

Ingredients  
& Instructions  
Inside!



# FOOD AS MEDICINE: Fuel Your Workout

*Recipes by Allison Harrell*





# Chickpea Salad Sandwich with Dried Cranberries and Apple

## Ingredients:

Makes: 4 sandwiches

Recipe inspired by Natalie Rizzo, MS, RD

- 15.5-ounce can of chickpeas, drained and rinsed
- ½ granny smith apple chopped
- 2 medium carrots peeled and chopped
- 2 scallions diced
- ¼ cup walnuts chopped
- ¼ cup dried cranberries, low sugar
- ⅓ cup low-fat cottage cheese
- ⅓ cup low-fat plain Greek yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Pepper, to taste
- 8 slices whole grain bread (Dave's Killer Bread or Ezekiel)
- Bibb lettuce

## Instructions:

### STEP 1:

Place the chickpeas in a food processor and pulse until crumbly.

### STEP 2:

Place the smashed chickpeas in a large bowl. Add the apple, carrots, scallions, walnuts, dried cranberries, cottage cheese, Greek yogurt, lemon juice, salt, and pepper. Stir until well combined.

### STEP 3:

When you're ready to serve, toast two slices of whole grain bread and scoop ⅓ mixture onto the bread. Top with 1-2 Bibb lettuce leaves, close the sandwich and enjoy.



## Energizing Overnight Oats

### Ingredients:

Makes: 1 serving

Recipe by Allison Harrell, RDN, CCMS

- 1 cup plant milk, unsweetened
- 1/2 cup old-fashioned rolled oats
- 1 1/2 tablespoon chia seeds
- dash cinnamon
- dash vanilla extract

#### Optional Toppings:

- berries, coconut, bananas, peaches, apple, pumpkin seeds, almonds

### Instructions:

#### STEP 1:

In a mason jar, container or bowl combine soy milk, oats, chia seeds, cinnamon and vanilla extract. Mix very well, cover and let sit in the refrigerator for at least 5 hours/overnight.

#### STEP 2:

When the oats are soaked add your favorite toppings and enjoy!



# Nut Butter Chocolate Chip Breakfast Cookies

## Ingredients:

Makes: 6 cookies

Recipe inspired by Natalie Rizzo, MS, RD

- 1 tablespoon flax meal
- 3 tablespoons hot water
- 1 1/2 cups old-fashioned rolled oats
- 1/3 cup nut butter (almond or as preferred)
- 1/4 cup maple syrup
- 1 teaspoon cinnamon
- 1/4 cup dark chocolate chips

### Swaps & Substitutions

*These cookies are only a few accessible ingredients, but there are still some substitutions you can make. Here are some suggestions:*

- *Add a small amount of dried fruit, like raisins or cranberries to the batter*
- *Add 1-2 tablespoons of unsweetened shredded coconut*
- *Experiment with different spices, like cardamom or pumpkin pie spice*
- *Swap dark chocolate chips for white chocolate chips*



# Nut Butter Chocolate Chip Breakfast Cookies

## Instructions:

---

### STEP 1:

*Preheat the oven to 350 degrees Fahrenheit.*

### STEP 2:

*Combine the flax meal and hot water in a small bowl and stir. Set aside for 3-5 minutes or until the mixture thickens slightly.*

### STEP 3:

*In a large bowl, combine the oats, almond butter, maple syrup, cinnamon, and flax meal mixture. Stir until well combined.*

### STEP 4:

*Add the chocolate chips to the mixture and stir again.*

### STEP 5:

*Press scoops of the mixture into 2-inch x 2-inch cookies and lay them on a parchment-lined baking sheet. Bake for 10 minutes.*

### STEP 6:

*Take the cookies out of the oven and let them cool.*

*TIP: Store in an air-tight container in the fridge for up to 5 days. Eat them cold or pop in the microwave for 10-15 seconds before eating.*