

# Dairy-Free Blueberry Banana Overnight Oats

Makes 1 serving

## Ingredients:

- 1/2 cup sweetened almond milk
- 1/2 cup old-fashioned oats
- 1/2 Tbsp. chia seeds
- 1/2 banana, mashed
- 1 tsp. maple syrup
- Pinch of salt
- 1/2 cup fresh blueberries

## Nutrition Facts:

- Calories: 370
- Fat: 6g
- Sodium: 174mg
- Total Carbohydrates: 69g
- Fiber: 13g
- Sugar: 22g
- Protein: 11g

Serving Size: 1 cup

## Directions:

- Combine almond milk, oats, chia seeds, banana, maple syrup and salt in a pint-sized jar and stir.
- Top with blueberries.
- Cover and refrigerate overnight.



# No-Bake Protein Energy Bites

## Ingredients:

- 3 cups rolled oats  
(with or without gluten)
- 1/2 cup vanilla protein powder
- 1 cup peanut butter  
(or any other nut/seed butter)
- 1/2 cup maple syrup
- 1/4 cup chocolate chips  
(optional)

## Nutrition Facts:

- Calories: 98
- Carbohydrates: 12g
- Protein: 6g
- Fat: 5g
- Sodium: 57mg
- Potassium: 131mg
- Fiber: 2g
- Calcium: 32mg
- Iron: 1mg
- Net Carbs: 10g

Serving Size: 1 protein ball

## Directions:

- Combine oats with protein powder in a large bowl.
- Add in peanut butter, syrup and any optional ingredients.
- Form the dough into two dozen small balls. (It's easier if you wet your hands or coat them with cooking spray.)
- Refrigerate for about five minutes until set.

Store in a covered container in the refrigerator for up to four weeks.  
You can also freeze them for up to six months.



# Greek Vinaigrette

Makes 8 servings; 1 cup

## Ingredients:

- 1/4 cup red wine vinegar
- 1 to 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1 tsp. dijon mustard
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 3/4 cup extra-virgin olive oil

## Nutrition Facts:

- Calories: 39
- Fat: 4g
- Saturated Fat: 0.5g
- Total Carbohydrates: 0.5g
- Sodium: 153mg

Serving Size: 2 Tbsp.

## Directions:

- Whisk all ingredients together in a small bowl.



# Greek Salad (Horiataki)

Makes 2 servings

## Ingredients:

- 5–8 oz raw spinach
- 4 Roma tomatoes, chopped, or 1 pint of cherry tomatoes, halved
- 2 cups cucumber, sliced
- 1/2 cup red onion, thinly sliced
- 1/2 cup Kalamata olives, halved
- 1 green bell pepper, chopped
- 1/2 cup crumbled feta cheese
- 4 oz Greek vinaigrette

## Nutrition Facts:

- Calories: 363
- Fat: 27g
- Saturated Fat: 7g
- Carbohydrates: 21g
- Protein: 11g
- Sodium: 1205mg

## Directions:

- Combine spinach, cucumber, tomatoes, olives, bell peppers, and red onion in a large bowl; sprinkle with feta cheese.
- Pour dressing over salad, toss well to combine, and serve.



# Tzatziki Sauce

Makes 12 servings; 3 cups

## Ingredients:

- 1 cup cucumber, grated
- 1/2 tsp. Kosher salt
- 2 cups plain, low-fat Greek yogurt
- 1 Tbsp. fresh lemon juice
- 2 cloves garlic, minced
- 1 Tbsp. fresh dill

## Nutrition Facts:

- Calories: 30
- Fat: 1g
- Saturated Fat: 0.5g
- Carbohydrates: 2g
- Protein: 3g
- Sodium: 112mg

Serving Size: 1/4 cup

## Directions:

- Grate cucumber.
- Extract water by squeezing grated cucumber over the sink or pressing it lightly between kitchen or paper towels. (Removing moisture will keep your sauce from separating.)
- Mix grated cucumber with other ingredients.
- Chill sauce until ready to serve.

