



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY RECIPES

Now more than ever we need to take care of our health and as we may be spending more time at home, we may be creeping to the kitchen a few more times than necessary. If so, make sure your 'healthier' snacks are in vision while the not so healthy snacks or our 'Whoa' foods are pushed a little farther back in the cupboard. Remember, moderation is still the key! With that, try these healthy protein poppers for a fun boost of energy during your day.

Emmy Smith, Maple Street YMCA

## Protein Poppers!

To make 12 poppers:

2-3 hearty scoops of your favorite protein (I would suggest using vanilla)

1 cup of peanut butter

1/2 cup honey

1/2 cup oatmeal

---optional, handful of chocolate chips, coconut flakes or other nut sources

Place peanut butter and honey in microwave safe bowl. Melt for 30 seconds in microwave. Then add protein and oatmeal and any other add ins. Mix and let roll out with a small ice cream or cookie dough scooper. Place in container and seal. Let the poppers set in the refrigerator for 30 minutes than enjoy! While kept in the refrigerator these poppers can last up to two weeks.

