



Ringwood Juniors Nutrition Handout - FEB 2023

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Hi there,

Thanks very much for joining into my presentation at Ringwood Swim Club "Making the most of food choices"

Please find below a mini recipe book with some smoothie, breakfast and snack recipe ideas to try.

Thanks very much and please don't hesitate to contact me if you would like further assistance with your sports nutrition.

Kind regards,
Bec

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Strawberry & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1 cup Frozen Strawberries
1/2 Banana (frozen)
2 tbsps All Natural Peanut Butter

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Dairy-Free: Use dairy-free yogurt.

Nut-Free: Use sunflower seed butter.

More Protein: Add collagen or protein powder.

More Fiber: Add frozen cauliflower, ground flax, and/or chia seeds.



Banana Chocolate Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Oats
- 1 tbsp Cocoa Powder
- 1 Banana (frozen)
- 2 tbsps Pitted Dates

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Pitted Dates: One serving is equal to approximately two to three dates.

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Peanut Butter & Banana Shake

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana
- 4 Ice Cubes
- 1/4 cup Chickpeas (cooked, rinsed. Use canned)
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 2 tsps Maple Syrup (optional)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor: Add a pinch of cinnamon or sea salt.

Make it Green: Add spinach or kale.

Consistency: Adjust consistency to your liking by adding more or less liquid to the blender.



Starwberry Beet Smoothie

2 servings

10 minutes

Ingredients

1 1/2 cups Coconut Water
3/4 cup Unsweetened Greek Yoghurt
2 Beet (Use pre cooked baby beets use
2-3 of these)
1 tbsp Ginger (Fresh and chopped)
1/4 cup Pumpkin Seeds
2 tbsps All Natural Peanut Butter
1/2 cup Frozen Blueberries
1 cup Frozen Strawberries (Heaping
cup)

Directions

- 1 Place all ingredients in blender and blend until smooth



Oatmeal Cookie Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Frozen Banana
3 tbsps Oats
1 1/2 tps Almond Butter
1/8 tsp Vanilla Extract
1/4 tsp Cinnamon

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Almond Milk: Use another type of milk such as oat or coconut milk

Nut-Free: Use tahini.

Protein Powder: Add a scoop of vanilla protein powder.



Apple Cinnamon Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats
- 1 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 3 tbsps Water
- 1 Apple (cored and diced)
- 3/4 cup Walnuts (chopped)
- 1/2 cup Plain Greek Yogurt
- 2 tbsps Hemp Seeds

Directions

- 1 Combine oats, almond milk, chia seeds, Greek yoghurt, maple syrup, cinnamon, nutmeg, vanilla extract and almond milk in a large glass container or cooking bowl. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Scoop a few spoonfuls of the oat mixture into the bottom of a cereal bowl. Then add a layer of diced apple followed by a layer of chopped walnuts, a sprinkle of hemp seeds and top with another layer of oat mixture again, more hemp seeds and apple and then serve.
- 3 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of raw honey (optional).

Notes

More Protein: Add more hemp seeds or a spoonful of nut butter.

Leftovers: Refrigerate in an airtight container for up to four days.



Peanut Butter & Jam Overnight Oats

2 servings

8 hours

Ingredients

1/3 cup All Natural Peanut Butter (divided)
3 tbsps Maple Syrup (divided)
1 1/4 cups Unsweetened Almond Milk
1 cup Oats (quick)
1 tbsp Chia Seeds
2 cups Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container in the fridge for up to four days.

No Peanut Butter: Use almond butter, cashew butter or sunflower seed butter instead.



Blueberry Overnight Oats

2 servings

8 hours

Ingredients

- 3/4 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1/2 tsp Cinnamon
- 1/3 cup Water
- 1/2 cup Blueberries
- 1/2 cup Slivered Almonds

Directions

1

Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).

2

Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Super Hero Energy Muffins

12 servings

45 minutes

Ingredients

2 cups Almond Flour (Also know as almond meal)
 1 cup Traditional Oats
 2 tsps Cinnamon
 1 tsp Nutmeg
 1 tsp Baking Soda
 1/2 tsp Sea Salt
 1/2 cup Walnuts (Chopped, optional)
 1/2 cup Dark Chocolate Chips
 3 Egg (Whisked)
 1 Zucchini (grated)
 2 Carrot (grated)
 1/3 cup Butter (melted. Can use coconut oil instead)
 1/2 cup Maple Syrup (Use Pure A grade Candian Maple Syrup)
 1 tsp Vanilla Extract

Directions

- 1 Pre-heat oven to 180 degrees. Line standard muffin tin with 12 paper muffin cups
- 2 In a large bowl combine the almond meal, oats, cinnamon, nutmeg, baking soda, salt, walnuts and choc chips
- 3 In separate bowl mix together the eggs, zucchini, carrots, butter, maple syrup and vanilla. Add the dry ingredients, mixing until combined. The batter will be thick
- 4 Spoon the batter into muffin cups, filling each to the brim. Bake until muffins are nicely browned on the top and a tooth pick inserted in the center comes out clean. Depending on your oven 20-30 minutes, but check the muffins at 20 minutes

Notes

Freeze well: These freeze well so great to make in advance.



Flourless Chocolate Peanut Butter Muffins

9 servings

40 minutes

Ingredients

3 Banana (medium, ripe, mashed)
 3 Egg
 1/3 cup Maple Syrup
 1/2 tsp Vanilla Extract
 3 tbsps Coconut Oil
 1/2 tsp Sea Salt
 1 cup All Natural Peanut Butter (divided)
 1/2 tsp Baking Soda
 1 tsp Baking Powder
 1/2 cup Cacao Powder

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Mix the mashed banana and egg together. Using a hand mixer or stand mixer is best, but a whisk will also work. Slowly add the maple syrup and vanilla and continue mixing. Next, add the oil until an even consistency is achieved.
- 3 Add the salt and 3/4 of the peanut butter. Continue to mix, then add the baking soda and baking powder. Slowly add the cacao powder. Continue to mix until a pancake batter-like consistency is achieved.
- 4 Fill each muffin liner with the batter, approximately 1/3 cup each. Add the remaining peanut butter onto the top of each muffin and if desired, swirl with a toothpick.
- 5 Bake in the oven for 25 minutes or until muffin tops are firm. Remove from the oven, allow to cool in the muffin tin for 10 minutes before removing. Enjoy!

Notes

Leftovers: Keep on the counter in an airtight container for up to five days. Freeze for up to six months.

Serving Size: One serving is equal to one muffin.

Additional Toppings: Turn them into cupcakes. Make the icing by whipping together peanut butter, coconut oil, coconut cream, maple syrup, and salt.



Apple Cinnamon Oatmeal Cups

6 servings

50 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Applesauce
- 3 tbsps Maple Syrup
- 2 cups Oats (rolled)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg (optional)
- 1 Apple (large, peeled, and chopped)

Directions

- 1 Preheat the oven to 350°F (175°C) and grease a muffin tray with the oil.
- 2 In a large mixing bowl combine the milk, applesauce, and maple syrup. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the chopped apple.
- 3 Divide the oat mixture between the cups of the muffin tray and bake for 30 to 35 minutes or until golden brown around the edges.
- 4 Let cool in the tray slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

Notes

Leftovers: Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

Serving Size: One serving is equal to two oatmeal cups.

Nut-Free: Use nut-free milk instead, like oat, coconut, or dairy.

More Flavor: Add vanilla extract and a pinch of salt.

Apple: A large apple yields approximately one cup of chopped apple.

Oil-Free: Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.



Blueberry Chia Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Traditional Oats (Use wheat free oats)
- 1/2 cup Unsweetened Almond Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size: One serving equals two to three 4-inch pancakes.

More Flavor: Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings: Top with Greek yoghurt or coconut yoghurt, nut or seed butter, berries and or nuts and seeds.

Batter Consistency: Add more milk if the batter is too thick, and more oats if the batter is too thin.

Snack to have sometimes: These could be great to make up in advance and freeze. They could be a good snack to have sometimes especially when at school, great to have as back up snack options



Monster Breakfast Cookies

12 servings

40 minutes

Ingredients

- 2 Banana (mashed)
- 2 Egg
- 1 Carrot (grated)
- 1/2 cup Almond Butter
- 2 tbsps Coconut Oil
- 2 tbsps Maple Syrup
- 1 1/2 cups Oats
- 1 cup Almond Flour
- 1/4 cup Pumpkin Seeds
- 2/3 cup Raisins
- 1 tsp Cinnamon

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, coconut oil and maple syrup. Mix well.
- 3 In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
- 4 Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 25 to 30 minutes, or until cookies are golden brown.
- 5 Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

Notes

No Raisins: Try unsweetened dried cranberries.

No Pumpkin Seeds: Use sunflower seeds instead.

No Eggs: Make a flax egg by combining 1 tbsp ground flax seed with 3 tbsp water. Stir and let sit for 10 minutes. Use this mixture to replace 1 egg.

Serving Size: One serving is equal to one cookie.



Banana Oat Chocolate Chip Cookies

12 servings

25 minutes

Ingredients

3 Banana (large, ripe, mashed)
 1/2 cup Sunflower Seed Butter
 1/4 cup Coconut Oil
 1 tsp Vanilla Extract
 2 cups Oats (large flake)
 1/3 cup Unsweetened Shredded Coconut
 1 tsp Baking Powder
 1/4 tsp Cinnamon
 1/4 tsp Sea Salt
 1/2 cup Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

Notes

Serving Size: One serving is equal to one large cookie.

No Chocolate Chips: Use raisins, dried cranberries, chopped figs or cacao nibs instead.

No Sunflower Seed Butter: Use tahini, peanut butter or almond butter instead.

Leftovers: Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.



No Bake Apple Cinnamon Bites

14 servings

15 minutes

Ingredients

1 cup Oats (quick or traditional)
1/4 cup Ground Flax Seed
1/2 tsp Cinnamon
1/3 cup Almond Butter
2 tbsps Raw Honey
1 Apple (peeled, cored and finely diced)

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size: One serving is equal to one - two balls. Have 2 :)

Vegan: Use maple syrup instead of honey.

Nut-Free: Use sunflower seed butter instead of almond butter.



Cinnamon Protein Energy Bites

14 servings**35 minutes**

Ingredients

1/3 cup Oats (quick)
1/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 tps Cinnamon
1/2 cup Almond Butter
1/4 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional; if needed)

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months.

Serving Size: Two balls

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Gluten-Free: Use certified gluten-free quick oats.

No Protein Powder: Use more oat flour instead.