana. Alternately, coconut milk can be added at room temperature the night before and left to soak overnight, in which case the honey and banana would be added the following morning.

## PseudoSarah Fit Granola Bars

Author: Adapted from Sarahfit.com

Prep time: 10 mins

Total time: 25 mins

Serves: 8-10



- 1/2 cup Vanilla Almond Milk (may use regular milk, coconut milk, or rice milk if preferred)
- 2 tbsp Honey
- 1 medium Banana
- 1 3/4 cup of Old Fashioned Rolled Oats
- 3 tbsp Coconut, shredded raw
- 2 tsp Cinnamon
- 2 servings Vanilla Protein Powder like Jay Robb Whey or Vega Sport Vanilla
- 1/4 cup Almonds
- 1/4 cup Raisins
- Coconut oil

Preheat oven to 350F. Combine the first three ingredients. Mash up the banana and mix well together. Mix the remaining ingredients in a separate bowl. Combine all ingredients and stir until just mixed. Line a baking pan with coconut oil, using a paper towel to spread and lightly coat all sides. Pat down batter into pan.

The larger the dish, the thinner the bars and less cooking time. Bake for approximately 25 minutes or until center is firm. Cut into 8-10 size servings.

Feel free to experiment with ingredients! Cranberries and walnuts, cashews and chocolate, or cherries, 2 tbsp. cocoa powder and almonds are great in this!

## Fern Berman's Ginger And Lentil Soup

Author: From the New York Times, *The Problem Is Winter, The Answer Is Soup* By SUZANNE HAMLIN

Prep time: 15 mins

Total time: 50 mins

Serves: 8

Perfect to have on hand after a winter workout! To bump up the carbohydrate count to ideal levels, enjoy this hearty stew with a hunk of crusty bread or some brown rice!



- 1 pound brown lentils
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped (1 1/2 to 2 cups)
- 3 to 6 cloves garlic, chopped
- 3 to 4 tablespoons fresh, peeled ginger root, diced or grated
- 3 to 4 carrots, peeled and diced
- 3 2/3 cups water
- 6 cups chicken or vegetable stock
- Fine sea salt to taste
- Freshly ground pepper to taste
- Dashes of balsamic vinegar, to taste.

Put the lentils into a colander, rinse thoroughly under cool running water and set aside.

Warm the 2 tablepoons olive oil in a 6-to-8-quart or larger heavy pot over medium heat. Add chopped onion, garlic and ginger, and saute until transparent. Add 2/3 cup of the water and the diced carrots, and simmer a minute. Stir in the rinsed lentils. Add the stock and remaining 3 cups of water. Partly cover, and simmer over a low flame, stirring often, for 30 to 40 minutes, until the lentils are cooked and the soup has the consistency of porridge. Remove from heat and let cool briefly. Stir in salt, pepper and dashes of balsamic vinegar to taste. Serve with bread or brown rice.