

Scotiabank Hockey Club Recipe Book



High Protein Pancakes

In a blender, mix:

- ½ cup egg whites
- ¼ cup cottage cheese
- ½ cup oats
- 1 tsp. vanilla
- 1 Tbsp. cinnamon

Ladle ¼ cup onto heated skillet and cook like a pancake.

Top with ¼- ½ cup Greek yogurt and fruit such as berries or bananas or both.

Overnight Oats

In a large mug or other container, mix:

- ½ cup oats, cinnamon
- ½ cup plain Greek yogurt
- 1-2 bsp. hemp hearts
- ¼ cup pumpkin puree/apple sauce or ½ cup berries and ⅓ - ½ banana

Mix all together and store in fridge until morning.

Eat half pre and half post practice!

No Bake Energy Bites

Make in advance or right in your hotel room!

In a mixing bowl, add dry ingredients:

- ½ cup oats
- ½ cup puffed rice cereal (Rice Krispies)
- 2 Tbsp. hemp hearts
- 2 Tbsp. chocolate chips
- 2 Tbsp. raisins
- cinnamon (optional)

In a microwave safe container heat to soften:

- ½ cup nut butter (or alternative)
- 2 Tbsp. honey
- 1 tsp. vanilla (if not using natural peanut butter likely don't need the microwave)

Mix and add to dry ingredients. Mix well.

Form into 9-10 balls.

Store in refrigerator in airtight container.

Chocolate Chia Pudding

Make in advance for best taste and texture!

In a blender, mix:

- ¼ cup chia seeds
- ¼ cup coconut milk
- ½ cup almond milk or water
- 1 Tbsp. cocoa powder
- 1-2 Tbsp. maple syrup
- Top with ½ Tbsp. cacao nibs or extra dark chocolate.

Chill for at least 15 minutes.

Scrambled Egg Cupcakes

Make in advance and freeze for easy protein on the go!

Preheat oven to 350°F (175°C)

Spray muffin tin with non-stick cooking spray

Pour close to ½ cup egg whites per muffin cup.

Add seasoning you like (red pepper flakes, smoked paprika, salt, pepper)

Add diced veggies of choice and 1 Tbsp. cheese. Bake 15-25 minutes. Great with an English muffin or as a snack on it's own!

Maple Glazed Salmon

(portions will need to be individualized based on health goals and activity level)

- 4oz. (114g) salmon fillet:
- ½ Tbsp. maple syrup
- ginger
- soy sauce
- lemon/lime juice
- salt/pepper

Wrap in tin foil and bake/BBQ

6-8 baby potatoes, cooked as you like:

- add hot sauce/salsa mixed with
- 4 Tbsp. plain Greek yogurt

2 cups greens with olive oil/lemon juice, salt, and pepper. Or try your other favourite dressing!

Choose 1 fruit or 250ml milk/alt option.

Tofu Scramble

For days when you have a bit of time.

In a small bowl, mix:

- 1 Tbsp. nutritional yeast
- ¼ tsp. turmeric
- ¼ tsp. cumin
- ¼ tsp. paprika
- 1 Tbsp. water
- pinch salt/pepper

Spray pan with cooking spray and heat.
Mince and sauté 1 scallion and 1 clove garlic.

Drain 8oz. (150g) firm tofu. Crumble with fingers.
Pour seasoning over tofu; coating tofu well. Cook so tofu is hot throughout.

Once heated, toss in 1 Tbsp. finely chopped parsley and cook 1-2 minutes.

Serve with favourite side such as sliced avocado and sliced tomatoes/salsa/hot sauce. Can include a bowl of fruit salad with yogurt or small smoothie or sprouted grain toast.

Muffin in a Mug

In a large coffee mug or microwavable dish, mix:

- ½ cup oats
- ½ cup apple sauce or pumpkin puree (or ½ mashed banana)
- ¼ cup egg whites
- ¼ tsp. baking powder
- 2 Tbsp. dried fruit or chocolate chips
- 1 tsp. cinnamon (optional)

Heat in microwave for 1-2 minutes.
Check to see if cooked. May need a little more time. Do not overcook, as it will be too dry.

Banana Omelet

Mash with a fork 1 large banana.
Add 2 eggs. Cinnamon. Mix. Cook in skillet like an omelet or pancake.

For higher energy needs, double the recipe or pair with a high protein smoothie.

Smashed Lentil Spread

(serves 2)

Rinse 1 can lentils

In a food processor or with a fork, mash the lentils with:

- ¼ cup lemon and or lime juice
- garlic or garlic powder
- red pepper flakes to taste

Place in a small tortilla. Can heat it up, enjoy as is, or use as a veggie dip.

Savory Turkey Muffins

Make in advance and freeze for easy protein on the go!

Preheat oven to 375°F (190°C)

In large bowl, thoroughly combine all ingredients:

- 500g lean ground turkey/chicken/beef
- 2 eggs or 4 egg whites
- 1 cup rolled oats
- ¾ cup finely diced onion
- 2 cloves garlic
- 2 tsp. ground black pepper
- 1 tsp. red pepper flakes/smoked paprika
- 1 tsp. salt
- ½ tsp. cumin and or thyme

Divide mixture into 12 equal portions and place into lightly greased muffin cups.

Add 1-2 Tbsp. maple syrup, ¼ cup ketchup, and a splash of vinegar for a sweet and savoury topping!

Bake 30 minutes or until internal temperature reaches 160°F (72°C) and tops are nicely browned.