

# SportsNutrition

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## The Athlete's Kitchen

Gifts that money can't buy are often the nicest gifts: breakfast in bed, a special dessert, a nice dinner, a treat. If you are looking for a simple, yet special, gift for your running buddy, teammate, or active friend, enjoy making one of these recipes for a sports food that will be sure to please any hungry athlete! The recipes are from my *Sports Nutrition Guidebook, 4th Edition* (www.nancyclarkrd.com).

### OATMEAL PANCAKES

The pancakes are light and fluffy prizewinners, perfect for brunch after a hard workout, or breakfast in bed on a recovery day. For best results, let the batter stand for 5 minutes before cooking.

1/2 cup uncooked oats (quick or old fashioned)  
1/2 cup plain yogurt, buttermilk (or milk mixed with 1/2 tsp vinegar)  
1/2 to 3/4 cup milk  
1 egg or 2 egg whites, beaten  
1 tablespoon oil, preferably canola  
2 tablespoons packed brown sugar  
1/2 teaspoon salt, as desired  
1 teaspoon baking powder  
1 cup flour, preferably half whole-wheat and half white  
Optional: dash cinnamon

1. In a medium bowl, combine the oats, yogurt, and milk. Set aside for 15 to 20 minutes to let the oatmeal soften.
2. When the oatmeal is through soaking, beat in the egg and oil and mix well. Add the sugar, salt (and cinnamon). Stir the baking powder into the flour; then add and stir until just moistened.
3. Heat a lightly oiled or nonstick griddle over medium-high heat.
4. For each pancake, pour about 1/4 cup batter onto the griddle. Turn when the tops are covered with bubbles and the edges look cooked. Turn only once.
5. Serve with syrup, honey, applesauce, yogurt, or other topping of your choice.

Yield: six 6-inch pancakes  
Calories/serving (2 pancakes): 330

Total calories: 1,000  
57 g Carb; 10 g Pro; 7 g Fat

### MOCK PASTA ALFREDO

Who doesn't enjoy a ready-made dinner that won't expand the waistline?! Here's a pleasing pasta meal that is low in fat yet rich in flavor. For added color and nutrition, top the pasta with diced tomatoes, peppers, steamed broccoli, or other colorful vegetables.

8 oz. pasta, such as corkscrew, penne or shells  
1 1/2 cups cottage cheese, preferably lowfat  
1 cup milk, preferably skim or lowfat  
1 to 2 garlic cloves, cut in pieces (or 1/4 teaspoon garlic powder)  
2 tablespoons flour  
1 tablespoon lemon juice  
1 teaspoon dried basil or oregano  
1/2 teaspoon dry mustard  
salt and pepper, as desired  
Optional: 1/4 cup parmesan cheese, dash of chili pepper

1. Cook the pasta according to the directions on the box.
2. In a blender or food processor, process cottage cheese, milk and garlic until smooth.
3. Add flour, lemon juice, basil, mustard, salt, pepper (and chili pepper if desired); process until well blended.
4. Pour into a saucepan; (add the parmesan cheese); cook over medium heat until thickened. Do not boil.
5. Mix into the noodles; serve with colorful veggies; enjoy!

Yield: 3 servings  
Calories per serving: 400

Total calories: 1200  
70 g Carb; 25 g Pro; 2 g Fat

## Holiday Gift Ideas: Yummy Sports Foods!

### PEANUTTY ENERGY BARS

This prizewinning recipe, courtesy of the Peanut Institute, offers a yummy alternative to commercial energy bars. They are perfect for hikers and bikers, as well as for a satisfying afternoon snack. They are relatively high in fat--but it's healthful fat from peanuts and sunflower seeds.

For variety, you can make this recipe with cashews and cashew butter, and/or add a variety of dried fruits (cranberries, cherries).

1/2 cup salted dry-roasted peanuts  
1/2 cup roasted sunflower seed kernels (or more peanuts/other nuts)  
1/2 cup raisins or other dried fruit  
2 cups uncooked oatmeal, old-fashioned or instant  
2 cups toasted rice cereal, such as Rice Krispies  
1/2 cup peanut butter, crunchy or creamy  
1/2 cup packed brown sugar  
1/2 cup light corn syrup  
1 teaspoon vanilla      Optional: 1/4 cup toasted wheat germ

1. In a large bowl, mix the peanuts, sunflower seeds, raisins, oatmeal, and toasted rice cereal (and wheat germ). Set aside.
2. In a medium microwaveable bowl, combine the peanut butter, brown sugar, and corn syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended.
3. Pour the peanut butter mixture over the dry ingredients; mix well.
4. For squares, spoon the mixture into an 8" x 8" pan coated with cooking spray; for bars spoon it into a 9" x 13" pan. Press down firmly. (It helps to coat your fingers with oil or cooking spray.)
5. Let stand for about an hour, then cut into squares or bars.

Yield: 16 squares or bars  
Calories per serving: 225

Total calories: 3,600  
30 g Carb; 6 g Pro; 9 g Fat

### CHOCOLATE LUSH

This brownie pudding is a low-fat yet tasty treat for those who want a chocolate-fix. It forms its own sauce during baking. If you need to rationalize eating chocolate, remember it does contain some health-protective phytochemicals...

1 cup flour, preferably half white, half whole-wheat  
3/4 cup sugar  
2 tablespoons unsweetened dry cocoa  
2 teaspoons baking powder  
1 teaspoon salt  
1/2 cup milk  
2 tablespoons oil, preferably canola  
2 teaspoons vanilla  
3/4 cup brown sugar  
1/4 cup unsweetened dry cocoa  
1-3/4 cups hot water      Optional: 1/2 cup chopped nuts.

1. Preheat the oven to 350° F.
2. In a medium bowl, stir together the flour, white sugar, 2 tablespoons cocoa, baking powder, and salt; add the milk, oil, and vanilla (and nuts). Mix until smooth.
3. Pour into an 8" x 8" square pan that is lightly oiled.
4. Combine the brown sugar, 1/4 cup cocoa, and hot water. Gently pour this mixture on top of the batter in the pan.
5. Bake for 40 minutes, or until lightly browned and bubbly.

Yield: 9 servings  
Calories per serving: 230

Total calories: 2,100  
46 g Carb; 3 g Pro; 4 g Fat

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and serious exercisers/athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com).