

Run Your Way.

COOKING CLASS SERIES

Class 1 Shopping List

- Bananas (3 ripe)
- Eggs (2)
- Greek yogurt *plain* ($\frac{3}{4}$ cup)
- Honey ($\frac{1}{2}$ cup)
- Peanut butter (< 1 cup)
- Vanilla extract (3 tsp)
- Peanut butter powder ($\frac{3}{4}$ cup)
- Whey protein powder *unflavored* (1 $\frac{1}{4}$ cup)
- Quick oats (1 $\frac{1}{2}$ cups)
- Baking powder (1 tsp)
- Baking soda ($\frac{1}{2}$ tsp)
- Cocoa powder ($\frac{1}{3}$ cup)
- Chocolate chips ($\frac{1}{3}$ cup)
- Freeze dried strawberries ($\frac{1}{2}$ cup)



STRAWBERRY PEANUT BUTTER
HIGH PROTEIN ENERGY BITES



HIGH PROTEIN CHOCOLATE
BLENDER MUFFINS

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Strawberry Peanut Butter High Protein Energy Bites

MAKES 18 ENERGY BITES

Serv: 1 energy bite | 125 kcal | 4g fat | 14g carb | 2g fiber | 9g protein

Ingredients

- ½ cup honey
- ½ cup peanut butter
- 2 tsp vanilla extract
- ¾ cup peanut butter powder
- ½ cup whey protein powder, unflavored
- ½ cup quick oats
- ½ cup freeze dried strawberries, broken up a little

Directions

1. In a medium bowl, mix together honey, peanut butter and vanilla extract.
2. Add peanut butter powder and whey protein powder. Mix well.
3. Add oats and freeze dried strawberries. Mix well. You may need to mix with clean hands.
4. Roll into 18 balls. If your protein balls are too soft, refrigerate for the perfect texture.
5. Store in fridge.

Substitutions

Whey protein: You can use flavored whey protein or try plant based protein, but they may change the flavor & texture. Plant based protein may require fewer oats, start with less and add to desired texture.

Peanut butter & powder: You can sub almond butter & almond butter flour if there is a peanut allergy.

Freeze dried strawberries: Can't find them? You can always add any flavor chocolate chip or other dried fruit. You may need more oats for the right texture + start with ¼ cup add ins.



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High Protein Chocolate Blender Muffins

MAKES 12 MUFFINS

Serv: 1 muffin | 180 kcal | 7g fat | 20g carb | 4g fiber | 10g protein

Ingredients

- 3 ripe bananas
- 2 eggs
- ¾ cup plain Greek yogurt
- ⅓ cup peanut butter
- 1 tsp vanilla extract
- 1 tsp baking powder
- ½ tsp baking soda
- ⅓ cup cocoa powder
- ¾ cup whey protein powder, unflavored
- 1 cup quick oats
- ⅓ cup chocolate chips



Directions

1. Preheat the oven to 350 degrees. Grease a 12 tin muffin pan.
2. Place all ingredients except chocolate chips in a high powered blender. Blend well.
3. Mix in chocolate chips.
4. Pour evenly into 12 muffin tins.
5. Bake for 22 - 24 minutes or until a toothpick inserted into the center comes out clean.
6. Allow to cool slightly before removing from tins. Cool on a baking rack.
7. Once cool, store in the fridge for up to 1 week or freezer for up to 3 months.

Substitutions

Ripe bananas: If your bananas are not ripe, your muffins won't be sweet. If you are in a rush and your bananas are pretty firm, add in ¼ cup sugar, and it will be just fine.

Quick oats: You can use old fashioned oats, but you will need to blend longer.

Eggs: You can try flax eggs instead. 1 egg equivalent = Mix 1 tbsp ground flax seeds + 2 ½ tbsp water, let sit for 5 minutes.

Vegan: Try using plant-based yogurt, flax eggs and plant-based protein powder - these are forgiving and should be fine.

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