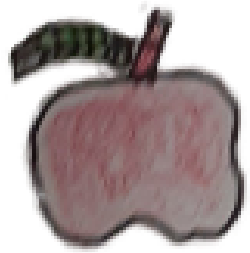


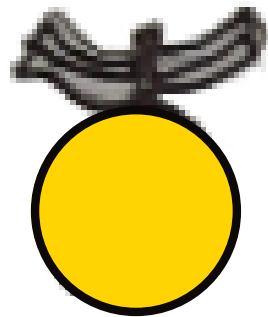
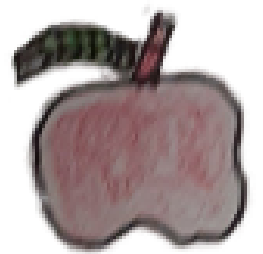


S O V T

Gold Medal



Snacks!



**Delicious, nutritious snacks to
help you perform your best!**



By SOVT
Community

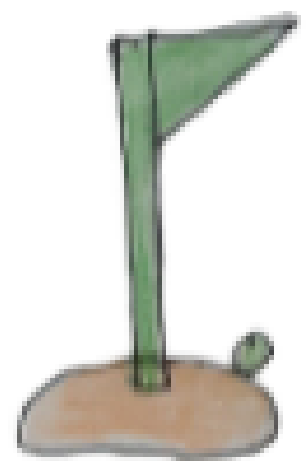




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INTRODUCTION

Welcome to Special Olympics Vermont's "Gold Medal Snacks" cookbook! This cookbook is a collection of recipes for healthy snack ideas submitted by members of the SOVT community including athletes, coaches, and staff members!

Our friends at Special Olympics New York did something similar last year, which inspired SOVT athlete, Courtney Cowan, to make our very own SOVT cookbook! Courtney is passionate about healthy eating and fueling her body to perform her best both on and off the field. She wanted to share her values on nutrition with the whole SOVT community!

Not sure what counts as a "Gold Medal Snack"? Here are the ingredients we looked for to help decide if a recipe should be included in this book:

- Snacks that contain fruits and/or vegetables since they are loaded with vitamins and minerals!
- Snacks that have protein! Protein helps build strong muscles and is important for refueling after exercises.
- Snacks with whole grains! Whole grains such as whole wheat bread, oats, and brown rice give us carbohydrates, which are the main source of fuel for our bodies during exercise. Whole grains also have fiber, which helps keep us full!

Healthy snacks don't need to be complicated or expensive. This cookbook is designed to share a variety of snack ideas to help keep you fueled throughout your days and to help you perform your best. We hope you enjoy it!

- **Courtney Cowan & Your Friends at SOVT**



"YOU PICK" TRAIL MIX

Submitted by Courtney Cowan, SOVT Athlete

Trail mix is the kind of recipe you can adjust to suit your own tastes and favorites! There is no right or wrong way, and there are no right or wrong ingredients. Use your imagination and tailor it to fit your own preferences and budget! You can make a different mix each time!

Ingredient Options:

- Nuts: almonds, walnut halves, cashews, Brazil nuts
- Legumes: peanuts, baked soybeans
- Dried Fruit: Raisins, Cranberries, Apricots, Apples, Candied Orange Peel
- Chocolate chips, chocolate chunks, and/or M&Ms
- Breakfast cereals: Granola, Wheat Chex
- Seeds: Pumpkin, Sunflower
- Carob chips
- Banana chips
- Shredded coconut
- Crystallized/candied ginger



Instructions:

1. Measure the same amount of each ingredient (ex. 1/2 cup of each ingredient).
2. Toss all ingredients in a large bowl.
3. Store in a lidded container for up to a week (the nuts tend to lose their fresh crispness after one week of storage).



FLOURLESS PROTEIN MUFFINS

Submitted by Karen Bogdan, Chittenden County Program Coordinator

This protein rich recipe makes about 12 muffins and is a perfect post workout snack! Protein is made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones!

Ingredients:

- 2 Large Ripe (brown) Bananas
- 1 Cup Creamy Peanut Butter
- 2 eggs
- 1/4 Cup Honey
- 2 Scoops Protein Powder of your choice
- 1 Tablespoon Vanilla Extract
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Salt



Instructions:

1. Preheat oven to 400 °F. Place all ingredients in a blender or use handheld blender. Blend mixture approximately 30-45 seconds or until completely smooth.
2. **Optional:** you may stir in 1/2 cup of fruit, nuts, or anything you enjoy in muffins - i.e. blueberries, chocolate chips, etc. Put cupcake foils into muffin tin and scoop batter into cupcake foils.
3. Put cupcake foils into muffin tin and scoop batter into cupcake foils.
4. Bake 14 to 17 minutes or until muffins have set.



FRUIT AND CHEESE PLATE

Submitted by an Anonymous SOVT Donor

Fruit and cheese plates allow you to make ingredient substitutions based on your favorite foods! You can use strawberries instead of raspberries, cashews instead of almonds- whatever you like best! This recipe serves two people.

Ingredients:

2 tbsp. softened or whipped chevre cheese (goat cheese)

(Maple chevre is yummy if available!)

1 clementine (or tangerine, or small orange)

1/2 container of raspberries

1 small handful of raisins, craisins, or dried cherries

1 tbsp. honey or maple syrup

1 small handful of almonds, other nuts, pumpkin or sunflower seeds



Instructions:

1. Peel the skin off the clementine and section it into pieces.
2. On a plate, place the chevre cheese in the center. Place a section of clementine, then one raspberry, then another section clementine near the edge of the cheese - like a pinwheel or fan around the plate.
3. Sprinkle the nuts, seeds, and/or dried fruits all over the plate. Drizzle a thin line of honey or maple syrup all over the plate, in a swirl!
4. Use a small fork or your fingers to pick up a section of clementine or raspberry, dip it in the chevre. Do the same with nuts and dried fruit. Eat in any combination you like and be sure to get some honey on there. Enjoy!



OATMEAL RAISIN COOKIES

Submitted by Julia Bruner, SOVT Athlete

While this recipe may not be the most nutrient-dense Gold Medal Snack – who doesn't deserve a treat every once in a while?! Recipe makes about 3 dozen cookies.

Ingredients:

¼ cup (1 stick) plus 6 tsp. butter, softened	¾ cup firmly packed brown sugar
½ cup granulated sugar	2 eggs
1 teaspoon vanilla extract	1 ½ cups all-purpose flour
1 teaspoon baking soda	1 teaspoon cinnamon
½ teaspoon salt (optional)	1 cup of raisins
3 cups Quaker Oats (quick or old fashioned, uncooked)	

Instructions:

1. Preheat oven to 350 °F. While oven is heating, in a large bowl, beat butter, brown sugar, and granulated sugar on medium speed of an electric mixer until creamy. Add eggs and vanilla; beat well.
2. Combine flour, baking soda, cinnamon, and salt; add to mixing bowl, and mix well. Add oats and raisins; mix well.
3. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
4. Bake for 8 to 10 minutes or until light golden brown. Cool for 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered. **For cookie bars:** follow the same recipe and bake 30 to 45 minutes in an ungreased 13x9 metal baking pan.



HUMMUS & VEGGIES TO GO!

Submitted by Missy Siner Shea, SOVT President & CEO

This is one of Missy's favorite snacks to bring to work with her. It's a healthy snack to keep her energized throughout the day! She shares her carrots with her two dogs: Eloise and Jovie!

Ingredients:

1 small container of Sabre or other pre-made hummus (available at most grocery stores)

1 bag of baby carrots

1 cucumber

1 red bell pepper

1 yellow bell pepper

1 orange bell pepper

1 small bag of pretzels



Instructions:

1. Cut the cucumber and bell peppers into sticks – meant for dipping!
2. Dip the veggies and pretzels into the hummus.
3. Enjoy!



CHOCOLATE MONKEY SMOOTHIE

Submitted by Courtney Cowan, SOVT Athlete

Smoothies are a great healthy snack to have when you're craving something cold and refreshing! Smoothies can be packed with nutrients, including fruits and veggies of your choice. Yogurt provides a good dose of protein.

Ingredients:

1 cup of your choice of: vanilla or chocolate almond milk, rice milk, regular milk, or water

1 medium banana (frozen banana if possible)

1 tablespoon almond/peanut butter

1 tablespoon unsweetened cocoa powder

A little honey or maple syrup (optional)

1/3 cup plain yogurt (optional)

1 tablespoon shredded coconut (optional)

2 ice cubes (optional)



Instructions:

1. Combine all ingredients in a blender.

2. Blend until the ingredients reach a smooth consistency. If you like your smoothie more liquid-like, add a bit more milk or water and blend. If you like your smoothie colder or thicker, add a few ice cubes and blend. Enjoy!



AIR FRYER CAULIFLOWER BUFFALO BITES

**Submitted by Kelsey Conway, SOVT Director of Communications, Marketing
& Public Affairs**

Do you love the taste of buffalo sauce, but are not a meat eater? This recipe is perfect for you and anyone who enjoys hot sauce! Cauliflower is packed with fiber, Vitamins C and K, and antioxidants.

Ingredients:

½ cup flour	½ cup water
1 teaspoon paprika	½ teaspoon salt
Cooking spray	½ cup hot sauce
2 teaspoons garlic powder	
¼ teaspoon black pepper	
1 large head of cauliflower cut into florets (small pieces)	



Instructions:

1. In a large bowl, whisk flour, water, garlic powder, paprika, salt and pepper until batter is smooth. Add cauliflower to batter and toss to coat.
2. Air fry at 350°F for 15 minutes, shaking a couple times during the cooking process. Cauliflower is done when the florets are a bit browned, but not mushy.
3. If you do not have an air fryer, spray a baking sheet with cooking spray and place the battered florets on the sheet. Bake at 450°F for 20 to 25 minutes, flipping the cauliflower over halfway through the baking time.



CHEESY BROCCOLI BITES

Submitted by Rebecca Brown, SOVT Athlete

Broccoli is rich in Vitamins C and K and is also a source of protein and fiber!

Ingredients:

3 cups lightly steamed and chopped broccoli

1-ounce cream cheese, softened

1 ½ cup cheddar cheese

½ cup parmesan cheese

½ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

2 eggs, beaten

2 tablespoons coconut flour

1 teaspoon baking powder



Instructions:

1. Preheat oven to 400 °F.

2. Steam the broccoli, chop lightly and remove the tough stems.

3. In a medium size mixing bowl combine the cream cheese, cheese, spices and eggs.

4. Fold in the flour and baking powder.

5. Chill dough (place in refrigerator) 10 to 15 minutes to allow the flour to absorb the moisture – **be sure not to skip this step!**

6. Gently mix the broccoli into the dough mixture and stir until combined. Spoon mixture into a silicone mini muffin pan. Bake 12-15 minutes and enjoy!



AMISH BAKED OATMEAL

Submitted by Julia Bruner, SOVT Athlete

This recipe makes about 6 – 8 servings of oatmeal. Add nuts or dried fruit if you please! Baked oatmeal can be enjoyed warm, cold, or at room temperature.

Ingredients:

2 large eggs	½ cup packed brown sugar
½ tablespoon baking powder	½ tablespoon vanilla
1 teaspoon cinnamon	¼ teaspoon kosher salt
¼ cup butter, melted	3 cups old-fashioned rolled oats
1 ¼ cups milk (regular, almond, etc.–choose your favorite)	

Instructions:

1. Grease an 8-inch square baking dish and set aside. In a mixing bowl, whisk the eggs. Add the brown sugar, baking powder, vanilla, cinnamon, and salt, and mix well—you don't want any lumps! Whisk in the melted butter and milk. Add the oats and stir to thoroughly combine.
2. Transfer the mixture to the prepared baking dish. Cover and refrigerate overnight or for as little as one hour. (This gives the oats time to absorb some of the liquid.) When ready to bake, allow the oatmeal to sit at room temperature while the oven is preheated to 350 °F.
3. Bake, uncovered, for about 30 minutes. Serve warm with milk, yogurt, fruit, and/or other favorite oatmeal toppings. Add a drizzle of maple syrup or a sprinkle of brown sugar if more sweetness is preferred.



HUMMUS DEVEILED EGGS

Submitted by Rachel Hamm Vaughan, SOVT Director of Programs

Eggs are an excellent source of protein. They also provide essential vitamins and minerals that help keep your cells healthy. Hummus contains chickpeas, which are legumes that are rich in fiber, protein, iron, and calcium.

Ingredients:

4 Eggs

1 container of hummus



Instructions:

1. Pour a few inches of water in a pot and heat it on the stove. When it's boiling, place a steamer basket of eggs into the pot and cook, covered, for 12 minutes.
2. When the time is up, lift the steamer basket out of the pot and set the eggs aside to cool.
3. When cool enough to touch, peel the eggs. Once all shells are removed, cut the eggs in half and scoop the yolks into a bowl. Arrange the halved egg whites on a plate.
4. Mash the yolks with a several spoonfuls of hummus, so that it is about equal parts yolk and hummus. Stir together until smooth.
5. Scoop the yolk mixture into the egg whites, sprinkle with paprika, and serve!



MINI APPLE PIZZAS

Submitted by Rebecca Brown, SOVT Athlete

Apples are a good source of fiber and Vitamin C. This is another recipe where you can experiment with toppings and spreads of your choice! Topping options include: fresh fruit, chopped nuts, pumpkin seeds, ground cinnamon, maple syrup, banana slices or cacao power. Spread options include: almond butter, cottage cheese, tahini, or soft cheese.

Ingredient Options:

1 tbsp lemon juice
2 apples
2 tbsp peanut butter
Chopped almonds, chopped dates



Instructions:

1. Fill a mixing bowl halfway with cold water, then add the lemon juice.
2. Core the apples and cut them horizontally, across where the core used to be, into ¼ inch rings. Place the apple rings into the bowl of lemon water for a few minutes (to stop the apples from browning).
3. Drain the apples, then spread a little peanut butter onto one side of each apple ring.
4. Top with desired toppings (try fresh, frozen, or dried fruit, seeds, nuts, coconut, maple syrup, ground cinnamon, etc.) Enjoy!



ENERGY BITES

Submitted by Sarah Lange, SOVT Program Manager

Energy bites are fun, portable snacks to bring with you on the go whether you're hiking, walking, going for a long bike ride, or running errands all day!

Ingredients:

- 1 cup dry oats
- ¼ cup nut butter (peanut butter, almond butter, etc.)
- ¼ cup honey
- ½ cup dried fruit (raisins, blueberries, cranberries)
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Pinch of salt (optional)

Optional add-ins: chopped nuts, flaxseeds, chia seeds, chocolate chips, coconut flakes, chopped dates



Instructions:

1. Mix oats, nut butter, and honey in a large bowl.
2. Add dried fruit, cinnamon, vanilla, and salt, and mix to combine.
3. Place bowl in refrigerator for 30-60 minutes, or until the mixture is firm.
4. Mold mixture into bite-sized balls.
5. Serve immediately or store in the refrigerator.



CARROT SALAD

Submitted by Amanda Daniels, SOVT Athlete

Carrots are an excellent source of vitamins and minerals, especially Vitamin A! Vitamin A plays a major role in vision and eye health. Carrots also contain Vitamin K, potassium, fiber and antioxidants. Antioxidants are substances that protect your cells against harmful free radicals!

Ingredients:

- 2 cups grated carrots
- 2 tablespoons of mayonnaise or low-fat plain Greek yogurt
- 1 small box of raisins
- A pinch of sugar, Stevia, or coconut sugar



Instructions:

1. Place grated carrots into a mixing bowl.
2. Add the mayonnaise or low-fat Greek yogurt, raisins, and the pinch of either sugar, Stevia or coconut sugar into the mixing bowl.
3. Mix the ingredients until thoroughly combined.
3. Put the mixture into a serving bowl and refrigerate until you are ready to serve it. Enjoy!



BLUEBERRY BANANA SMOOTHIE

Submitted by Eva Clark, SOVT Engagement Manager

Fruits are high in fiber and provide a range of health-boosting antioxidants. If you prefer, substitute the blueberries with strawberries, raspberries, or even cut-up peaches. Spinach is a good source of calcium, manganese, and Vitamin K, which are important for healthy bones.

Ingredients:

- 1 cup fresh or frozen blueberries
- ½ cup water, coconut water, or milk
- 1 cup plain yogurt
- ½ teaspoon vanilla extract
- 1 cup spinach
- 2 ice cubes
- ½ ripe or overripe, banana, peeled and sliced, frozen, if possible



Instructions:

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30–60 seconds.
3. Divide the smoothie equally between the glasses or jars and serve right away. Or fill a to-go thermos just before heading out.

Think Ahead:

To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. And it's easy! Just peel a ripe banana, slice it into thin rounds, and put the slices in a resealable plastic bag and put in the freezer.



KALE CHIPS

Submitted by Phillip Kellem, SOVT Athlete

Kale is considered a nutrition superstar! It contains generous amounts of Vitamins A, K, B6 and C, calcium, potassium, copper and manganese! Kale is a member of the cruciferous vegetable family along with Brussels sprouts, cauliflower, broccoli, cabbage, turnips, collard greens, kohlrabi and bok choy.

Ingredients:

- 1 bunch of kale
- 1 tablespoon olive oil
- 1 teaspoon of salt or seasoned salt
- 1 teaspoon pepper



Instructions:

1. Preheat oven to 350 °F.
2. Line a cookie sheet with parchment paper or aluminum foil.
3. Remove leaves from the stem of the kale and tear into bite-sized pieces. Wash and thoroughly dry kale leaves.
4. Put the kale leaves on top of the parchment paper or aluminum foil-lined baking sheet. Make sure the kale is spread out evenly. Drizzle kale with olive oil, and sprinkle with pepper and seasoned salt or plain salt.
5. Place in the oven to bake. After 5 minutes have passed, use an oven mitt to shake the baking sheet and shift the kale. Leave in the oven for 5 more minutes.
6. Remove kale from oven. Wait for a few minutes to cool, and then taste test. Add an additional pinch of salt if needed. Enjoy!



ONE-STEP GOLD MEDAL SNACKS

Below are several recipes that require very little preparation or assembly time!

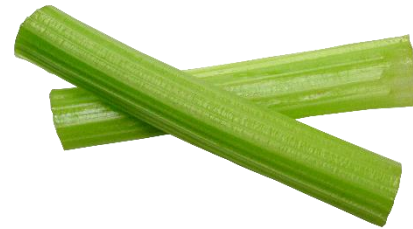
Submitted by Marjorie Burns, SOVT Athlete:

- 1 cup yogurt
- ½ cup frozen berries
- ¼ cup granola



Submitted by Julia Bruner, SOVT Athlete:

- Celery with nut butter or low-fat cream cheese in the middle
- Apple slices with 2 tsp. of caramel



Submitted by Colleen Pomeroy, SOVT Athlete:

- Half an apple with 2 tsp. nut butter
- One string cheese
- 2 graham crackers with 1 tsp. nut butter