

High Energy Muffins

INGREDIENTS:

- 1 cup whole wheat flour
- ½ cup old fashioned oats
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- ½ tsp. all spice
- ½ tsp. salt
- 2 eggs
- 2 tsp. vanilla extract
- 1 cup unsweetened applesauce
- ¼ cup honey or agave
- ⅓ cup grapeseed oil
- 1 ½ cup grated or shredded carrots
- ½ cup raisins
- ½ cup unsweetened shredded coconut
- ¼ cup pumpkin seeds, unsalted
- ½ cup chopped pecans, unsalted
- 1 cup apple, rinsed and chopped

DIRECTIONS:

1. Pre-heat oven to 350 degrees Fahrenheit. Line a 12-cup muffin pan with muffin/cupcake liners.
2. In a medium-size mixing bowl, combine dry ingredients: flour, oats, baking powder, cinnamon, all spice and salt. Whisk and then set aside.
3. In a separate mixing bowl, combine wet ingredients: eggs, vanilla, applesauce, honey or agave, and oil. Whisk and then set aside.
4. Gently combine the wet and dry ingredients into one bowl. Stir until just moistened. Fold in carrots, raisins, coconut, nuts, seeds and apple and then fill muffin cups evenly. Sprinkle tops with oats. Bake for 30-40 minutes until a toothpick inserted into center comes out clean. Allow muffins to cool before serving.

I'm hungry...tell me more!

These high-energy muffins are loaded with nutrient-dense food like fruit, nuts, seeds, carrots and whole grains to keep you energized for hours! Simple to make and economical - any extra muffins can be frozen and stored for future breakfasts or snacks!



NUTRITION INFO

Serving Size	1 muffin
Servings per recipe	12
Calories	249
Fat	13g
Saturated Fat	2g
Sodium	189mg
Carbohydrates	28g
Fiber	4g
Sugar	14g
Protein	6g

SWAPS

Sunflower seeds, chopped walnuts or almonds can easily be substituted for pumpkin seeds and pecans.

EXTRAS

- 1 hard boiled egg = 70 calories
- 8 oz. 1% milk = 110 calories
- 1 small banana = 100 calories

Beef & Broccoli Stir Fry

INGREDIENTS:

- 12 oz. sirloin, cut into thin strips (about 1" width)
- 1 Tbsp. cornstarch
- 1 Tbsp. + 3 tsp. toasted sesame oil
- 1 Tbsp. + 3 tsp. soy sauce or tamari, low sodium
- ½ tsp. black pepper
- 2 cloves of garlic, minced
- 1 tsp. Sriracha sauce
- ½ cup beef stock, low sodium
- 1 Tbsp. fresh ginger, peeled and grated
- 4 cups broccoli florets, rinsed and chopped
- 2 cups carrots, rinsed, peeled and sliced
- 2 cups brown rice, cooked

DIRECTIONS:

1. Prepare beef marinade: in a small mixing bowl, combine cornstarch, 1 tsp. sesame oil, 1 tsp. soy sauce or tamari and black pepper. Add sirloin, stir, cover and allow to marinate for 15 minutes.
2. Prepare stir-fry sauce: in a separate mixing bowl, combine 1 Tbsp. sesame oil, 1 Tbsp. + 2 tsp. soy sauce or tamari, Sriracha, beef stock and ginger. Stir to combine ingredients. Set aside.
3. Heat a wok or large sauté pan over medium heat then add broccoli, carrots and ¼ cup water. Cover and allow vegetables to steam for 3-5 minutes. Vegetables should be bright in color and tender, not mushy. Set aside.
4. In a separate sauté pan, heat 2 tsp. toasted sesame oil on medium heat. Add garlic and sauté until lightly brown and fragrant. Add sirloin in a single layer and cook on one side then flip and cook on the other side. Once fully cooked, add stir-fry sauce, stir. Add carrots and broccoli.
5. Serve over cooked brown rice. Garnish with sesame seeds (optional).

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This beef and broccoli stir-fry is high in protein and fiber to keep you feeling satisfied and energized! Great for a quick weeknight dinner and also tastes great the next day for lunch as leftovers.



NUTRITION INFO

Serving Size	1*
Servings per recipe	4
Calories	343
Fat	11g
Saturated Fat	2g
Sodium	437mg
Carbohydrates	38g
Fiber	6g
Sugar	5g
Protein	23g

* ½ cup rice + 2 cups beef and veggies

SWAPS

Pressed for time? Use a prepared low sodium stir fry sauce instead of making this one from scratch. Not a fan of broccoli or carrots? You can always use your favorite veggies instead.

EXTRAS

1 cup brown rice = 109 calories

Sweet Potato & Black Bean Quesadilla

INGREDIENTS:

- 1 whole wheat tortilla
- ¼ cup shredded cheddar cheese, reduced-fat 2%
- ¼ cup roasted sweet potato, mashed
- ¼ cup black beans, no salt added, mashed
- 2 Tbsp. avocado, mashed
- ½ - 1 cup baby spinach, rinsed
- 1 tsp. butter or trans-fat free spread

DIRECTIONS:

1. Place tortilla on clean plate and begin to layer ingredients on one half, leaving the other half empty. Start with sprinkling half of the cheese then add cooked sweet potato, black beans, avocado and spinach, then remaining cheese. Fold in half.
2. Heat 1 tsp. of butter or trans-fat free spread in a sauté pan on low-medium heat. Once butter has melted, place assembled tortilla into the pan.
3. Place a small lid or cover over the top of the quesadilla (as a weight). Cook on one side for 2-3 minutes (until golden brown on bottom). Flip and repeat on other side.
4. Slice into 4 equal pieces and enjoy!

I'm hungry...tell me more!

This sweet potato and black bean quesadilla is savory, sweet, and nutritious (packed with fiber, protein, and important vitamins for you and your baby like vitamin A and folate). Layers of roasted sweet potato, sliced avocado, baby spinach and black beans are covered in shredded cheddar cheese and a crispy whole wheat tortilla. Easy and tasty! Great for lunch or dinner.



NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	376
Fat	16g
Saturated Fat	5g
Sodium	365mg
Carbohydrates	37g
Fiber	13g
Sugar	3g
Protein	21g

SWAPS

Don't like spinach? Use kale or another leafy green.

EXTRAS

¼ cup salsa = 20 calories

1 Tbsp. sour cream = 26 calories

Egg & Cheese Frittata

INGREDIENTS:

- 8 large eggs
- ½ cup milk, 1% low-fat
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 cup red potatoes, rinsed and diced or sliced
- 1 medium red bell pepper, rinsed, seeded and diced
- 6 cups baby spinach, rinsed
- ½ cup feta cheese (look for pasteurized varieties)

DIRECTIONS:

1. Begin by preheating the oven to 375 degrees Fahrenheit.
2. In a small mixing bowl, beat the eggs with milk, salt and pepper.
3. Heat the olive oil in a large oven-proof, non-stick skillet over medium heat. Add the garlic and sauté until lightly brown and fragrant. Add the red potatoes, stir and allow them to brown and soften.
4. Next, add the red peppers, stir, cover and allow them to cook for 2-3 minutes (peppers should be tender, but not mushy). Add baby spinach, stir, cover and allow spinach to steam and wilt for a minute or two. Make sure ingredients are evenly distributed across the bottom of the skillet.
5. Next, pour the egg mixture over the vegetables. Sprinkle with feta cheese. Allow the eggs to cook on the stove top for about 1 minute then put the skillet into the oven. Allow frittata to cook for about 12 minutes or until the eggs are set.
6. Using an oven mitt, transfer the frittata from the skillet onto a plate or cutting board by sliding it out of the pan. Allow it to cool for a few minutes then slice and serve!



NUTRITION INFO

Serving Size	¼
Servings per recipe	6
Calories	226
Fat	14g
Saturated Fat	5g
Sodium	435mg
Carbohydrates	12g
Fiber	2g
Sugar	3g
Protein	13g

SWAPS

Not a fan of feta? Substitute your favorite cheese instead.

EXTRAS

1 cup mixed berries = 70 calories

1 cup arugula salad with 1 Tbsp. Balsamic vinaigrette = 35 calories

I'm hungry...tell me more!

The best thing about this frittata (besides the great taste, of course) is how simple it is to make. And it tastes great with most any combination of veggies, cheese and protein. Perfect for lunch or dinner.

Quinoa Veggie Soup & Cucumber Watermelon Salad

SOUP INGREDIENTS:

- 2 Tbsp. olive oil
- ½ medium yellow onion, diced
- 2 cloves garlic, minced
- 2 cups zucchini, rinsed and diced
- 1 cup carrots, rinsed, peeled and diced
- 1 cup yellow wax beans, rinsed and chopped
- 1 cup cauliflower florets, rinsed and chopped
- 1 can (15 oz.) diced tomatoes, no salt added
- 32 oz. vegetable broth, low sodium
- 28 oz. can crushed tomatoes, no salt added
- 1 tsp. garlic powder
- ½ tsp. black pepper
- 1 cup quinoa (dry)
- 4 cups rainbow Swiss chard, rinsed and chopped

SALAD INGREDIENTS:

- 8 cups watermelon, diced
- ½ cup red onion, thinly sliced
- 1 English cucumber, rinsed and chopped
- 2 cups baby arugula, rinsed
- ¼ cup cilantro, rinsed and chopped
- ¼ cup lime juice
- 4 tsp. olive oil
- ½ tsp. sea salt

SOUP DIRECTIONS:

1. Prepare soup: in a large stock pot over medium-high heat, add olive oil and sauté garlic and onion until lightly brown and fragrant.
2. Add zucchini, carrots, wax beans and cauliflower. Cover and allow vegetables to soften. Add tomatoes and broth. Cover and bring to a boil.
3. Reduce heat, add seasonings and quinoa, stir. Cover and simmer for 20-30 minutes.
4. Add Swiss chard, stir and allow soup to sit for 10 minutes before serving.

SALAD DIRECTIONS:

1. Prepare salad in a large mixing bowl. Combine watermelon, onion, cucumber, and arugula. Toss. Add remaining ingredients, toss, serve and refrigerate



NUTRITION INFO

Serving Size	1
Servings per recipe	8-10
Calories	263
Fat	7g
Saturated Fat	0g
Sodium	519mg
Carbohydrates	42g
Fiber	6g
Sugar	18g
Protein	8g

I'm hungry...tell me more!

Delicious and nutritious, this soup and salad recipe is packed with colorful fruits and veggies, and is perfect for lunch or dinner. The watermelon cucumber salad adds a refreshing twist!

SWAPS

Not a fan of the veggies in this recipe? Swap instead for your favorites!

EXTRAS

8 oz. 1% milk = 110 calories