

## MEAL PLAN SHOPPING LIST:

### 3 Satisfying Snacks

#### Fresh Produce

3 bananas

#### Dry Goods

1 tortilla 8-inch, soft and whole wheat

½ cup + 4 tablespoons peanut butter  
or other nut butter

2 dates

¼ cup chia seeds

⅓ cup unsweetened shredded  
coconut

2 tablespoons cocoa powder

1 tablespoon raisins *(optional)*

1 tablespoons chopped nuts *(optional)*

#### Dairy

2 cups milk or non-dairy alternative

#### Pantry Staples

¼ cup maple syrup, honey or agave

1 cup rolled oats

1 teaspoon ground cinnamon



## Creamy Peanut Butter Banana Shake

Serves: 3 | Ready in: 5 minutes

### **Ingredients**

2 cups milk or non-dairy alternative

2 tablespoons peanut butter

2 bananas, frozen

2 dates, pitted

½ teaspoon ground cinnamon

#### **Meal Plan Tip:**

Peel the bananas and cut them in half. Then freeze them the day or night before use.

### **Directions**

1. Place all the ingredients in a blender.
2. Blend until smooth.

#### **Chef's Tips:**

Use smooth peanut butter for a smooth, creamy and frothy texture.

You can use pitted prunes instead of pitted dates.

Instead of dairy milk, use unsweetened vanilla soy milk or another plant-based milk for a vegan option.

Nutrition Information *per serving*: Calories 240, Total Fat 9g, Saturated Fat 2g, Carbohydrate 35g, Dietary Fiber 4g, Protein 8g, Sodium 128mg

Recipe Source: Shauna Schultz, RD, Nevada County Public Health

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## Cocoa Nut Butter Energy Bites

Serves: 15 bites | Ready in: 25 minutes

### **Ingredients**

½ cup peanut butter *or other nut or seed butter*

¼ cup maple syrup, honey or agave

¼ cup chia seeds

1 cup rolled oats

⅓ cup unsweetened shredded coconut

2 tablespoons raw cocoa powder

### **Directions**

1. In a large bowl, mix all ingredients together, starting with ½ cup nut butter and adding more if the mixture seems too dry. Chill for 10 minutes.
2. Shape into small balls, about 1 inch in diameter. Keep refrigerated in a covered container.
3. Enjoy!

Nutrition Information *per serving*: Calories 138, Total Fat 7g, Saturated Fat 2g, Carbohydrate 16g, Dietary Fiber 3g, Protein 4g, Sodium 43mg, Sugars 8g

*Recipe Source: Shauna Schultz, RD, Nevada County Public Health*

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## **Banana Sushi**

Serves: 2 | Ready in: 5 minutes

### ***Ingredients***

- 1 tortilla 8-inch, soft and whole wheat
- 2 tablespoons peanut butter *all-natural*
- Cinnamon *to taste*
- 1 banana *peeled*
- 1 tablespoon raisins or chopped nuts (*optional*)

#### **Chef's Tip:**

Any other nut or seed butter can be used instead of peanut butter. Try to find one with no added oils and no (or a low amount of) added sugars.

### ***Directions***

1. Spread a layer of peanut butter across the tortilla. Leave a gap at the edge about as wide as your fingertip.
2. Sprinkle with raisins or nuts, if using.
3. Shake cinnamon on top of the peanut butter.
4. Place the peeled banana in the middle of the tortilla.
5. Roll the tortilla tightly.
6. Cut into 8 pieces.

Nutrition Information *per serving*: Calories 191, Total Fat 10g, Saturated Fat 2g, Carbohydrate 23g, Dietary Fiber 4g, Protein 6g, Sodium 142mg

*Recipe Source: Leah's Pantry*

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