



## Wellness On The Run - Protein Snacks

- Nuts, nut butters
- Cottage cheese with fruit or cucumbers
- Oatmeal or "overnight oats"
- String cheese with a handful of almonds
- Turkey and cheese roll ups
- Banana with peanut butter
- Greek yogurt (2% or higher)
- Roasted chick peas
- Hard boiled eggs
- Veggies and hummus
- No bake energy bites (sample recipe below)

### *Oatmeal Raisin Cookie Dough Bites*

#### Ingredients:

1/2 C unsalted raw cashews  
2 Tbs Maple Syrup  
1/2 C Rolled Oats  
1 tsp vanilla extract  
1/4 C raisins  
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#### Instructions:

Combine first 4 ingredients in a Vitamix blender or food processor. Pulse until just combined -- be careful not to blend too much or you'll get cashew butter. Add in raisins and pulse a few more times or just fold in manually. Roll into 1" bites and store in fridge.

Rondeau Health and Wellness

