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FITNESS TESTING

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SNACKS**



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GREEN DIP

► MAKES 2 ½ CUPS

- 12 ounces (340 g) (12oz) extra-firm silken tofu
- 2 avocados, pitted, peeled, and chopped
- 1 cup (100 g) (3.5oz) chopped scallion
- 1 cup (160 g) (5.6oz) chopped onion
- ¼ cup (60 ml) fresh lemon juice
- 4 cloves garlic, minced
- 1 tbsp plus 1 tsp (11 g) (0.39oz) nutritional yeast
- ¼ cup plus 2 tbsp (24 g) (0.84oz) chopped fresh dill
- 2 tbsp (6 g) (0.21oz) chopped fresh chives
- 2 tsp seasoned salt
- 2 tsp agave nectar
- 2 tsp prepared yellow mustard
- 2 tsp hot sauce
- ½ tsp ground black pepper
- 1 cup (20 g) (0.71oz) packed fresh baby arugula

DIRECTIONS

Combine the tofu, avocados, scallion, onion, lemon juice, garlic, and nutritional yeast in a small blender or food processor. Process until smooth. Add the dill, chives, salt, agave, mustard, hot sauce, and pepper. Process until smooth. Add the arugula and pulse a few times to chop. Let sit for 1 hour for the flavours to meld. Taste and adjust the seasonings.

Serve with toasted baguette slices or raw vegetables.

Recipe Notes

For a tortilla chip dip, substitute minced fresh cilantro for the dill and use lime juice instead of lemon juice.

If desired, this recipe can be halved!

NUTRITIONAL VALUES

- Calories: 738kcal
- Fat: 64.4g (39g S.Fat)
- Carbs: 32.7g
- Protein: 14.8g
- Sugar: 6.1g
- Sodium: 357mg



MAPLE-GLAZED MIXED NUTS

► MAKES 6 SERVINGS

- 1 cup walnuts
- 1 cup pecans
- 1 cup cashews
- 1½ cups maple syrup

NUTRITIONAL VALUES

- Calories: 65kcal
- Fat: 5g (6.5g S.Fat)
- Carbs: 27.8g
- Protein: 10.2g
- Sugar: 11.4g
- Sodium: 187mg

DIRECTIONS

Preheat the oven to 325°F.

Mix the nuts and maple syrup together in a medium bowl. Make sure that each nut has been coated well. Spread out on a baking sheet so they are in one layer but still close to each other. Touching is okay. Bake for 7 minutes.

Remove from oven and flip with a spatula. They can overlap some at this point. Put back in the oven and bake another 6 minutes or so. Watch closely. If they're in too long, they start to burn quickly.

Take the baking sheet out of the oven, flip the nuts again, and let cool completely. Eat right away or pack in an airtight container. These nuts will keep in your pantry for quite a few weeks and will keep in the fridge about 2 to 3 months. The freezer will store them for 6 months.



TRIPLE POWER PATTIES

► MAKES 6 SERVINGS

PATTIES:

- 2 medium sweet potatoes, peeled and chopped into 2-inch cubes (equal to 2 cups mashed sweet potato)
- 1 cup quinoa
- 2 tbsp extra virgin olive oil, divided
- ¼ cup diced onion
- 2 tbsp raw shelled hempseed
- ¼ tsp paprika
- ¼ tsp ground cumin
- ¼ cup panko
- 1 14-ounce can black beans, drained and rinsed

SPICY MAYO DIP:

- ½ cup vegan mayonnaise
- ¼ cup sweet chili sauce
- 1 tsp tamari
- ½ tsp Tabasco

DIRECTIONS

PATTIES:

Place the sweet potato cubes in a medium saucepan and cover with water. Cover and bring to a boil and then turn the heat down to medium high. Cook with the lid cracked a bit, about 15 minutes or until you can pierce the sweet potatoes with a fork. Drain and mash. Set aside.

Cook the quinoa in another saucepan: place quinoa in a sieve and rinse well. In a small saucepan, combine quinoa and ¾ cup water. Bring to a boil, cover, and reduce to a simmer. Cook for 10 to 15 minutes or until the water is absorbed. Remove from the heat and let set with the cover on for 5 minutes. Remove lid and fluff.

Meanwhile, add 1 tbsp of oil to a skillet and heat to medium high. Add the onion and sauté for about 10 to 15 minutes or until translucent.

To a large bowl, add the mashed potatoes, quinoa, sautéed onion, hempseed, paprika, cumin, and panko and stir well. Stir in the black beans. Make twelve balls and then flatten to patties that are about ¼ inch thick.

Add the remaining oil to a skillet and heat to medium high. Brown the patties on each side for about 3 to 5 minutes or until lightly browned.

SPICY MAYO DIP:

Mix all the dip ingredients together thoroughly.

Serve in a bowl alongside Triple Power Patties.

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MIXED BAG CHOCOLATE WALNUT PROTEIN BARS

► MAKES 8 SERVINGS

- 3 tbsp peanut butter
- 3 tbsp maple syrup
- 1½ tbsp coconut oil
- 1 tbsp ground chia seeds
- 1¼ cups quick-cooking oats
- ½ cup walnuts
- ½ cup dairy-free chocolate chips
- ⅓ cup coconut sugar
- ¼ cup raw shelled hempseed
- 3 tbsp protein powder
- ½ tsp ground cinnamon
- ¼ tsp salt

DIRECTIONS

Preheat the oven to 350°F.

Prepare an 8-inch square baking dish with parchment paper coming up on the sides on two opposite ends. Not over the top, just the sides. This makes for easier removal.

Add the peanut butter, maple syrup, and coconut oil to a small saucepan. Heat to melt the peanut butter and stir well. Take off heat and let cool a bit.

Mix the ground chia seeds and 3 tbsp water in a small bowl and set aside.

Add the oats, walnuts, chocolate chips, sugar, hempseed, protein powder, cinnamon, and salt to a large bowl. Mix well. Add the chia mixture and peanut butter mixture to the bowl of dry ingredients and mix well.

Pour the mixture into the prepared dish and press down with your fingers to make the mix firm and pressed into all corners.

Bake for 30 to 35 minutes. The bars will get harder as they cool, so don't over bake.

Let cool on a wire rack. To remove, grab hold of the extra parchment paper on the opposite ends of the dish and lift. Place on a cutting board and slice into bars that are about 2 inches wide and then in half at 4 inches long.

NUTRITIONAL VALUES

- Calories: 379kcal
- Fat: 22.2g (10.2g S.Fat)
- Carbs: 30.3g
- Protein: 17.1g
- Sugar: 6.4g
- Sodium: 133mg

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RAINBOW VEGGIE PROTEIN PINWHEELS

- ¼ cup tempeh, crumbled in a food processor
- 2 large spinach tortillas
- ¼ cup thinly sliced red bell pepper
- ¼ cup thinly sliced yellow bell pepper
- 1 carrot, sliced thin
- ¼ cup very thinly sliced purple cabbage

NUTRITIONAL VALUES

- Calories: 133kcal
- Fat: 4.8g (0.3g S.Fat)
- Carbs: 17.9g
- Protein: 2.4g
- Sugar: 3.7g
- Sodium: 41mg

DIRECTIONS

Mix together the hummus and tempeh.

Lay out tortillas. Spread hummus mixture in a thin layer over the whole surface of each tortilla stopping 1 inch from the edges. Lay a thin strip of each of the four vegetables, next to each other, over the hummus mixture.

Roll each tortilla tightly and cut crosswise into pinwheels. You can use toothpicks if needed, but the hummus helps them stick together at the edges.



PEANUT BUTTER CHOCOLATE SEEDBALLS

► MAKES 16 SERVINGS

- 16 ounces dairy-free chocolate chips
- ½ cup creamy peanut butter
- ½ cup raw shelled hempseed
- ½ cup unsweetened shredded coconut
- 1 cup sunflower seed kernels, pulsed fine in a mini food processor, divided

NUTRITIONAL VALUES

- Calories: 281kcal
- Fat: 18.9g (6.7g S.Fat)
- Carbs: 22.8g
- Protein: 6.2g
- Sugar: 10.7g
- Sodium: 166mg

DIRECTIONS

Melt the chocolate in a double boiler. Stir in the peanut butter and blend well. Take off of the heat and mix in the hempseed, shredded coconut, and ½ cup sunflower seeds. Refrigerate until the dough is firm enough to use a small cookie scoop, about 30 minutes.

Remove the dough from the refrigerator and scoop out forty- eight balls. You can roll them into smoother balls with the palms of your hands. While they are still warm from rolling, roll them in the remaining pulsed sunflower seeds.

These will keep in the fridge for about 3 weeks and in the freezer for about 6 months.