



Gingerbread & Oat Pre-Workout Energy Ball Fun Ingredient Facts

Medjool Dates- Packed full of vitamins, minerals, and fiber. This sweet fruit of the date palm tree makes for a great natural sweetener. These dates are commonly consumed in the Mediterranean diet. The sugar is easily processed by the body and readily available for energy. In some parts of the world, these dates are recognized as the afternoon "pick-me-up". They are also rich in calcium and phosphorus. Only 1-2 a day for that energy burst!

Blackstrap Molasses- Is highly nutritious, rich in iron, potassium, calcium, selenium, copper, manganese, and B6. B6 naturally occurring is helpful to raise serotonin levels in our brain to help with lifting fatigue, mood, and decrease pain.

Chia Seeds- Is a powerful seed for energy along with encompassing some of the richest plant-based omega-3 (healthy fats). They are also packed full of antioxidants, minerals, vitamins, dietary fiber, and complete protein. Chia seeds are excellent for boosting energy and supporting exercise performance! In the book "Born to Run" the author talks about a Northwest Mexican tribe (Tarahumara Indians) as super athletes, who maybe some of the world's greatest long-distance runners who literally run hundreds of miles at a time "for fun". It was their diet that they were interested in to understand what fueled them. Come to find out, one of the things that they consumed before running is a drink called "iskiata", in which the author referred to it as the "10,000-year-old-Redbull". It included- water, chia seeds, and lemon! Fun Fact: Chia is the ancient Mayan word for "strength". Go Chia Seeds!

Ginger- Contains quite an array of important vitamins and minerals, antioxidants, anti-inflammatory properties. Ginger can assist with digestion, nausea, menstrual cramps, joint and muscle pain along with boosting your immunity to fight off infections.

Ground Flaxseed- Superfood it is! Some Nutrition Experts and Cardiologist are recommending 1-2 Tbs every single day! Flaxseed may be one of the oldest cultivated crops known to man, even consumed by Aztec warriors. Its potency is helpful in reducing cholesterol, reducing sugar cravings, improving digestion, clearer skin, helping with balancing hormone and much more!

Sprouted Oats- Sprouted grains, in general, tend to carry healthier benefits due to lower phytic acid (mineral blocker). Sprouted oats are high in fiber and a good source of plant-based protein and complex carbohydrates!

There is a nutrient that over 95% of Americans are deficient in- This nutrient is essential for a healthy diet, key in toxin removal, bad cholesterol removal, lowering the risks of heart disease, diabetes, weight management, and some cancers. This nutrient is fiber.

"This deficit is stunning in that dietary fiber has been protectively associated in population studies with the risk of diabetes, metabolic syndrome, cardiovascular disease, obesity, and various cancers as well as high cholesterol, blood pressure, and blood sugars. Therefore, it is not surprising that fiber is listed as a nutrient of concern reported by the Dietary Guidelines Advisory Committee. Protein is not."

New to High Fiber? If one is not used to having a high fiber meal and/or snack- the body needs to adjust. You may experience bloating, cramping, excess flatulence and irregular stools until the body becomes appropriately adjusted. It's worth the adjustment for our health!

Other Ingredients within this recipe: Walnuts, Pecans, Cinnamon and sometimes Peanut Butter and/or Almond butter is mixed in! All have their benefits as well!