

completely derailing your clean diet won't help you meet your fitness goals. When you need it most, Johnson suggests giving yourself a little wiggle room by choosing a treat that has some added health benefit, such as downing eight ounces of low-fat chocolate milk to meet your daily protein and calcium requirements.

As with fitness athletes, snacks are your key energy source to power your

workout. When you're in training, fueling your muscles means that your body will take you through even your toughest workout. Johnson recommends choosing a snack that teams muscle fuel (carbohydrates) with muscle builder (protein) for maximum results. You've got the combination, now get recipe inspiration from these pros and you'll be getting your next energy fix in a flash.



"Rich in high-performance fats and very high on the taste and energy scale, these bars make great snacks."

— Susan Kleiner, nutritionist

HIGH ENERGY
Cinnamon and Vanilla Oats

Ready in 10 minutes • Makes 2 servings

- 2/3 cup old-fashioned oatmeal
- 1/2 cup sliced almonds
- 1/2 cup dried cherries
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp water
- 2 packets Stevia

1. Heat a large nonstick skillet on medium heat. Spread the oats, almonds and dried cherries in an even layer and toast until just lightly browned.
2. Meanwhile, in a small dish combine the cinnamon, vanilla, water and Stevia. Drizzle this mixture over the oats mixture, mixing until evenly distributed. Transfer to a bowl to cool and divide into individual servings.

Nutrients per serving: Calories: 320, Total Fats: 14 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 5 mg, Total Carbohydrates: 50 g, Dietary Fiber: 7 g, Sugars: 18 g, Protein: 10 g, Iron: 3 mg



"I often make a batch to pack when I'm on the go, but this is also a great topping for low-fat cottage cheese."

— Jamie Eason, fitness model

When I'm on the run I always bring along homemade trail mix. If you have children this is a great way to get them involved in making their own after-school snacks.

— JEN HENDERSHOTT, FITNESS MODEL



HIGH ENERGY
Trail Mix

Ready in 5 minutes • Makes 12 servings

- 1/4 cup raisins
- 1/4 cup dried cranberries
- 1/2 cup banana chips
- 1/2 cup apple chips
- 1/4 cup almonds
- 1/4 cup cashews
- 1/4 cup walnuts
- 1/2 cup sunflower seeds
- 1/4 cup carob chips



Combine all ingredients in a large mixing bowl and divide into 1/4 cup servings.

Nutrients per serving: Calories: 190, Total Fats: 12 g, Saturated Fat: 5 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 35 mg, Total Carbohydrates: 19 g, Dietary Fiber: 2 g, Sugars: 12 g, Protein: 4 g, Iron: 1 mg

HIGH ENERGY
Energy Bars

Ready in 10 minutes • Makes 16 servings

- 1 cup natural peanut butter
- 1 cup honey
- 1 cup old-fashioned oatmeal
- 1 cup chopped dried apricots
- 1/2 cup walnuts
- 1/2 cup almonds

1. Combine peanut butter and honey in a large nonstick pot and heat on low until runny. Mix in the oatmeal, apricots and nuts, stirring until all ingredients are well coated.
2. Line a 9x9-inch pan with waxed paper. Press the mixture into the pan. Let cool, then cut into 16 bars.

Nutrients per serving: Calories: 260, Total Fats: 10 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 75 mg, Total Carbohydrates: 37 g, Dietary Fiber: 3 g, Sugars: 25 g, Protein: 7 g, Iron: 1 mg

