Recipes for Rams

Peanut Butter Protein Balls
• 1 Cup Peanut Butter
• ¼ Cup Honey
• 1 Cup Oats
• ½ Cup Protein Powder (Chocolate flavor)


Kale Chips
Serves 2-3

1 bunch of kale, or about 6 oz.
1 Tbsp extra-virgin olive oil
2 Tbsp red or white wine vinegar
Sea salt to taste

Preheat oven to 300F/150C. Tear the kale leaves away from the thick stem and into chip-size pieces. Wash torn kale pieces thoroughly to remove all dirt. Dry in a salad spinner or paper towels.

Put kale pieces into a large bowl and add half of the olive oil. Massage the oil evenly into the kale pieces. Add the other half tablespoon of oil and vinegar and continue to massage or work the liquid into the kale pieces until they are evenly coated with oil and vinegar. Sprinkle sea salt into the bowl and toss to coat the leaves.

Arrange kale leaves in a single layer on a baking sheet, and roast until crisp, about 35 minutes. Check the leaves every 10 minutes to turn pieces getting overly browned and to prevent burning. When chips are done, sprinkle with additional sea salt, if desired, and eat immediately.

SWEET/SOUR CUCUMBER SALAD

Halve lengthwise 2 medium sized cucumbers and thinly slice. [If you use the big fat cucumbers, take out the seeds.] Combine with 1/4 cup white wine vinegar, 1 Tbsp sugar, 1/2 tsp. salt, 1/2 tsp. white pepper. Marinate for several hours in the refrigerator. Drain liquid before serving. Also good mixed with feta cheese, thinly sliced red onion, and fresh tomato wedges.

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