

## ESPRESSO ALMOND SMOOTHIE

**GO THE EXTRA MILE** Almonds, in any form, can help propel your distance workout.

**BLEND** 1 sliced frozen banana with ½ cup unsweetened almond milk, 2 Tbsp. cooled espresso, 1 tsp. unsweetened cocoa powder, and 1 Tbsp. almond butter. Makes 1 cup.



## CHERRY CHOCOLATE BOWL

**STAY HEALTHY** Vitamin C—rich cherries get their dark red color from disease-fighting antioxidants.

**COMBINE** ½ cup 2% plain Greek yogurt with ½ cup defrosted, unsweetened cherries in a bowl. **TOP** with 2 Tbsp. dark chocolate shavings. **STIR** in honey or maple syrup, if desired. Makes 1 serving.



## GREEN TEA RICE PUDDING

**BOOST BRAINPOWER** The EGCG flavonoid in green tea may help improve your memory.

**HEAT** ½ cup canned light coconut milk with ½ cup cooked brown rice, 1½ tsp. honey, and a pinch of salt. **STEEP** 1 green tea bag in simmered liquid 2 to 3 minutes. **REMOVE** and squeeze tea bag, and stir in ¼ cup diced mango. Eat warm, or cover and refrigerate until cold.

## QUICK BITES

# BUZZ WORTHY

*Boost your day (and workout) with caffeinated treats.*

By Amy Gorin, M.S., R.D.N.

*Yay! New dietary guidelines give the okay for most adults to have up to 400 mg of caffeine a day (3 to 5 cups of coffee).*



## EARL GREY LATTE

**FIGHT CAVITIES** Black tea, such as Earl Grey, can fight cavities by strengthening tooth enamel.

**HEAT** 1 cup 2% milk with 1 tsp. vanilla extract.

**POUR** into mug and steep with 1 tea bag for 3 to 4 minutes. **SERVE** with 1 peach. Makes 1 serving.



## COFFEE OATMEAL BITES

**HELP YOUR HEART** Oatmeal is packed with soluble fiber, which has been shown to reduce blood pressure.

**MIX** 2 large eggs with 1¼ cups 2% milk, ¾ cup unsweetened applesauce, 2 tsp. vanilla extract, and 3 Tbsp. honey in a bowl. **STIR** in 3 cups quick-cooking oats, 1 tsp. baking soda, 1½ Tbsp. instant coffee, 1½ tsp. cinnamon, and a pinch of salt. **COMBINE** with ⅔ cup dried cranberries and ½ cup chopped pecans. **POUR** into greased muffin tin and bake for 20 minutes at 350°F. Makes 12 servings.

