



U.S. ARMY WORLD CLASS ATHLETE PROGRAM



RECIPE BOOK

BY MAJOR KELLY KAIM
DIETICIAN, WORLD CLASS ATHLETE PROGRAM



FOREWORD

This recipe book is designed to take an athlete through their day and provide recipes specific to the timing of their training. Each heading suggests the best timing for that particular recipe.

CONTENTS

Pre-Workout Breakfast Recipes

Overnight Oats
Easy Protein Pancakes
Breakfast Egg Cups
Meal Prep Breakfast Sandwich
Berry Banana Smoothie
Sunrise Yogurt Parfait

Mid-Day Refuel Recipes

Overnight French Toast
Make Ahead Breakfast Burritos
Meal Prep Buddha Bowl
Deconstructed Egg Roll Bowl
Turkey Panini

Fueling On-The-Go Recipes

Cappucino Protein Coffee Cake
Protein Banana Bread
Greek Yogurt Blueberry Muffins
Peanut Butter Granola Bars
Peanut Butter Protein Balls

CONTENTS (continued)

Evening Reloading Recipes

White Bean Turkey Chili
Insta Pot Beef Vegetable Soup
Peach Glazed Chicken
Citrus Salmon
Stuffed Butternut Squash
Quick Quinoa Poke Bowl
Chicken Marsala & Zucchini Noodles
Cauliflower Shrimp Fried Rice
Chicken Pad Thai

Immune Boosting Side Dishes

Sweet Potato Salad
Antioxidant Strawberry Salad
Pear Arugala Salad
Balsamic Roasted Brussel Sprouts
Sheet Pan Roasted Vegetables
Paprika Herb Carrots

Recovery Night-Time Snack Recipes

Tart Cherry Sleep Smoothie
Casein Pudding
Insta Pot Apple Crisp
Orange Creamsicle
Black Bean Brownies
No Bake Cookies
Vanilla Mug Cake

PRE-WORKOUT BREAKFAST RECIPES



OVERNIGHT

oats



INGREDIENTS

1 1/2 cups plain or vanilla nonfat
Greek-style yogurt

2/3 cup large flake rolled oats

1/2 cup chopped fresh fruit

Optional: add raisins, chia seeds,
nuts to top

Optional: Protein powder

INSTRUCTIONS

1. Combine the yogurt and oats into container and set overnight or for several hours for oats to soften.
2. Top with additional yogurt

EASY PROTEIN

pancakes



INGREDIENTS

2 large eggs
½ cup Greek yogurt
2 scoops whey protein
1 tsp baking powder
1 tbsp vanilla
1 tsp stevia
Optional: Protein powder

INSTRUCTIONS

1. Whisk together eggs, vanilla, stevia, and yogurt
2. Add protein powder and whisk until smooth
3. Add in baking powder and let rest to thicken
4. Heat a large skillet sprayed with oil over medium heat
5. Pour batter on griddle, flip when top starts to bubble
6. Transfer to plate and serve with favorite toppings

BREAKFAST

egg cups



INGREDIENTS

1 cup spinach
1 cup bell pepper or other veggies
of choice
½ cup cherry tomatoes
6 eggs
4 egg whites
¼ tsp Mrs. dash
¼ tsp basil
¼ tsp oregano
¼ cup mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees and grease muffin tin with nonstick spray
2. Evenly put veggies at bottom of each muffin tin
3. Whisk eggs and seasoning together and pour over vegetables in the muffin tins.
4. Bake for 20 minutes, then add cheese to top and bake for another 10 minutes or until cooked all the way through.
5. Serve or freeze for later use

MEAL PREP

— *breakfast sandwich*



INGREDIENTS

1 ½ cup liquid egg whites
6 frozen turkey sausage patties
6 regular or light English muffins
6 slices cheddar cheese
Seasoning blend of choice

INSTRUCTIONS

1. Spray muffin pan with oil and fill 6 cups with liquid egg whites and bake at 350 degrees for 15 minutes or until firm
2. Let eggs cool and remove from muffin pan.
3. Assemble sandwiches with English muffin, frozen sausage, slice of cheese.- Bake for 20 minutes, then add cheese to top and bake for another 10 minutes or until cooked all the way through.
4. Individually bag and place in freezer until use
5. Heat in microwave for 45 seconds to reheat

BERRY BANANA

smoothie



INGREDIENTS

1/2 cup soy milk or skim milk
1 banana
2 cups frozen berries
1 cup chopped Fresh Beets
1 3/4 cups fat-free plain Greek yogurt
1 tbsphoney (optional)
2 tbsp grand flax seed (optional)
1 scoop protein powder (optional)

INSTRUCTIONS

1. Place all ingredients in a blender and process until smooth.

SUNRISE YOGURT

parfait



INGREDIENTS

4 cups Greek yogurt
1 banana- sliced
2 cups fresh berries
1 cup low-fat granola

INSTRUCTIONS

1. Divide ingredients into 4 different cups
2. Start with yogurt then add layer of granola followed by fruit
3. Add additional layer of yogurt and top with fruit

MID-DAY RE-FUEL RECIPES



OVERNIGHT — *french toast*



INGREDIENTS

16 slices wheat bread
12 oz can of fat free evaporated milk
1 cup milk of your choice
6 large eggs
1 TBSP vanilla
Zest of ½ orange
1 ¼ tsp cinnamon
¼ cup maple syrup
1 cup greek yogurt
1 ½ cups berries of choice

INSTRUCTIONS

1. Preheat oven to 350 degrees, spread bread in single layer on baking sheet and cook until lightly toasted
2. Cut bread in half diagonally and set aside
3. Grease 9x13 pan and arrange bread in pan
4. Whisk remaining ingredients in bowl
5. Pour mixture on top of the bread and let sit in refrigerator overnight
6. When ready to cook, cover with foil and put at 375 degrees for 20 minutes, remove covering for 10 additional minutes or until top is crusted as desired
7. Top with Greek yogurt and fresh fruit and serve

MAKE AHEAD

– *breakfast burritos*



INGREDIENTS

1 lb chicken cooked and cubed
(rotisserie chicken works great)

18 eggs or substitute egg whites

10- 12 in whole wheat tortillas

5 oz bin spinach

4 bell peppers

1 ¼ cup crumbled feta cheese

1 small red onion

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Line baking sheet with parchment paper
3. Toss peppers and onions in salt and pepper and lay on baking sheet
4. Bake for 20 minutes until tender. Add spinach on pan for last 5 minutes to wilt.
5. Heat large frying pan and spray with cooking spray
6. Crack eggs into bowl and scramble
7. Add to frying pan and cook until done all the way through. Whisk remaining ingredients in bowl
8. Lay wraps out flat and add in eggs, veggies, and chicken, leaving about 1.5 in on both sides so that you can wrap it up
9. Sprinkle each open burrito with cheese and then fold up
10. Store in refrigerator for up to 4 days or 2 months in freezer

MEAL PREP

– *buddha bowl*



INGREDIENTS

1 Large Sweet Potato- cut into cubes
3 tbsp Olive Oil
2 Large Chicken Breasts – cooked and cut into bite size pieces (can substitute rotisserie chicken)
1 tbsp Garlic
2 tbsp Peanut Butter
¼ cup Lime Juice
1 tbsp Soy Sauce
1 tbsp Honey
1 tbsp Sesame Oil
1 cup Garbanzo Beans
1 cup Spinach
2 cups Cooked Brown Rice
Salt and Pepper - to taste

INSTRUCTIONS

1. Place cut sweet potato on baking sheet and toss with 2 tbsp olive oil. Season with salt and pepper. Bake at 425 degrees for about 30 minutes until soft.
2. Portion out ½ cup of rice in each container (4). Add ½ chicken breast to each.
3. Top with ¼ of the garbanzo beans and spinach in each container.
4. For Peanut Sauce: In small bowl mix together peanut butter, soy sauce, garlic, sesame oil, honey, remaining olive oil, and lime juice until smooth.
5. Remove sweet potato from oven and divide between the 4 containers. Add peanut sauce to top of each bowl when ready to serve.

DECONSTRUCTED

egg roll bowl



INGREDIENTS

1 lb ground turkey
1 sweet onion
½ cup carrots (matchstick)
1 bag of coleslaw mix
2 green onions
½ sweet onion (diced)
¼ cup soy sauce
1 tbsp sesame oil
1 tbsp rice vinegar
1 tbsp hoisin sauce
1 tsp garlic
1 tsp ginger (ground)

INSTRUCTIONS

1. Cook ground beef in large skillet until pink is gone and set aside
2. Add Sesame oil and rice vinegar to pan with sweet onion and cook until onion looks translucent
3. Add meat back to pan along with remaining ingredients except green onions until cabbage is cooked
4. Remove from pan and top with green onions and serve

TURKEY

— *panini*



INGREDIENTS (per sandwich)

2 thick pieces sturdy bread
1 slice muenster cheese
3-4 oz sliced turkey
1 spoonful cranberry sauce
1 oz spreadable goat cheese
5-6 spinach leaves
¼ sweet pepper
1 tsp spreadable butter

INSTRUCTIONS

1. Heat Skillet or panini press if available
2. Make sandwich to include all ingredients except butter
3. Spread butter on outside of each piece of bread
4. Put on pan or panini press and cook
5. If using pan flip gently once bread golden on bottom side
6. Serve

FUELING ON-THE-GO RECIPES



CAPPUCINO PROTEIN

coffee cake



INGREDIENTS

1½ cups white/whole wheat flour
1 scoop Ascent cappuccino flavor whey protein powder
1 tsp. baking powder
1 tsp. Cinnamon
½ tsp salt
2 eggs
2 tbsp. olive oil
4 tbsp. honey
1 tsp. vanilla extract
2 tbsp. brown sugar
1 container (150g) vanilla Greek yogurt (or preferred yogurt)
¾ cup brewed coffee, cooled/room temp

INSTRUCTIONS

1. In a large bowl, mix flour, protein powder, baking powder, cinnamon, and salt
2. In a separate bowl, whisk together eggs, olive oil, honey, vanilla extract, Greek yogurt, brown sugar and cooled coffee
3. Combine wet and dry ingredients. Gently stir until incorporated. Be careful not to over mix
4. Pour batter into a 7x11 glass baking dish lined with non-stick foil or sprayed with nonstick spray.
5. Bake at 375F for 20 minutes or until a knife comes out clean.

PROTEIN

– *banana bread*



INGREDIENTS

2 medium bananas mashed
1 cup milk
1 tbsp apple cider vinegar
1 tsp vanilla
2 cups self-rising flour
½ cup almond flour
¼ cup protein powder
½ cup brown sugar
Optional: chocolate chips

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. In a large bowl, whisk together bananas, milk, vinegar, and vanilla
3. Add dry ingredients and mix until batter is smooth
4. Pour batter into a 7x11 glass baking dish lined with nonstick foil or sprayed with non-stick spray
5. Bake for 45 minutes or until a toothpick inserted into middle comes out clean
6. Let cool and then slice and serve

GREEK YOGURT — *blueberry muffins*



INGREDIENTS

2 ½ cups all purpose flour
1 tbsp baking powder
½ tsp baking soda
½ cup sugar
½ tsp salt
2 eggs
2/3 cup oil
1 cup greek yogurt
¼ cup milk
1 ½ cup blueberries

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Combine all dry ingredients into bowl
3. Combine eggs, oil, yogurt, and milk in another bowl
4. Add wet ingredients to the dry ingredients. Stir until combined. Add in blueberries
5. Spoon batter into greased muffin pan
6. Bake for 15-20 minutes until lightly golden on top and cooked through

PEANUT BUTTER

granola bars



INGREDIENTS

3 cups rolled old fashioned oats

$\frac{3}{4}$ cup peanut butter

$\frac{1}{3}$ cup maple syrup

2 whole eggs

$\frac{1}{2}$ cup mini chocolate chips

Optional: nuts, seeds, protein powder

INSTRUCTIONS

1. Line 9 x 9 pan with foil
2. Mix together all ingredients until combined
3. Press into prepared pan
4. Bake bars at 350 degrees for 15 minutes

PEANUT BUTTER

protein balls



INGREDIENTS

- 1 $\frac{1}{4}$ rolled oats
- $\frac{1}{2}$ cup protein powder
- $\frac{3}{4}$ cup peanut butter
- $\frac{1}{4}$ cup maple syrup

INSTRUCTIONS

1. Combine oats and protein powder in mixing bowl
2. Add peanut butter and maple syrup to a separate microwave safe bowl and microwave until peanut butter has melted
3. Add peanut butter mixture to dry ingredients and mix well
4. Use your hands to form balls and place on lined plate
5. Refrigerate for 1 hour and serve

EVENING RELOADING RECIPES



WHITE BEAN — *turkey chili*



INGREDIENTS

2 Cans white beans
1 Can low sodium cream of chicken soup
2 cups chopped turkey
1 can chopped green chilies
1 1/4 cups non-fat milk
1/4 onion
Salt and pepper, to taste
1 tbsp cilantro
1 tsp garlic powder
1 tsp cumin
Optional toppings: Shredded cheese, sour cream, hot sauce

INSTRUCTIONS

1. In large saucepan combine all ingredients except toppings and bring to a boil
2. Reduce and simmer with lid once boiling for 40 minutes
3. Serve with desired toppings

INSTA POT BEEF

vegetable soup



INGREDIENTS

1 lb beef (cubed)
2 cups diced potatoes
2 cups frozen corn
1 cup frozen green beans
½ medium onion
2 celery stalks
1 cup diced carrots
1 can diced tomatoes
4.5 cups beef broth
.5 tsp garlic powder
.5 tsp oregano
1 bay leaf
Salt and pepper to taste

INSTRUCTIONS

1. Pre-heat Insta-pot and spray inside with cooking spray
2. Add meat to pot with garlic to brown for 4 min
3. Add onions, celery and carrots and cook for another 4 min
4. Add remaining ingredients, put on lid and lock and set to high pressure for 8 min
5. Remove bay leaf and serve

PEACH GLAZED *chicken*



INGREDIENTS

1 lb skinless chicken – cut into strips
3 medium peaches
½ small sweet onion
1/3 cup brown sugar
2 tbspple cider vinegar
2 tsp Dijon mustard
1 ½ tbsp canola oil
½ tsp rosemary
½ tsp salt
¼ tsp pepper

INSTRUCTIONS

1. Heat large skillet and add 1 tbsp oil. Sprinkle chicken with salt and pepper and add to the pan for about 7 minutes or until cooked. Set aside
2. Add the remaining oil along with the rosemary and onion until they are lightly golden in color
3. Add brown sugar, vinegar, mustard, ¼ tsp salt and peaches and cook on medium until the peaches are soft (approximately 10-15 minutes). Make sure to continue to stir during this process
4. Return chicken to the pan and top with the glaze in the pan. Serve immediately

CITRUS — *salmon*



INGREDIENTS

3 clementines
1 lemon
Sprigs of thyme and leaves
3 lbs salmon filet
1.5 tbsp honey
1 tbsp fennel seed
Salt and Pepper to taste

INSTRUCTIONS

1. Preheat oven to 425 degrees
2. On baking sheet lay out sliced lemon, 1 clementine, and thyme sprigs
3. Lay down salmon filet on top
4. In bowl mix juice from remaining clementines and honey and whisk together. Brush $\frac{1}{2}$ mixture on salmon
5. Sprinkle with fennel and thyme leaves and season with salt and pepper and cook for 10 minutes
6. Brush on remaining juice and cook additional 10 minutes or until fish can be flaked with a fork
7. Serve with favorite side

STUFFED

butternut squash



INGREDIENTS

2 Large butternut squash (halved)
1 large chicken breast or ½ rotisserie chicken
1 can black beans
1.5 cups brown rice
½ onion
½ red pepper
½ bag frozen corn
½ cup fresh tomatoes
½ cup salsa
1 tbsp butter
1 tbsp olive oil
3 tbsp taco seasoning
½ avocado
½ cup shredded cheese
¼ cup sour cream

INSTRUCTIONS

1. Cut butternut squash length-wise and scoop out seeds
2. Add butter to the pit in each one and place on baking sheet. Cook at 400 degrees for 45 minutes or until tender
3. Cut onion and red pepper and add to pan with 1 tbsp olive oil, cook until tender.
4. Add cooked chicken, beans, cooked rice, tomatoes, corn, salsa and taco seasoning and stir together
5. Once cooked, scoop out inside of butternut squash and add to chicken mixture. Scoop mixture into boat and top with cheese, sour cream and avocado

QUICK QUINOA

poke bowl



INGREDIENTS

1 cucumber quartered
½ package shredded carrots
Small avocado
Small package seaweed
2 packets 90 sec microwavable quinoa
1 lb poke
Spicy mayonnaise

INSTRUCTIONS

1. Cook the quinoa for 90 seconds
2. Divide quinoa evenly between bowls
3. Evenly add carrots, cucumber to each bowl
4. Divide poke between bowls
5. Slice avocado and garnish each bowl
6. Add seaweed to each bowl
7. Drizzle with spicy mayo

CHICKEN MARSALA — & *zucchini noodles*



INGREDIENTS

4 large zucchini
2 large boneless chicken breasts
–butterflied into 4 pieces
½ cup flour
2 tbsp olive oil
2 tbsp butter
1 tsp Garlic powder
1 tsp salt
1 cup mushrooms
1 ¼ cup chicken broth
¾ cup marsala wine
2 tsp garlic
1 tbsp olive oil

INSTRUCTIONS

1. Cut off the ends of the zucchini and put in spiralizer. Place single layer on baking sheet with parchment paper, sprinkle with salt, and put in the oven at 350 degrees for 15 minutes and set aside
2. Mix flour and garlic and salt. Dredge chicken breast in mixture
3. Add 1 tbsp olive oil and 1 tbsp butter to pan and cook chicken breasts (2 at a time) on medium heat until golden brown. Repeat. Set chicken aside
4. Without cleaning pan add in olive oil and mushrooms and garlic and cook until golden brown
5. Add Marsala wine and chicken broth and reduce to simmer until thickened.
6. Add chicken back to sauce and serve over zucchini noodles

CAULIFLOWER – *shrimp fried rice*



INGREDIENTS

1 head cauliflower
1 tbsp sesame oil
1 tbsp garlic
2 eggs
½ lb frozen shrimp
1 bag frozen peas and carrots
4 tbsp soy sauce

INSTRUCTIONS

1. Wash cauliflower and cut off the head. Add it to food processor and grind until you get the size of rice
2. Cook Shrimp and peel if necessary and set aside
3. Put oil and garlic in pan and let it heat up
4. Add in cauliflower to pan
5. Add in frozen veggies
6. Add eggs and scramble into the veggies
7. Add in soy sauce and stir
8. Toss in shrimp and serve

CHICKEN — *pad thai*



INGREDIENTS

1 lb chicken breast
½ sweet onion
1 zucchini
1 bag frozen veggies
1 container mushrooms
1 red pepper
1 package rice noodles
1 tbsp ketchup
2 tbsp brown sugar
2 tbsp fish sauce
2 tsp rice vinegar
1 tsp oyster sauce
1 tsp garlic
Optional: lime wedge, peanuts

INSTRUCTIONS

1. Cook chicken in large skillet until slightly pink, adding garlic to pan part-way through. Cut into small bite sized pieces and leave in pan
2. Add all vegetables cut into small pieces
3. In separate bowl mix all the sauce ingredients together
4. Add veggies and sauce to the chicken
5. Bring pan of water to a boil. Add noodles. Cook for 5 min
6. Rinse noodles in cold water and add to the pan of chicken and veggies
7. Top with lime wedges and peanuts if desired

IMMUNE BOOSTING SIDE DISHES



SWEET POTATO

salad



INGREDIENTS

4 medium sweet potatoes
1 onion
1 red bell pepper
1 can black beans
1 can corn (optional)
3 tbsp olive oil
2 tsp minced garlic
1 1/2 tbsp lime
3/4 cup fresh cilantro

INSTRUCTIONS

1. Toss chopped sweet potatoes and onions with the olive oil and sprinkle with salt and pepper
2. Place on parchment paper baking sheet and bake at 450 degrees for 30 minutes
3. Let potatoes cool and then toss all remaining ingredients

ANTIOXIDANT – *strawberry salad*



INGREDIENTS

4 cups mixed salad greens
½ cup strawberries- sliced
¼ cup blueberries
4 tbsp walnuts (candied optional)
¼ cup goat cheese
8 oz protein of choice to top
½ cup balsamic vinegar
2 tbsp dijon mustard
1 tbsp honey

INSTRUCTIONS

1. Put greens in large bowl and top with fruit and walnuts and goat cheese
2. Cook protein of your choice and slice into small pieces and top salad
3. In separate bowl mix balsamic vinegar, mustard, and honey
4. Top salad with desired amount of dressing and serve

PEAR ARUGULA

salad



INGREDIENTS

4 pears
1 cup farro (before cooking)
6 cups arugula
1 cups walnuts
½ cup gorgonzola
1 tbsp olive oil (to toss pears)
½ cup olive oil
¼ balsamic vinegar
1 lemon
2 tsp honey
2 tsp garlic powder
Salt and pepper to taste

INSTRUCTIONS

1. Cook farro according to directions. Preheat oven to 400 degrees
2. Slice pears into slices of 8. Toss with 1 tbsp olive oil and place on lined baking sheet. Roast for 12 minutes
3. Combine last 6 ingredients into a jar and shake together. Set aside
4. In a large bowl combine arugula, farro, pears, walnuts, and gorgonzola. Pour dressing over the top and toss

BALSAMIC ROASTED

brussel sprouts



INGREDIENTS

1.5 lbs brussel sprouts
2 tbsp olive oil
1/3 cup dried cranberries
1/3 cup pecans
1/3 cup grated parmesan cheese
1 tbsp balsamic glaze
½ tsp salt

INSTRUCTIONS

1. Preheat oven to 425 degrees
2. Wash and cut brussel sprouts in half
3. Toss with olive oil and salt on baking sheet
4. Roast for 18 minutes
5. Add pecans and cook for additional 5 minutes or until brown on edges
6. Transfer to bowl
7. Add in cranberries and parmesan
8. Drizzle with balsamic glaze

SHEET PAN

roasted vegetables



INGREDIENTS

1 pound Yukon gold potatoes
1 pound Brussel Sprouts
1 medium onion
½ pound broccoli florets
3 large carrots
½ pound cauliflower florets
1 large sweet potato
3 garlic cloves
¼ cup olive oil
Kosher Salt to taste
Black Pepper to taste

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Cut all vegetables in 1 inch cubes and put in large bowl, toss with olive oil. Season with salt and pepper and other desired seasoning
3. Put veggies on cooking sheet and bake in oven for 60-75 minutes, flipping halfway through
4. Remove veggies when tender

PAPRIKA HERB *carrots*



INGREDIENTS

4 large carrots
2 tbsp olive oil
¼ cup fresh parsley
2 tsp paprika
1 tsp salt
1 tsp pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Slice carrots diagonally approximately ½ inch wide
3. Place carrots on baking sheet and toss with oil, parsley, paprika, salt and pepper
4. Bake for 20 minutes or until carrots are tender

RECOVERY NIGHT-TIME SNACK RECIPES



TART CHERRY

— *sleep smoothie*



INGREDIENTS

½ cup plain greek yogurt
¼ cup tart cherry concentrate
1 small banana
1 tbs almond butter
Handful ice

INSTRUCTIONS

1. Combine all ingredients together in a blender
2. Blend until smooth, adding ice until you get desired consistency

CASEIN - *pudding*



INGREDIENTS

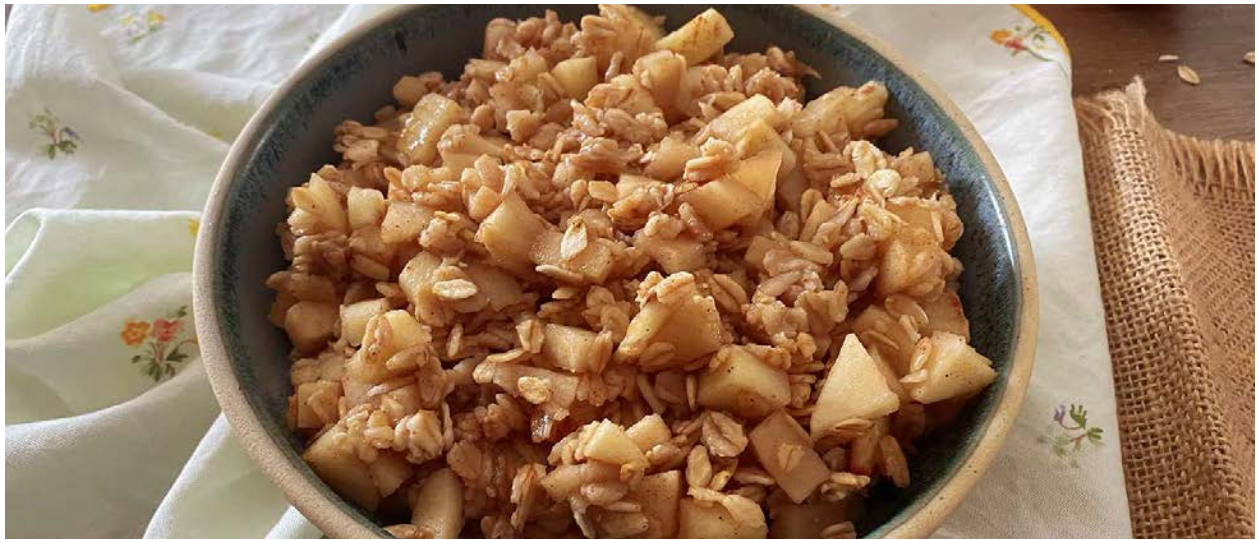
10 oz unsweetened almond milk
2 tbsp vanilla
2 scoops casein protein powder

INSTRUCTIONS

1. Pour almond milk into mixing bowl and add vanilla
2. Add casein powder to bowl and mix with whisk
3. Divide into 2 containers and refrigerate for 5-10 minutes
4. Top with your favorite fruit

INSTA POT

— *apple crisp*



INGREDIENTS

8 apples peeled and cut
1 cup oatmeal
1 cup water
3 tbsp butter
3 tbsp maple syrup
3 tbsp flour
2 tsp cinnamon
1 tsp nutmeg
1 tsp vanilla

INSTRUCTIONS

1. Placed cut apples into the insta pot bowl. Add cinnamon, nutmeg, and vanilla
2. Add Maple syrup and $\frac{1}{2}$ cup water and stir
3. In a small bowl mix oatmeal, flour, and butter. Pour mixture on top of apples
4. Pour other $\frac{1}{2}$ cup water at the bottom of the bowl
5. Place lid on and cook on high pressure for 8 minutes

ORANGE *creamsicle*



INGREDIENTS

1 cup vanilla Greek yogurt
1 cup orange juice
1 tbsp sugar

INSTRUCTIONS

1. Puree all ingredients in food processor until smooth
2. Place in popsicle mold and freeze

BLACK BEAN *brownies*



INGREDIENTS

1 ½ cups black beans (drained and rinsed)
2 tbsp cocoa powder
½ cup quick oats
½ cup maple syrup
1/3 cup vegetable oil
2 tsp vanilla
½ cup chocolate chips
¼ tsp salt
½ tsp baking powder

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Combine all ingredients except for chocolate chips in food processor. Blend until smooth
3. Stir in chocolate chips and pour into a greased 8x8 pan
4. Bake for 15-20 minutes, remove and let cool for 10 additional minutes
5. Cut, if brownies start to fall apart put in refrigerator for several minutes or overnight to help firm

NO BAKE — *cookies*



INGREDIENTS

1 cup oats
2 tsp vanilla
¼ tsp salt
2 tbsp unsweetened cocoa
4 tbsp coconut oil
¼ cup maple syrup
8 tbsp peanut butter

INSTRUCTIONS

1. Combine coconut oil and peanut butter in microwave safe dish and heat until melted
2. Combine remaining ingredients and stir until all mixed together
3. Form into cookies with approximately 2 tbsp dough in each and put on parchment paper lined container
4. Chill until cookies are firm. Store in refrigerator until ready to eat

VANILLA – *mug cake*



INGREDIENTS

1 scoop vanilla protein powder
1 tbsp coconut flour
 $\frac{1}{4}$ cup milk of choice
1 large egg
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ tsp vanilla
1 tbsp sugar or sweetener of choice

INSTRUCTIONS

1. Grease a microwave safe bowl with cooking spray and add the protein powder, baking powder, coconut flour, sweetener of choice and mix well
2. Add the egg and mix into the dry mixture. Add the milk of choice and vanilla extract- If the batter is too crumbly, continue adding milk of choice until a very thick batter is formed
3. Top with chocolate chips and microwave for 60 seconds, or until just cooked in the center



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