

G.I.T. FIT

Snack Recipe Book

Yogurt & Fruit Smoothie

Ingredients:

1-5 ½ oz. cup of lite Greek yogurt-plain or vanilla
½ cup of fresh berries-strawberries, blueberries, raspberries,
or black berries
½ banana
½ cup of frozen berries

Directions:

Blend yogurt, fresh berries, and banana until smooth and creamy. Add frozen berries and blend. If smoothie is too frozen, add a little water, juice, or low fat milk. If it is too runny, add more frozen berries. Enjoy! (220-250 cal.)

Variations: 1. Use banana, strawberries, and kiwi in place of berries. 2. Use coconut water. 3. Add peanut butter or Nutella instead of banana.

Fruit Salsa

Ingredients:

A combination of 4 or 5 of the following: Strawberries, raspberries, kiwi, apples (red & green), mango, banana, pineapple.
Honey

Directions:

Finely slice fruit. Combine in a bowl and stir in 2 Tsp. of honey. Enjoy salsa on cinnamon or plain pita chips.

Variations: Use Greek yogurt instead of honey.

Fruit Pizza

Ingredients:

Package of small, round, whole grain pitas
Natural peanut butter
Lite Greek Vanilla Yogurt
Bananas & Strawberries
Chopped walnuts
Mini semi-sweet chocolate chips
Lightly sweetened shredded coconut

Directions:

Spread either peanut butter or yogurt onto the pita rounds. Place sliced bananas or strawberries on pita round like pepperoni. On the banana pizza, add chocolate chips and coconut. On the strawberry pizza, add chocolate chips and walnuts.

No Bake Oatmeal Bars

Ingredients:

1 cup peanut butter
½ cup honey
3 cups old fashioned Oats

Directions:

Mix honey and peanut butter together. Heat in microwave for 30 seconds, if necessary to make the mixture creamier. Add oats and mix well. Press into a foil-lined 9X9 pan. Refrigerate until set. Cut into squares.

Everything but the kitchen sink Trail Mix

Ingredients:

Raw nuts, dried cranberries, lightly salted pretzels, sunflower seeds, dried pineapple chunks, m&ms, goldfish, melba rounds, tortilla strips, etc. The ingredients could be endless. Just remember, the more ingredients, the more it costs to make. Try to make healthy choices with one or two treat options.

Directions:

Give each girl a zipper sandwich bag and allow her to choose her own ingredients. Coaches should assist girls by scooping the ingredients into her bag. Shake and eat!

Flavored Infused Water

Raspberry and Basil Water:

Wash a large handful of raspberries and 2-4 basil leaves and add to pitcher. Stir. Fill the pitcher with water and refrigerate for at least 4 hours. Stir before serving. Add a lime wedge for garnish.

Lemon/Lime Water:

Wash lemons and limes. Slice and add to chilled water, squeezing the fruit gently. Rinds may make the water bitter after a few hours.

Apple-Cinnamon Water:

Place thinly sliced apples in the bottom of the pitcher. Add a cinnamon stick. Fill the pitcher with water. Refrigerate. Do not keep apple-cinnamon water for more than 3 days.

Breakfast Cookies

Ingredients:

2 medium ripe bananas, mashed

1 cup of uncooked Quick Oats

¼ cup chocolate chips

Directions:

Preheat oven to 350. Spray cookie sheet. Combine oats and mashed bananas. Fold in chocolate chips. Spoon mixture onto cookie sheet. Bake 12-15 mins. (96 cal. Per 2 cookies)

Fro Yo Bites

Ingredients:

Fresh strawberries, raspberries, and blueberries-thinly sliced

Honey

Granola, chopped walnuts

Lite Greek yogurt-vanilla or plain

6-cup muffin tin and liners

Directions:

Line muffin tin. Put a tablespoon of granola/walnuts in tin. Add a little honey to make granola and walnuts hold together. Fill cup with yogurt, mashing down a little to fill in the crannies of the granola. Add slices fruit to the top. Place muffin tin in the freezer for at least 1 hour. Enjoy a healthy frozen treat!

Frozen Banana Ice Cream

Ingredients:

3-4 bananas, sliced then frozen

A spoonful of peanut butter (or Nutella)

2-3 tsp. cocoa powder

Food Processor

Directions:

Put frozen bananas in the food processor and blend. It will get a little grainy. Keep blending. Stop and push the bananas down with a spatula. After a while, the bananas will start to get very smooth-be patient. You may have to stop and push the mixture down again and break up the frozen parts. Once it is all creamy, add peanut butter and cocoa. The result is similar to soft serve ice cream. If you want yours a little firmer, put in the freezer for a bit.

Banana Split Sticks

Ingredients:

Bananas, strawberries, chunks of pineapple

Chopped peanuts

Dipping chocolate

Popsicle sticks

Directions:

Chunk pineapples, slice bananas-1 1/2-2 inches

Slide a pineapple chunk, banana chunk and strawberry onto the popsicle stick. Dip the bottom half of the fruit (lengthwise) in melted chocolate. Coat the chocolate with peanuts. Place the fruit stick on wax paper. Refrigerate until the chocolate is set. So good!

Strawberry Popsicles

Ingredients:

Fresh Strawberries

Single serving Coconut water (with or without pineapple)

Honey or Agave to taste

Frozen Banana and Strawberry chunks

Directions: In a blender, combine fresh strawberries, coconut water and honey or agave (to your taste). Agave is sweeter than honey, so just add a little to begin with then continue if you want it sweeter. Note that the popsicles taste sweeter than the juice. Add frozen banana and strawberry chunks, but do not blend. Pour into popsicles trays and freeze. These are so good and healthy. If you don't have popsicles trays, you can use the vertical snack size zipper bags. Kids can eat these like push up pops and you don't have to keep track of the plastic handles.

Cranberry Chicken Salad on Apple Slices

Ingredients:

Cooked chicken-shredded or chunked or canned chicken breast-rinsed
Cranberries, pecans, grapes, celery
Tessa Mae's Ranch or Honey Poppy Seed Dressing
Salt and pepper to taste
Apples

In a bowl mix chicken all ingredients except apples. Slice Apples horizontally into rounds. Spoon chicken salad mixture onto apples and enjoy! So easy!

No Bake Chocolate Oatmeal Cookies

In microwave melt together
1 stick of butter
1/4 cup of peanut butter or wow butter (in case of peanut allergy)
1/8 cup honey
1 1/2 cups semi sweet or dark chocolate chips

Add 3 1/2-4 cups quick oats
Spoon out onto parchment covered cookie sheet
Refrigerate until firm
Makes 24-30 cookies

Homemade Granola

In a large bowl mix 1/2 cup packed brown sugar and 4 cups old fashioned oats. Add 1 teaspoon of cinnamon and 1/2 teaspoon of salt.

In a saucepan on med low heat mix together 1 single serving unsweetened applesauce, 1/4 cup honey and 1 teaspoon of vanilla.

Pour liquid mixture over dry ingredients and mix well. Spread onto a cookie sheet and place in the oven, heated to 300. Cook for 40 minutes, turning every 10 mins. Allow mixture to cool completely. Add dried cranberries, walnuts, chocolate chips-or whatever you would like. Store in a zipper bag or air tight container. This makes a yummy cereal, topping for yogurt or snack right out of the baggie.

Gluten Free brownies

Ingredients:

1 1/2 – 2 cups gluten-free oatmeal
3/4 tsp baking soda
1/2 tsp espresso powder
3/4 cup unsalted butter
1 cups sugar
1 single serving of unsweetened applesauce
1 cup cocoa powder
1 tsp salt
1 Tbsp vanilla extract
3 large eggs
1 1/4 cup chocolate chips

Instructions:

1. Preheat the oven to 350 F, and lightly grease an 8×8" pan.
2. In a food processor or blender, grind the oatmeal to a fine powder. Measure out 1 1/3 cups oat flour, and combine with the baking soda and espresso powder. Set aside.
3. In a saucepan over medium-low heat, melt the butter.
4. Once melted, add the sugar and cook for another minute.
5. Remove from heat and add the cocoa and salt. Stir to combine.
6. Add the vanilla, and then the eggs one at a time. Whisk fully so that the mixture is smooth and glossy.

7. Add dry ingredients to the wet ingredients, mixing until just combined.
8. Stir in the chocolate chips
9. Spread the mixture into the prepared pan and cook for 30-35 minutes – the top should have a thin crust, but the center will still be quite moist.
10. Let cool 20 minutes before cutting and serving.

Healthy Banana Splits

Ingredients:

Bananas-1 per two servings

Strawberries,

Vanilla Greek yogurt

Mini Semi Sweet Chocolate Chips

Mini éclair papers

Cut bananas in half. Place half of banana in éclair paper then cut lengthwise. Fill with sliced strawberries. Spoon yogurt onto top, like whipped cream. Sprinkle mini chocolate chips on top.

Frozen Chocolate Covered Banana Bites

Ingredients:

Bananas

Melting chocolate

Peanut butter-optional

Mini cup cake papers

Line a mini muffin pan with papers. Melt chocolate in microwave in 1 minute intervals, stirring until smooth. Slice bananas into rounds. Spoon a dab of melted chocolate into cupcake liner. Place a banana round on the chocolate then cover with another spoon of chocolate. Freeze at least 1 hour. For a variation, add a little peanut butter in between two thin slices of banana.

Pre-packaged dry cookie mix

A great way to add fruit and natural sugar and decrease calories and fat is to use a single serving of natural applesauce in place of butter and eggs to a pre-package dry cookie mix.