

Easy Recipes for Athletes

These are a few simple low cost recipes for athletes to utilize after workouts, as a snack between classes, or for a main dinner menu. Due to time constraints and low budgets of the common athlete these recipes are easy and quick to prepare.

Granola Peanut Butter Balls

2 tablespoons honey
4 tablespoons peanut butter
2 cups granola
2 to 4 tablespoons milk, or as needed

In a large bowl, mix together the honey and peanut butter. Using a spatula, stir in the granola. Add enough milk to just moisten--you want it to stick together. Form into balls. Chill until ready to serve.

Blueberry Oatmeal Muffins

1 cup uncooked oatmeal. Instant, or regular
1 cup buttermilk (or 1 cup milk + 1 teaspoon white vinegar)
1 egg
_ to 1/3 cup sugar
_ to 1/3 cup oil
1 cup flour
1 teaspoon baking powder
_ teaspoon baking soda
1 teaspoon salt
1 to 1 _ cups blueberries, fresh or frozen

1. preheat oven to 400 degrees, prepare 12 muffin cups
2. In medium bowl, combine oatmeal, buttermilk, egg, oil, and sugar. Beat well; if time allows, let batter stand for 5-10 minutes for the oatmeal to soften.
3. In sm. Bowl, combine flour baking powder, baking soda, and salt 9 nutmeg and/or cinnamon if desired) . Mix well, then combine with wet ingredients, stir until moistened.
4. Gently fold in blueberries
5. Fill muffin cups, Bake for 15-20 minutes or until toothpick inserted in the middle comes out clean and dry. Cool for five minutes, remove from pan.

Yield; 12 muffins

Total calories: 1600

Cal. Per muffin: 135

Carbohydrates- 18g

Protein 4g

Fat 5g

Oven Fried Chicken

Toast 5 oz.
2 to 4 Tablespoons olive or canola oil
2 egg whites or 1 egg
4 boneless, skinless chicken breast
Salt and pepper to taste

1. Heat oven to 400 degrees. Line pan with foil or line pan with rack this will result in crisper chicken
2. put toast in bag and crush

3. put crumbs in shallow dish and drizzle the oil over them; tossing well to distribute evenly
4. beat egg in bowl. Add seasoning
5. coat chicken with the egg mixture then place in crumbs. Sprinkle the crumbs over the flesh and press them in
6. gently shake off excess crumbs and place chicken in baking dish on rack
7. bake for 40 minutes, or until deep brown .

yield: 4 servings

Total calories- 1200

Calories per serving: 300

Carbohydrates 12g

Protein 40g

Fat 10g

Quick and Easy Chili

- 1 Pound lean ground beef or turkey
- 1 16oz. can stewed tomatoes
- 1 16oz. can beans, kidney or pinto
- 1 package chili seasoning, hot or mild
- 1 2/3 cup rice, uncooked
- Optional 1 green pepper chopped

1. Brown beef or turkey. Drain fat
2. add tomatoes, beans, chili seasoning, (and green pepper) . Bring to a boil, then reduce heat
3. Simmer for 5 to 50 minutes, depending on time
4. While chili is simmering, cook rice
5. Serve the chili ove rice

Yield: 6 servings

Total calories without rice: 1650

Calories per serving without rice: 275

Carbohydrate – 20

Protein - 24

Fat - 11

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Total calories without rice: 1650

Calories per serving without rice: 275

Carbohydrate – 20

Protein - 24

Fat - 11

Homemade Sports Drink

- _ cup sugar
- _ teaspoon salt
- _ cup hot water
- _ cup orange juice plus 2 tablespoons lemon juice
- 3 1/2 cups cold water

NOTES: you can use other juices such as cranberry, grape, apple, etc.)

1. in the bottom of a pitcher, dissolve the sugar and salt in hot water.
2. Add juice and remaining water; chill
3. Quench your thirst!!

YIELD: 1 QUART

Total Calories: 200

Calories per 8 oz.: 50

Carbohydrates: 12

Sodium: 110 mg

Fruit Smoothie

_ cup low-fat yogurt (plain or flavored) or milk

1 cup fruit juice

_ cup to 1 cup fruit, fresh, frozen

1. Place all ingredients in a blender, cover, and whip until smooth

YEILD: 1 serving

Calories :220-290

Carbohydrates: 50-60

Protein: 5

Fats: 0-3

Texas Shake

10 oz. orange juice

1/3 cup low fat dry milk

1 banana

1 cup low fat yogurt

Blend with ice:

YEILD: 530 CALORIES

7% fat

21% protein

72% carbohydrate

Reference:

Clark, Nancy. Sports nutrition guidebook, 3rd ed. 2003.