

RECIPES FOR HOMEMADE SPORT NUTRITION PRODUCTS

OATMEAL PANCAKES

Ingredients:

- 1/2 cup uncooked oatmeal (quick or old fashioned)
- 1/2 cup plain yogurt, buttermilk or milk mixed with 1/2 tsp vinegar
- 1/2 -3/4 cup milk
- 1 egg
- 1 Tbsp canola oil
- 2 Tbsp packed brown sugar
- 1 tsp baking powder
- 1 cup flour - half whole wheat and half white
- Dash of cinnamon & 1/2 tsp salt (optional)

Directions:

1. Combine oats, yogurt, and milk in medium bowl. Set aside for 15-20 minutes to let the oatmeal soften.
2. After oatmeal is done soaking, beat in the egg and oil, and mix well. Add the sugar, salt, cinnamon, baking powder, and flour. Stir until just moistened. For best results, let batter stand for 5 minutes before cooking.
3. Pour 1/4 cup batter into oiled pan over medium heat
4. Flip pancake when the top is covered with bubbles and the sides look cooked.
5. Serve with honey, yogurt, fresh fruit, syrup, applesauce, peanut butter, or other toppings of your choice.

Makes 6 6-inch pancakes

These pancakes are a good source of carbohydrates and can be part of a healthy pre-game meal.



HOMEMADE SPORTS DRINK

Ingredients:

- 1/4 cup sugar
- 1/4 tsp salt
- 1/4 cup hot water
- 1/4 cup orange juice (not concentrate)
- 2 Tbsp lemon juice
- 3 1/2 cups cold water

Instructions:

1. Dissolve the sugar and salt in the hot water in a pitcher.
2. Mix in the juice and cold water and chill.

Create your own by using your favorite fruit juice. Remember to test your homemade sports drink during practice to make sure it doesn't upset your stomach.

RECIPES FOR HOMEMADE SPORT NUTRITION PRODUCTS

NO-BAKE ENERGY BITES

Total time: 30 minutes

Ingredients:

- 1 cup oats
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1 tsp vanilla

Directions:

1. Mix all ingredients in large bowl until completely incorporated.
2. Place bowl in refrigerator for 20 minutes
3. Once chilled, roll into balls and enjoy!

Get creative with this recipe. Substitute any nut butter for the peanut butter. Add chopped raisins, dried cranberries, or other dried fruits. Toss in a handful of your favorite chopped nut. Add a dash of cinnamon for some extra flavor. Experiment with what you like!



RECOVERY SMOOTHIE

Ingredients:

- 1 frozen banana
- 1/2 cup chocolate milk
- 1/2 cup vanilla yogurt
- 1 Tbsp peanut butter
- 3-4 ice cubes

Directions:

1. Place all ingredients in a blender and blend until smooth. If necessary, add more milk to thin the mixture or more ice cubes to thicken it.

** Peel and slice banana prior to freezing*

This is a great post exercise smoothie because it provides carbohydrates and protein to help the muscles recover.