

Real Food Fuels

No Bake Performance Bites

Ingredients (Makes 20 bites)

10 Organic Medjool Dates (pitted)
4 Tablespoons flax meal
¼ cup chopped almonds
¼ c dark chocolate mini chips
2 Tablespoons water



Directions

In a food processor, blend dates until smooth. Add remaining ingredients to dates and mix. Roll into 10 equally sized balls. Freeze for later or refrigerate them and eat them in a day or two.

Variations:

Use walnuts instead of almonds.
Roll in unsweetened coconut flakes.
Add ¼ cup quick oats.
Add 1 scoop plain whey protein powder.
Add water as needed.
Omit chocolate chips.

Nutrition Facts
Portion: 1 bite
Serving Size 1 round
Calories 80
Total Fat 2 grams Saturated Fat 0.6 grams
Cholesterol 0 mg
Sodium 2mg
Total Carbohydrates 17.4 grams Dietary Fiber 2.4 grams Sugars 14.5 grams
Protein 1.2 grams
Calcium 17 mg

Date Facts:

Ancient cultures called the date palm "the tree of life," and used all parts of the tree, from the trunk to the leaves. Dates are still a staple source of nutrition for nomadic peoples because of their high carbohydrate content, high potassium levels and easy portability.

Hundreds of varieties of dates are grown throughout the world, about 12 of which can be found in the United States. They are classified as soft, semidry or dry. Soft dates such as the Medjool, Khadrawy, Halawy and Barhi have a sweet, creamy flesh because of their high moisture content. Semidry dates such as Deglet Noor and Zahidi have less moisture, sweetness and chewiness. Dry dates such as the Thoory, which is called the "bread" date, have rather hard, dry skin and very little moisture.

Dates are an excellent source of quick and lasting energy, making them an excellent substitution for highly processed sports nutrition bars and refined granola bars.

Smoothies

Mango Ginger

1 c frozen mango, cut into chunks
1 medium frozen banana (~150 g), cut into chunks
½ c unsweetened plain soymilk
1 Tbsp. fresh ginger, diced and pressed into a paste

Chocolate Peanut Butter

1 large ripe frozen banana (~200 g)
2 Tbsp. natural peanut butter
2 Tbsp. cocoa nibs, ground
1 c low-fat milk or soy milk

Directions:

Combine all ingredients in high power blender, mix on high until smooth. Add liquid as needed. 1 scoop plain whey/plant protein isolate may be added for an additional 20-24 g protein.

Strawberry Chocolate

1 c frozen strawberries
¾ c low-fat milk (soy or regular)
1 Tbsp. cocoa nibs, finely ground
2 Medjool dates, pitted

Wellness Shots

Triple T 'TTT'

1 tsp. turmeric root, pressed into a paste
1 oz. Tart Cherry juice concentrate (Cherry Bay Orchards)
½ oz. tangerine juice
½ oz. lemon juice

Ginger Shot

1 oz. fresh ginger juice
1 oz. fresh squeezed lemon juice
1 tsp. raw honey
Pinch of cayenne
Option: add turmeric and black pepper

Directions:

Finely chop and spread the roots into a chunky paste or a well-tolerated consistency. It will not be smooth.

Mix the remaining ingredients and drink in a 2 oz. shot glass.

To make a hot tea: steep the roots with mint or chamomile leaves (instead of citrus juice) and add honey. Make it very sweet and very spicy for the most therapeutic benefit.

Nutrition Facts
Portion: 2 oz. (Triple T)
Calories: 97
Total Fat 0.1g
Saturated Fat 0.1g
Cholesterol 0mg
Sodium 19mg
Total Carbohydrate 20.7g
Dietary Fiber 0.2
Total Sugars 16.8g
Protein 1.2g
Vitamin D 0mcg
Calcium 23mg
Iron 0mg
Potassium 236mg

Blando, F., Gerardi, C. and Nicoletti, I., 2004. Sour cherry (*Prunus cerasus* L) anthocyanins as ingredients for functional foods. *BioMed research international*, 2004(5), pp.253-258.

Fresh Sports Drink

Refreshing Sports Drink:

4 c. water
1/8 tsp. salt
6 oz. fresh squeezed 100% lime juice
1 oz. tart cherry concentrate
4 tsp. organic cane sugar

Formula:

- 1) Water
- 2) Quantity of carbohydrate
 - a) 60g – 80g CHO/L or 15g CHO per 8oz
- 3) Sources of carbohydrate (use multiple):
 - a) Maltodextrin (3 glucose molecules)
 - b) Honey and fruit juice (fructose)
 - c) Table sugar (sucrose= glucose + fructose)
- 4) Electrolytes
 - a) Salt = Sodium chloride (NaCl)
 - b) 110-150 mg per 8 oz. of fluid

Nutrition Facts
Portion: 8 oz.
Calories 70
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 169mg
Total Carbohydrate 15.5g
Dietary Fiber 0g
Total Sugars 13.5g
Protein 0.5g
Vitamin D 0mcg
Calcium 24mg
Iron 0mg
Potassium 105mg

Directions:

1. Pour 2 c water into a large pot, add sweetener and salt.
2. Place pot over low heat and whisk until ingredients have dissolved, let cool.
3. Add juice and concentrate to pot.
4. Pour in remaining water and whisk until well blended.
5. Chill, then put in water bottles.

Sodium is by far the most important electrolyte in your hydration program. The rest of the electrolytes lost in sweat (potassium, calcium, magnesium) can easily be recovered in a nutritious diet.

Table salt is nearly 40% sodium by weight; so a 6g serving (1 teaspoon) contains about 2,300mg of sodium.