

# *In the Kitchen with LiveWELL*



Fuel Your Activity



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# Nutty Chi Energy Bites

Meghan Donovan – Atrium Health LiveWELL

From Rise and Run Cookbook -Recipes, Rituals and Runs to Fuel Your Day

## Ingredients

- 1 cup raw almonds
- 1 cup raw walnuts
- ¼ cup raw hemp hearts
- ¼ cup raw sunflower seeds or sesame seeds
- 1 tablespoon chai spice mix
- ¼ teaspoon fine sea salt
- 6 Medjool dates or 1 cup Deglet Noor
- 1 tablespoon coconut oil

## Preparation

1. Position a rack in the center of the oven. Preheat the oven to 300°F
2. Place the almonds and walnuts on a rimmed baking sheet and lightly toast in the oven for 10 to 15 minutes, stirring every 5 minutes, until fragrant but not browned. Set aside to cool completely.
3. In a food processor or high-speed blender, pulse the toasted nuts, hemp hearts, sunflower seeds, chai spice mix, and salt until the nuts are coarsely ground. Add the dates and coconut oil. Pulse or blend (if blending, begin on low speed, slowly increasing the speed to high, and use the tamper tool) until the mixture is rollable and dough like, with no visible chunks of dates. Stop as needed to scrape underneath the blade. Be careful not to overprocess, or it will become oily.
4. Use your hands to roll the mixture into bite-size balls. Place in a storage container with a lid. Chill in the fridge for 1 hour prior to eating. Store leftovers in fridge for up to 1 month. These bites are best eaten cold, as they melt easily.

**Next Level:** add 1 TBSP gelatinized maca powder for an extra boost. Consume with water or a sports drink.

[Click HERE for Video](#)

Makes 18 bite-sized balls



# 5-Spice Fried Rice

Lisa Seneker – Atrium Health Navicent



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**1** Peel the sweet potato and chop into dice-sized cubes.

**2** In a large wok or skillet, heat 1 tsp oil over medium heat. Add sweet potato and the water and stir-fry the potato stirring often. Cook until the potato is close to tender and browning on some sides, 5-8 minutes. Add the onion and carrot and cook until the onions are translucent, about 3 more minutes. Add the 5-spice powder and garlic, mix well then remove the vegetables from the pan.

**3** In a small glass bowl, mix the soy sauce, vinegar, and chili paste. Heat the wok back up over medium heat and add the remaining 1 tsp oil. Throw the in the rice and stir-fry until it begins to warm, 3-5 minutes. Drizzle the sauce over the rice, mix well, then add the cooked vegetables. Stir-fry for a minute so everything is well mixed. Fold in greens, green onions, and peas. Turn off the heat and serve immediately.

## Ingredients

- 1 medium sweet potato
- 2 tsp neutral-tasting oil
- 2 TBS water (more if needed)
- ½ small yellow onion, chopped
- 1 carrot, chopped
- ¼ tsp Chinese 5-spice powder
- 1 to 2 cloves garlic, minced
- 1 ½ TBS soy sauce or tamari
- 1 TBS rice vinegar
- 1 tsp chili paste or an Asian-style hot sauce like Sriracha
- 4 cups cooked short-grain brown rice that's been chilled for a couple hours
- 1 cup bitter greens\*\*, chopped no bigger than a quarter
- 1 cup frozen green peas, thawed

\*Grapeseed, peanut or regular sesame oil

\*\* Example: watercress, mustard or arugula

# Wheat Germ and Cottage Cheese Pancakes

Meghan Donovan – Atrium Health LiveWELL

From Nancy Clark's Sports Nutrition  
Guidebook Fifth Edition



## Ingredients

- ½ cup low fat cottage cheese
- ½ cup wheat germ
- 2 to 4 tablespoons firmly packed brown sugar or honey
- 1 egg or two egg whites
- 1 to 2 tablespoons oil, preferably canola
- 1 cup milk, preferably low fat
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup flour, preferably half whole wheat and half white
- Optional: ½ teaspoon cinnamon or ¼ teaspoon nutmeg

## Preparation

1. In a medium bowl beat together the cottage cheese, wheat germ, brown sugar, egg, oil, milk and vanilla. bubbles form on the top. Turn and cook until golden.
2. In another bowl mix the flour, baking powder, baking soda, and cinnamon or nutmeg, if using. Gently stir this mixture into the cottage cheese mixture.
3. For each pancake, pour about ¼ cup batter onto a hot griddle. Cook pancakes until the edges are done and
4. Serve plain or with maple syrup, applesauce with cinnamon or yogurt.

[Click HERE for Video](#)

Yield 3 servings (9 pancakes)