

Recipes

Blueberry-Lemon Energy Balls

Serves: 6

Ingredients

- $\frac{3}{4}$ cup walnuts
- $\frac{1}{2}$ cup pitted dates
- $\frac{1}{4}$ cup dried blueberries
- $\frac{3}{4}$ cup old-fashioned rolled oats
- 2 tablespoons pure maple syrup
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice



Photo courtesy of <https://www.eatingwell.com/recipe/7964794/blueberry-lemon-energy-balls/>

How To Make It

1. Add walnuts, dates and blueberries to a food processor; process until chopped and combined, 7 to 10 seconds. Add oats, maple syrup and lemon juice. Continue processing until a smooth, thick paste forms, 20 to 30 seconds. Transfer the paste to a small bowl; add lemon zest and mix to combine. With your hands, form and roll the mixture into 18 small balls. Refrigerate in an airtight container for up to 2 weeks.

Nutrition Facts

Servings Per Recipe: 6
Serving Size: 3 energy balls
Calories 190

	% Daily Value *
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 15g	
Added Sugars 4g	8%
Protein 4g	8%
Total Fat 9g	12%
Saturated Fat 1g	5%
Vitamin A 3IU	0%
Vitamin C 3mg	3%
Folate 13mcg	3%
Vitamin K 3mcg	3%
Sodium 1mg	0%
Calcium 32mg	2%
Iron 1mg	6%
Magnesium 32mg	8%
Potassium 207mg	4%
Zinc 1mg	9%
Omega 3 1g	

Recipes

Avocado, Tomato, and Chicken Sandwich

Serves: 1

Ingredients

- 2 slices of multigrain bread
- ¼ ripe avocado
- 3 ounces cooked boneless, skinless chicken breast, sliced (see Tip)
- 2 slices of tomato



Photo courtesy of <https://www.eatingwell.com/recipe/250881/avocado-tomato-chicken-sandwich/>

How to Make It

1. Toast bread. Mash avocado with a fork and spread onto one piece of toast. Top with chicken, tomato and the second piece of toast.

Tip: If you don't have cooked chicken, you can poach it to use in a recipe. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to a simmer and cook until no longer pink in the middle, 10 to 15 minutes, depending on size. (Eight ounces raw boneless, skinless chicken breast yields about 1 cup sliced, diced or shredded cooked chicken.)

Nutrition Facts

Servings Per Recipe: 1
Serving Size: 1 sandwich
Calories: 347

	% Daily Value *
Total Carbohydrate 28g	10%
Dietary Fiber 8g	28%
Total Sugars 5g	
Added Sugars 2g	4%
Protein 31g	62%
Total Fat 12g	16%
Saturated Fat 2g	12%
Cholesterol 63mg	21%
Vitamin A 422IU	8%
Vitamin C 11mg	12%
Folate 89mcg	22%
Sodium 258mg	11%
Calcium 75mg	6%
Iron 3mg	14%
Magnesium 81mg	19%
Potassium 647mg	14%