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Fuel for Your Workouts - DIY snacks!

As you may have experienced, the best way to take your fitness goals to the next level is by incorporating that magic combination of effective training with optimal nutrition.

When it comes to snacking and fuel during long workouts, it is important to consider if these are meeting your needs of obtaining nutrient-dense foods before, during and after training sessions.

I like recipes that call for whole-food ingredients that are easy to find, versatile and can mix and match in many recipes. Costco is a great place to find many of these ingredients at a great price for the quantity you'll need to fuel up for endurance training.



freezer for longer.

PB Oatmeal Choc. Chip Cookie Dough Power Balls

These wholesome, super-foods packed energy balls are made from real foods that won't break your bank account. They are tasty too - spoonful of cookie dough anyone?

- 1 cup natural PB or other choice nut butter
- 1/3 cup pure maple syrup
- 1 cup almond flour
- 1 cup oats (quick cooking, rolled oats, you choose!)
- 1/4 cup hemp hearts
- 1/2 tsp sea salt
- 1 tsp vanilla
- 1/3 cup mini chocolate chips (I use Enjoy Life brand)

1. Mix together the nut butter and maple syrup. Stir in the remaining ingredients.
2. Roll into nice little sized balls - usually this makes about 20-24 balls.
3. Store in the fridge for up to 2 weeks or in the

Hot Tips:

Often I will double the recipe and put half in the fridge and half in the freezer. Fibre, fat, protein, it's the perfect workout snack and small enough to pack with you on your ride. Also, delicious right out of the mixing bowl!

Costco is a great source for well priced nut butters, hemp hearts, almond flour + maple syrup.

*Recipe Inso % @bakerita

