

# LOW CARB PROTEIN BARS

## INGREDIENTS

- 2 cups smooth almond butter can sub for any nut/seed butter
- 1/2 cup monk fruit sweetened maple syrup \* See notes
- 3/4 cup coconut flour
- 2 cups stevia sweetened chocolate chips Optional

## NUTRITION

Serving: 1Bar | Calories: 139kcal | Carbohydrates: 5g | Protein: 9g  
 | Fat: 10g | Potassium: 4mg | Fiber: 3g | Vitamin A: 150IU | Vitamin  
 C: 1.7mg | Calcium: 40mg | Iron: 0.7mg | NET CARBS: 2g

Notes: \* 100% refined sugar free sweeteners which work include pure maple syrup, agave nectar, brown rice syrup and honey (not strictly vegan).

## INSTRUCTIONS

- Line a deep 8 x 8-inch or 8 x 10-inch pan with parchment paper and set aside.
- In a large mixing bowl, add your dry ingredients and set aside.
- Melt your nut/seed butter with your sticky sweetener until combined. Mix your wet and dry ingredients and mix until a thick batter remains.
- Transfer the protein bar dough to the lined pan and press firmly in place. Refrigerate.
- Melt your chocolate chips and pour over the bars. Refrigerate until firm.



FALL 2021

# CLAIM YOUR YOUTH

## Homecoming (Finally!) on a Budget

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Homecoming will be extra special this year. It's already a significant event for a teen. Fall is in the air, the football team has a big game, answers are anticipated and royalty will soon be crowned. This year, however, teens are just happy it will happen.

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# Homecoming (Finally!) on a Budget

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Last year was unprecedented for everyone. So much was missed and that includes what could have been. Situations and mindsets are different now, and there are two things to consider as Homecoming night approaches: money and creativity.

What the pandemic taught us is that we live in a world of uncertainty. Positive vibes are important, so hope for Homecoming to happen should be replaced by strong belief. With that in mind, there are two main things to budget for: your look and your pre-dance plans.

First, your attire must be addressed. For the ladies, there are plenty of used dress options, online or in-person. Depending on the state of your local businesses, perhaps an internet bargain shop is your best bet. Sites like Poshmark and eBay have good options at fair prices. Also, if you want to keep it local, browse Facebook Marketplace. Or, ideally, since it has been two years or it's your first Homecoming, you and your friends can share your wardrobe or acquire an outfit from an older sibling.

Don't worry, guys, your look matters too. All the above sites still apply to you as well, but check out the clearance section of department stores such as Macy's. Also, raid your father's, uncle's or even grandfather's closet for some seriously

creative retro looks. You would be surprised how many guys can pull off suspenders and bowties.

Your look will be the priciest part of your budget, and borrowing from your parents for accessories will go a long way, especially jewelry. When it comes to hair, guys, a classic barber shop is always your cheapest best option to look good. For ladies, it's a little different. A salon can be expensive, so see if your parents have any talent or style. You and your friends could also watch how-to videos on YouTube for easy eye-catching designs for hair and makeup. One last thing to consider is being a practice client at a cosmetology school for a big discount.

Now that you look good, it's time to avoid getting messy at dinner. Good food and fun times don't have to come at a high cost. You and your date could plan a picnic or check out a food truck. If you have a big group, you can share dishes at a family-style spot or plan a potluck. Food might not even be the date part of the dance. You could both eat beforehand and then go a more untraditional route to a museum, or a fun game night with the group or a romantic stroll with ice cream.

Homecoming doesn't have to be pricey or traditional; it just has to be a good time, which will be most welcomed this year.

## AT LAST! Time to Get Out

It has certainly been a while since you could comfortably enjoy what your town has to offer. With the possibility of seeing your friends at school instead of over a video feed, fall has borrowed spring's moniker of new beginnings for 2021.

Fall is arguably the best season to be out and about. A fresh school year brings the anticipation of new experiences, a clean slate and goals ready to be fulfilled. You're motivated to have a good time, and that starts outside.

First, support your school's athletics by attending football and soccer games. You can sit in the bleachers with your friends for free, gossip and cheer on your peers. Away from campus, there are tons of activities to do while taking advantage of the crisp autumn weather. Tree leaves changing from green to shades of brown is perfect for the artistic eye. Take out your camera and capture the foliage, or even a canvas to give painting a shot. Other great outdoor activities include picking apples or pumpkins, hiking or biking, or even navigating a corn maze.

With fall comes one of the best holidays: Halloween. You could plan a pumpkin carving or scary or silly movie marathon, tell stories and eat S'mores around a bonfire, play a murder mystery game, make and match costumes, go to or create your own haunted house, or consider hosting a Halloween party.



You also can't mention fall without thinking of food. Try making new recipes with your friends with the tastes of the season and have a picnic—perhaps it will become a new standard at the Thanksgiving table as well.

Lastly, check your town's event calendar for fall festivals and fairs.

Take advantage of the season this year. It's time to be social again—finally!



## Healthy Snacks After Practice

The evolution of the athlete has set the bar high for strength and overall health. Luckily for you, you have the metabolism of a teenager because, well, you're a teenager. You can still try to give yourself an edge.

Strength and agility training and practice are vital for an athlete. Practice and workouts are normally controlled by school trainers, coaches and your teammates. You're encouraged to put in extra work on your own time, but the thing you should monitor the most is your diet.

Giving your body what it needs after exercise is incredibly important. Your body is trying to rebuild and repair glycogen stores and proteins after exertion. Therefore, you should be consuming carbohydrates and proteins, and even a little fat, within 45 minutes after your workout to help quicken recovery.

If you have the time, here are some healthy options to consider post-workout. Potatoes and dark leafy greens, as well as fruits and oatmeal are great carbohydrates. As are quinoa and rice. For proteins, you can't go wrong with grilled chicken, but salmon and tuna are very good choices as well. Greek yogurt, cottage cheese and eggs are great options if meat doesn't sound appetizing. Lastly, "fat" isn't a dirty word. There are good fats to be found in avocados and nuts, for example.

Convenience does play a factor, however; it's not like you can grill a chicken or heat up some oatmeal in the gym or school parking lot. Protein powders and bars are quick options, but fruits, nuts, vegetables, rice cakes and a single-size Greek yogurt can be easily toted around in a small lunchbox with an ice pack if needed.

Consistent training and a great diet won't help you just keep pace; it may give you an advantage as well.



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