

7

(Surprisingly)

Healthy  
Snacks  
For  
Athletes

If you like making delicious on-the-go snacks, you'll love these healthy recipes.

- They work for pre-workout and post-exercise nutrition, or just for adding a little taste and variety to your daily routine
- They're packed with protein, healthy fats, vitamins, minerals and fibre – exactly what your muscles need after a tough workout!
- They're easy to make, taste amazing while being nutritious, and they don't make much of a caloric dent in your meal planning.

You won't find them on my website and a few of them are sneak peaks from my brand new book, [The Vegetarian Athlete's Cookbook](#) (more about that later).

Enjoy!

# Contents

- 1 Date & cashew energy bars
- 2 Walnut & raisin cookies
- 3 Peanut butter flapjacks
- 4 Healthy brownies
- 5 Raspberry & blueberry muffins
- 6 Chocolate chip cookies
- 7 Walnut & date energy bars

# Date & cashew energy bars

Makes 16

250 g (9 oz)  
soft 'ready-to eat' or Medjool dates  
300 g (10 oz)  
cashews  
100 g (3½ oz)  
ground almonds  
2–3 tbsps  
water



## here's how

- 1 Put the dates, cashews and almonds in a food processor and process until crumbly and evenly combined.
- 2 Add the water one tablespoon at a time until it forms the consistency of stiff cookie dough.
- 3 Scrape out of the processor and roll between two sheets of baking parchment or cling film to a 1 cm (½ in) thickness and cut into bars. Alternatively you can roll into balls or press it into an 18 x 18 cm baking tin lined with cling film.
- 4 Cut into 16 bars. Wrap each bar in cling film and store in the fridge for up to a week

## nutrition (per serving)

• 208 cal • 6 g protein • 13 g fat (2 g saturates) • 16 g carbs (11 g total sugars) • 3 g fibre

# Walnut & raisin cookies

Makes 15

100g (3 ½ oz)

chopped walnuts

50g (2oz)

sugar & stevia blend

100g (3 ½ oz)

olive oil spread

1 tbsp

maple syrup

½ teaspoon

vanilla extract

100g (3 ½ oz)

plain white flour

100g (3 ½ oz)

rolled oats

½

egg, beaten

50g (2oz)

raisins



## here's how

- 1 Pre-heat the oven to 190 / 170 C fan/ gas mark 3 and line one or two baking sheets with baking parchment.
- 2 Place all the ingredients except the egg and cherries in a mixer bowl and mix on low speed until combined.
- 3 Add the beaten egg and raisins, then mix together until you have a smooth soft dough.
- 4 Shape the dough into about 15 balls, approx. 3cm (1 ¼ in) diameter. Place on the baking sheets, about 2.5cm apart, then flatten lightly with your hand. Bake for 12 – 14 minutes or until light golden.

## nutrition (per serving)

165cals, 3g protein 10g fat (1g saturates), 16g carbs (6g total sugars), 1g fibre

# Peanut butter flapjacks

Makes 12

75g (3oz)

olive oil spread

75g (3oz)

Peanut butter

125g (4oz)

honey

250g (9oz)

rolled oats

75g (3oz)

raisins

75g (3oz)

Dried apricots, chopped

75g (3oz)

Flaked almonds



## here's how

- 1 Pre heat the oven to 180 C/fan 160 C/Gas 4. Line a 23 cm square baking tin with baking parchment.
- 2 Melt the olive oil spread, peanut butter and honey in a small pan over a low heat.
- 3 Place the remaining ingredients in a large bowl, add the melted mixture and combine well.
- 4 Spread in the baking tin and bake for 20 minutes until golden brown around the edges but still soft in the middle. Leave in the tin to cool. Turn out and cut into 12 squares with a sharp knife.

## nutrition (per serving)

262cals, 6g protein 12g fat (2g saturates), 30g carbs (15g total sugars), 3g fibre

# Healthy brownies

Makes 12

100 g (3½ oz)

olive oil spread

50 g (2 oz)

Sugar with Stevia

2

eggs

100 g (3½ oz)

ground almonds

100 g (3½ oz)

self-raising flour

25 g (1 oz)

cocoa powder

25 g (1 oz)

chocolate whey powder

2 tbsp

low fat plain Greek yogurt

100 g (4 oz)

pecan nuts & raisins



## here's how

- 1 Preheat the oven to 180 °C/fan 160 °C/gas mark 4. Line a 20 x 20 cm tin with baking parchment.
- 2 In a bowl (or a mixer) mix together the olive oil spread, Sugar with Stevia (or sugar), eggs, almonds, flour, cocoa, whey powder, and yogurt until well combined. You should have a soft consistency. Fold in the pecans and raisins.
- 3 Spoon the mixture into the prepared tin, smooth the surface and bake in the preheated oven for 20 minutes until risen and firm and a skewer inserted in to the centre comes out clean. Leave to cool in the tin for 10 minutes, then cut into 12 squares.

## nutrition (per serving)

• 220 cal • 7 g protein • 15 g fat (2 g saturates) • 15 g carbs (6 g total sugars) • 2 g fibre

# Raspberry & blueberry muffins

Makes 12

50 g (2 oz)  
olive oil spread  
50 g (2 oz)  
Sugar with Stevia  
2  
eggs  
½ tsp  
vanilla extract  
75 g (3 oz)  
ground almonds  
75 g (3 oz)  
self-raising flour  
1 tbsp  
cocoa powder  
4–5 tbsp  
milk  
150 g (5 oz)  
blueberries and raspberries



## here's how

- 1 Preheat the oven to 190 °C/fan 170 °C/gas mark 5. Line 12 muffin tins with paper cases.
- 2 In a bowl (or a mixer) mix the olive oil spread and Sugar with Stevia together until pale and creamy. Add the eggs, vanilla extract, almonds, flour, cocoa and milk and combine together.
- 3 Spoon the mixture into the muffin cases. Bake in the preheated oven for 18–20 minutes until risen and firm. Leave to cool in the tin for a few minutes, then cool on a wire rack.

## nutrition (per serving)

• 137 cal • 4 g protein • g fat (2 g saturates) • 12 g carbs (5 g total sugars) • 1 g fibre



# Chocolate chip cookies

Makes 12

100 g (3½ oz)

olive oil spread

75 g (3oz)

brown sugar

25 g (1 oz)

clear honey or golden syrup

½ tsp

vanilla extract

100 g (3½ oz)

plain white flour

100 g (3½ oz)

rolled oats

50 g (2 oz)

plain chocolate chips



## here's how

- 1 Preheat the oven to 190 °C/fan 170 °C/gas mark 3 and line a baking sheet with baking parchment.
- 2 Mix together the olive oil spread, sugar and honey/golden syrup until smooth using either a mixer or wooden spoon.
- 3 Add the vanilla extract, flour and oats to the mixture and continue mixing until the mixture comes together to form a stiff dough. Stir in the chocolate chips and mix until evenly combined.
- 4 Form the dough into 12 small balls placing them about 2.5 cm (1 in) apart on the baking sheet. Flatten gently with the palm of your hand. Bake for about 12 minutes or until golden.

## nutrition (per serving)

• 137 cal • 4 g protein • 7 g fat (2 g saturates) • 12 g carbs (5 g total sugars) • 1 g fibre

# Walnut & date energy bars

Makes 12

300g (10oz)

walnuts

250g (9oz)

Soft or Medjool dates

2 – 3 tablespoons

water

½ teaspoon

vanilla extract



## here's how

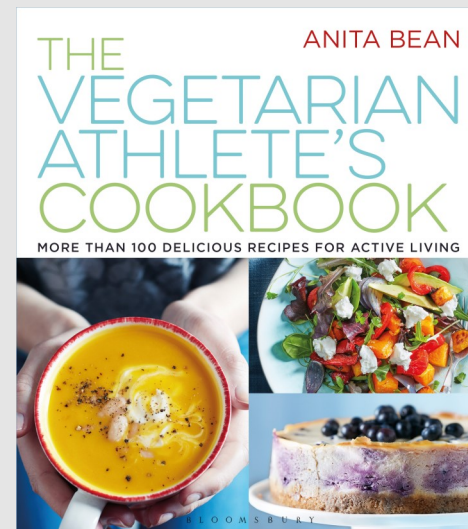
- 1 Combine the ingredients in a food processor. Pulse a few times just to break them up.
- 2 Process for 30 seconds until the ingredients have broken down into crumb-sized pieces. Scrape the edges of the bowl and the blade if necessary. Process for a further 1-2 minutes until a ball is formed. Continue processing for another 1-2 minutes, until the ingredients clump together and form a ball.
- 3 Press into a thick square, roughly 18 cm x 18cm in size on a piece of cling film or baking parchment. Wrap and chill in the fridge for at least an hour (this is optional).
- 4 Cut into bars, then wrap each bar in cling film. Store in the fridge for several weeks or in the freezer for up to three months.

## nutrition (per serving)

• 177 cals • 4 g protein • 13g fat (1 g saturates) • 11 g carbs (11 g total sugars) • 2 g fibre

If you enjoyed these recipes, you'll love [The Vegetarian Athlete's Cookbook](#)! It features:

- ♦ More than 100 delicious, easy-to-prepare vegetarian and vegan recipes for healthy breakfasts, main meals, desserts, sweet and savoury snacks and shakes.
- ♦ Expert advice on how to get the right nutrients to maximise your performance without meat
- ♦ Stunning food photography
- ♦ Full nutrition information for each recipe, including calories, carbohydrate, fat, protein and fibre



Click [here](#) to order your copy