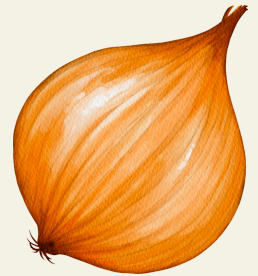


Camp Create Week One Recipes



Protein Balls



Ingredients

- 3 cups rolled oats
- 1/2 cup vanilla protein powder
- 1 cup peanut butter
- 1/2 cup maple syrup
- 1/4 cup chocolate chips of choice
(Optional)
- Additional optional items: baby m&ms, cranberry, raisins

Directions

- Place oats, peanut butter, honey, protein powder and chocolate chips in a large bowl and stir to combine.
- Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing. We used our hands to knead the dough near the end and that seemed to help.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

Berry Smoothies



Ingredients

- 1 cup frozen mixed berries
- 1 frozen ripe banana
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup orange juice
- 1 teaspoon honey (optional)

Directions

- Combine ingredients in a blender
- blend on high until smooth
- Pour and enjoy :)

Blueberry Oat Muffins



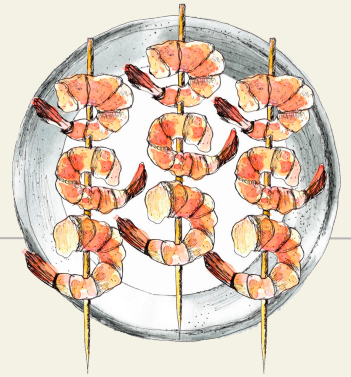
Ingredients

- 3/4 cup whole wheat pastry flour
- 1/2 cup uncooked oats
- 1/4 tsp cinnamon
- 1/8 tsp salt
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 cup Greek yogurt (2% is preferred)
- 1/4 cup applesauce
- 1 egg
- 1 lemon - zested and juiced
- 1/2 tsp vanilla bean paste (or extract)
- 1/3 cup coconut sugar
- 2/3 cup blueberries

Directions

- Preheat the oven to 350 F.
- Combine the flour, oats, cinnamon, salt, baking powder and soda in a medium bowl.
- Combine the yogurt, applesauce, egg, vanilla, lemon zest and juice, and brown sugar in a small bowl.
- Pour the bowl with the wet mixture into the bowl with the dry mixture. Mix until just incorporated.
- Gently fold in the blueberries.
- Pour mixture into a greased muffin pan.
- Bake at 350 F for 10-12 minutes, or until a toothpick can be cleanly removed from the muffin. Allow to cool slightly before removing from pan.

Wild-Caught Shrimp or Chicken Skewers



Ingredients

- 1 pound large wild caught shrimp
- 1/4 cup olive oil
- 1/4 cup fresh cilantro, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- Wash and dry protein and place in a large mixing bowl
- Finely chop cilantro, parsley, and mince the garlic cloves
- Combine everything in the large mixing bowl and stir until evenly coated, if needed add dried parsley and cilantro for extra flavor
- Place protein on skewers and set aside
- Heat large skillet over medium high heat
- place skewers on skillet and let cook for 5-7 minutes
- Flip skewers onto other side and cook for another 5-7 minutes
- Continue cooking and flipping until protein is cooked all the way through
- Remove from heat and enjoy!

Kale Caesar Salad



Ingredients

- 1 bundles Dino Kale
- 1 cup Mayo
- 1 tsp Worstecher
- 2 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 tsp Pepper
- 1/4 tsp salt
- 2 Garlic Cloves
- 1/2 cup freshly grated Parmigiano-Reggiano (optional)

Directions

- Wash and thoroughly dry the kale.
- Remove the stem form each leaf of kale.
- Cut kale into small thing strips.
- Massage kale very well, the more you massage the less bitter it will taste.
- Combine dressing ingredients into a blander, blend until smooth.
- Toss kale in dressing and enjoy :)

No Bake White Chocolate Cake Pops



Ingredients

- 3/4 cup oat flour
- 1/3 cup sunflower seed butter (or peanut butter)
- 1/3 cup unsweetened applesauce
- 2 teaspoons organic cane sugar
- 1 teaspoon flaxseed meal
- 10 oz white chocolate chips (melted)
- pinch of salt
- Cake pop sticks
- Parchment paper

Directions

- Combine the flour, peanut butter, applesauce, sugar, and salt in a medium bowl.
- Use a cookie scooper or hands to form a small ball with the dough. Place cake pop stick in each ball.
- Place the balls of dough on a cookie sheet lined with parchment paper.
- Place cookie sheet in freezer for one hour.
- Melt white chocolate over stove with coconut oil over low heat.
- Dip cake balls into melted chocolate and place back in the freezer for 5-10 minutes, until chocolate is hardened.