

Balance Sports Week 3 Recipes

Blender Muffins

Ingredients

1 medium ripe banana, peeled
1 large egg
1 heaping 1/2 cup creamy or crunchy all natural peanut butter (almond butter works too)
2 tablespoons maple syrup (or honey)
1 1/2 teaspoons vanilla extract
1/4 teaspoon baking soda
1 pinch salt
1/2 cup mini semi-sweet chocolate chips

Instructions

Preheat oven to 400 F. Prepare mini muffin pans by spraying well with cooking spray, or grease and flour the pans; set aside.

Add the first 7 ingredients to the blender, through salt. Blend on high speed until smooth and creamy, about 1 minute.

Add chocolate chips and stir in by hand.

Using a tablespoon or small cookie scoop that's been sprayed with cooking spray form rounded 1 tablespoon mounds and place mounds into prepared pans. Each cavity should be filled 3/4 full.

Bake for 8 to 9 minutes, or until the tops are set, domed, springy to the touch, and a toothpick inserted into the center comes out clean, or with a few moist crumbs, but no batter.

Allow muffins to cool in pans for about 10 minutes, or until they've firmed up and are cool enough to handle.

Muffins are best fresh, but will keep airtight at room temperature for up to 5 days, or in the freezer for up to 4 months.

Notes

These muffins can be used as a quick breakfast on the go or a snack before or after practice. They have about a 100 calories and 2 grams of protein each. 2 would be an appropriate serving size for most people.

Inside Out Turkey Burgers

Ingredients

- 4 slices part-skim cheddar cheese slices
- 1 pound 93% lean ground turkey or lean ground beef
- 1 teaspoon salt
- black pepper (optional)
- 4 whole wheat hamburger buns
- Crisp lettuce leaves, Onion slices, Tomato slices, Dill pickles, Avocado slices
- ketchup, mustard, mayo (I prefer olive oil mayo)

Instructions

Set grill to medium heat.

Fold each slice of cheese into quarters to create 4 short stacks.

Divide the ground turkey into 8 equal balls then flatten into 1/4 inch thick patties.

Place a stack of cheese in the center of 4 patties and top with the remaining 4 patties.

Pinch edges to seal, push the up the sides so they are an even thickness. Season both sides with salt and pepper

Place patties on grill and cover, cook about 6 minutes per side over medium heat, or until the center is cooked through. Transfer to buns with toppings and enjoy. Serve with some oven baked fries and a salad to make a complete meal.

Adapted From *Budget Bytes*

Notes

The toppings and condiments are optional. I prefer whole wheat buns due to the higher fiber content, but if someone in your family will only eat white, so be it. Also, if an adult in the family is trying to lose weight, they may opt for a hamburger salad. Simply use more chopped lettuce and veggies and put a chopped burger on top. I mix the condiments together to make a dressing.

BBQ Chicken Quesadilla

Ingredients

- One 3-oz. raw boneless skinless chicken breast
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1 tbsp BBQ sauce with 45 calories or less per 2-tbsp. serving (plus more for serving)
- 1 large high-fiber flour tortilla (I used Ole Xtreme)
- 1/4 cup shredded reduced-fat Mexican-blend cheese
- 2 tbsp chopped red onion
- 1 tbsp chopped fresh cilantro
- nonstick spray

Instructions

Bring a skillet sprayed with nonstick spray to medium-high heat. Sprinkle chicken with seasonings, and cook for about 4 minutes per side, until cooked through.

Once cool enough to handle, roughly chop. In a small bowl, coat chicken with BBQ sauce.

Lay tortilla flat, and spread BBQ chicken onto one half. Top chicken with remaining ingredients. Clean skillet, if needed. Respray and return to medium-high heat. Cook the half-loaded tortilla for 2 minutes.

Fold the bare tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, about 3 minutes.

Slice into wedges. Serves 1

Notes

Whole wheat or white tortilla may also be used. To make vegetarian, leave out the chicken.

Adapted from *Skinny Taste*