



### **Chunky Monkey Smoothie (2 servings)**

#### **Ingredients**

1 frozen banana (sliced before freezing)  
1 cup of milk of your choice (regular milk, coconut, almond, oat)  
1 scoop of chocolate protein powder  
2 Tablespoons of peanut butter (natural is preferred)  
1 cup of baby spinach  
Optional spices to add in (turmeric, black pepper, ginger, cinnamon)  
Ice to your preference

#### **How To**

Toss all ingredients into the blender except the ice. Pulse several times and then add in ice to your preference of thickness. Continue to pulse until fully blended.

#### **Estimated nutrition facts**

Total calories 200  
Sugar 8g  
Fiber 5g  
Protein 18g (dependent on protein powder used)

### **Beet and Berry Smoothie (2 servings)**

#### **Ingredients**

Two small cooked beets  
1 cup of frozen berries (your choice)  
1 cup of milk of your choice (regular milk, coconut, almond, oat)  
1 cup spinach  
1 scoop vanilla or chocolate protein powder  
Optional spices to add in (turmeric, black pepper, ginger, cinnamon)  
Ice to your preference

#### **How To**

Toss all ingredients into the blender except the ice. Pulse several times and then add in ice to your preference of thickness. Continue to pulse until fully blended.

**Estimated nutrition facts**

Total calories 200

Sugar 8g

Fiber 5g

Protein 18g (dependent on protein powder used)

**Simple Hummus (4 servings)****Ingredients**

1 15.5oz can of chickpeas (garbanzo beans)

Olive oil

Lemon juice to taste

Sea salt

Optional spices (red pepper flakes, pepper, cumin, garlic powder)

**How to**

Drain and rinse the chickpeas until no bubbles are present. Put chickpeas in the blender and drizzle about a tablespoon of olive oil and lemon juice into the blender. Pulse several times. Add in spices and additional olive oil to your preference of consistency (roughly 2-3 tablespoons total). Serve with fresh vegetables. Store in the refrigerator for up to 1 week.

**Estimated nutrition facts**

Total calories 75

Sugar 2g

Fiber 4g

Protein 6g

**Roasted Chickpeas (4 servings)****Ingredients**

1 15.5oz can of chickpeas (garbanzo beans)

Olive oil

Salt

Optional spices of your choice (paprika, cumin, red pepper flakes, cinnamon, garlic powder, black pepper, etc.)

**How to**

Drain and rinse the chickpeas until no bubbles are present. Lay them out on a paper towel to dry. The dryer the better! Preheat the oven to 400°F. Lay a piece of parchment paper on a cookie sheet. Lay the dried chickpeas on the parchment paper and toss with about 1-2 tablespoons of olive oil. Sprinkle with sea salt and any other spices you prefer. Roast in the oven for 20-25 minutes or until crispy. Serve immediately. Any leftover chickpeas can be stored at room temperature in a container for up to one day (they lose their crisp after that).

**Estimated nutrition facts**

Total calories 75

Sugar 2g

Fiber 4g

Protein 6g

**Protein Waffles (makes 1 large waffle or 3 small)****Ingredients**

1 egg

1 scoop of protein powder (chocolate or vanilla)

2-3 Tbsp. milk of your choice (regular milk, coconut, almond, oat)

1 pinch of salt

1 pinch of baking powder

¼ tsp of vanilla extract (optional)

**How to**

Preheat waffle iron. In a measuring cup, add all ingredients and whisk with a fork. Spray the waffle iron if needed. Pour batter into pan and cook as directed by waffle iron. \*If using vanilla protein powder, you can add a dash of cinnamon powder. \*If using chocolate protein powder, you can top the waffle with melted peanut butter.

**Estimated nutrition facts**

Total calories 170

Sugar 3g

Fiber 6g

Protein 26g

**Protein cookie dough bites (about 20 - 2 bites per serving)****Ingredients**

1 cup of quick oats

1 scoop vanilla protein powder

1 tsp vanilla extract

3-5 Tbsp. of milk of your choice (regular milk, coconut, almond, oat)

¼ - ½ cup mini dark chocolate chips

**How to**

Pulse the quick oats in a blender until they are dust. Add oats, protein powder, milk, and vanilla extract and mix until fully blended. Add in the chocolate chips. Form small balls with your hands and place them on a cookie sheet lined with parchment paper. Refrigerate for about an hour to set. Store in a container in the refrigerator for up to two weeks.

**Estimated nutrition facts**

150 calories

Sugar 8g  
Fiber 10g  
Protein 7g

### **Nice cream (makes a few servings)**

#### **Ingredients**

3 frozen bananas (sliced before freezing)

Up to ¼ cup of milk of your choice (regular milk, coconut, almond, oat)

A pinch of salt

So many optional choices for add ins! See below the recipe for options

#### **How to**

Blend the frozen bananas and the salt in a food processor or blender, adding up to ¼ cup of milk until it becomes a consistency that you like (less milk = a harder ice cream, more milk = soft serve style). You can enjoy the nice cream right away or put it in a covered container in the freezer for about an hour. Lasts up to 3 days in the freezer.

- For chocolate, you can add a scoop of chocolate protein powder or 2 Tbsp. of unsweetened cocoa powder and 1 tsp of vanilla extract before fully blending. You can even stir in a little melted and cooled peanut butter and make it like a peanut butter cup!
- For vanilla, you can add 2 tsp of vanilla extract and a scoop of vanilla protein powder (optional).
- For strawberry, you can add in 1 cup of frozen strawberries (or really any beery you like).
- For chocolate chip, stir in dark chocolate chips before freezing.
- For mint chocolate chip, add 1 tsp of mint extract before blending. Then stir in dark chocolate chips before freezing.

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