

Athlete Snacks (HC)

Snacks

- Tortilla with nut butter and banana rolled inside
- Trail mix: variety of nuts, dried fruit, dried coconut, and dark chocolate
- Hummus and crackers
- Cereal with honey and whole milk
- Fig newtons
- Pita with hummus or ricotta and an apple
- Dried edamame
- Peanut butter and honey/banana sandwich on bread
 - Try other nut butters: almond butter, cashew butter, macadamia nut butter, hazelnut butter, Nutella to create new flavor profiles
- High Energy Granola/Protein Bars: Bobo bars, Gatorade bars, Clif Builder bars, Met-Rx bars, Perfect bars
- Corn tortilla chips and guacamole
- Granola
- Energy bites (recipe attached)
- Muffins (recipe attached)
- Chicken quesadilla slices: whole wheat tortilla, cheese and canned chicken or beans
- Bagel with cream cheese and lox