

COOKING FOR WELLNESS

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CANCER SUPPORT
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GREATER ANN ARBOR

Cottage Cheese Protein Balls

How to Make Cottage Cheese Protein Balls

Ingredients You'll Need:

- **For the Base:**

- 1 cup cottage cheese
- 1/2 cup rolled oats
- 1/4 cup protein powder (vanilla or unflavored)
- 2 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- 1/4 cup almond flour (optional for texture)
- 1/4 cup mini chocolate chips

- **For Coating (optional):**

- 1/2 cup chocolate chips (for coating)

- **Step-by-Step Instructions:**

- **1. Mix the Base Ingredients:**

- Start by grabbing a large mixing bowl. In the bowl, combine the cottage cheese, rolled oats, protein powder, honey (or maple syrup), vanilla extract, and almond flour (if you're using it). Mix everything together with a spoon or spatula until it's nice and well combined.

- **2. Add the Chocolate Chips:**

- Next, gently fold in the mini chocolate chips. Make sure they are evenly distributed throughout the mixture so you get a little chocolatey goodness in every bite!

- **3. Shape the Balls:**

- Now it's time to get your hands a bit messy! Scoop about 1 tablespoon of the mixture and roll it into a ball, about 1 inch in diameter. Place each ball onto a lined baking sheet. Repeat this until all the mixture is shaped into balls.

- **4. Coat with Chocolate (Optional):**

- If you want to add a chocolate coating, grab a microwave-safe bowl and melt the chocolate chips. Heat them in 30-second intervals in the microwave, stirring after each interval until the chocolate is smooth. Dip each protein ball into the melted chocolate until fully coated, then place them back on the baking sheet.
- **5. Chill to Set:**
- Place the baking sheet in the refrigerator and let the chocolate-coated protein balls chill for at least 30 minutes. This will help them set nicely and gives you a deliciously cold snack!
- **6. Store and Enjoy!**
- Once they're set, you can transfer your protein balls into an airtight container and store them in the refrigerator for up to one week. Enjoy these nutritious Cottage Cheese Protein Balls as a healthy snack anytime you need a boost!



★★★★★ 4.99 from 86 votes

Asian Edamame Peanut Crunch Salad

by: claire cary

Crunchy, savory, perfectly spicy, this simple Asian crunch edamame salad is the ultimate meal prep lunch recipe. It's naturally vegan, gluten free, easy to make and drizzled with a peanut dressing that is to die for.

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Prep: 10 mins

Cook: 20 mins

Total: 30 mins

6

Ingredients

Salad:

½ cup uncooked quinoa

- ☐ 1 pound frozen edamame (not in the shell) 16 ounce
- ☐ 1 ½ cups shredded red cabbage
- ☐ 2 cups finely chopped kale
- ☐ 2 large carrots
- ☐ ¼ cup chopped scallions
- ☐ ½ cup chopped cilantro
- ☐ 1 cup chopped roasted cashews can sub for peanuts
- ☐ Optional: crispy wonton strips

Dressing:

- ☐ 3 tablespoons natural creamy peanut butter preferably unsalted
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons honey maple syrup for vegan
- ☐ 1 tablespoon toasted sesame oil
- ☐ 2 tablespoons low sodium soy sauce or tamari
- ☐ 1 teaspoon grated fresh ginger
- ☐ 2 clove garlic minced
- ☐ 2 teaspoons sriracha can omit if you don't like spice
- ☐ 2-4 tablespoons water to thin

Instructions

Rinse the quinoa and add to a pot with 1 cup of water. Cook according to these instructions.

Meanwhile, add the edamame to a bowl with 1/2 cup of water and cover. Microwave on high for 5-7 minutes, or add to a steamer basket and steam on the stove.

While those are cooking, prepare the other veggies. Shred the cabbage (I like to use a mandoline), finely chop the kale, grate the carrot and chop the scallions and cilantro.

When the edamame and quinoa are done, let cool for about 10 minutes.

Add all ingredients for the dressing into a shaker bottle, mason jar, or just a bowl and whisk together until smooth. Taste and adjust seasonings as desired.

Add the quinoa, edamame and all veggies to a large mixing bowl.

Pour the dressing on top and mix until well combined.

Top with chopped roasted cashews and a sprinkle of red pepper flakes.

Notes

This salad gets better with time as the dressing has a chance to soften the veggies and infuse them with flavor. It will keep in the fridge for about 5 days in an air tight container.

To make life easier, I recommend purchasing **shelled edamame** for this recipe. Shelled edamame has been removed from the shell so you won't need to do that yourself.

Serving: 1cup / Calories: 366kcal / Carbohydrates: 34g / Protein: 17.3g / Fat: 19.4g / Fiber: 7.7g / Sugar: 9.1g

Cinnamon Walnut Date Smoothie Recipe

It's an unspoken rule among us Californians that, when in Palm Springs a date shake is a must. But that's not a healthy habit. Enter this healthy Cinnamon Walnut Date Smoothie recipe.



5 from 5 votes

PREP TIME		SOAKING TIME		TOTAL TIME
5 mins		1 hr		1 hr 5 mins
COURSE		DIET		CALORIES
Breakfast, Drinks, Snack		Gluten Free, Vegetarian		253 kcal

Equipment

- Glass Bowls
- Dry Measuring Cups And Spoons
- Liquid Measuring Cups
- Plastic Cutting Board
- Paring Knife
- Vitamix Blender
- Highball Cocktail Glasses

INGREDIENTS

For The Walnut Milk:

- 1 cup walnut halves rinsed
- 3 cups cold water plus more for soaking the walnuts
- 1 tablespoon honey or maple syrup
- 1 teaspoons pure vanilla extract
- Pinch kosher salt

For The Date Shake Smoothie:

- 1 cup chilled almond or walnut milk
- 1 cup plain Greek yogurt

- 3/4 cup roughly chopped pitted dates
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon plus more for optional garnish
- 1 cup ice about 8 cubes

INSTRUCTIONS

1. **Make The Walnut Milk:** Place walnuts in a bowl and cover with water. Cover with plastic wrap and set aside at room temperature to soak at least 1 hour to 12 hours (this helps remove some of the tannins and makes them blend smoother). Drain walnuts and rinse thoroughly.
- Combine walnuts, 3 cups water, honey, 1 teaspoon of the vanilla, and salt in the carafe of a blender then blend on low until very smooth, at least 2 minutes.
- TIP:** You can strain the walnut milk through a fine mesh sieve to make it smoother. However, we like the texture of the milk as is. Milk will last 4 days when refrigerated in an airtight container. It may separate as it sits — simply give it a shake before using.
2. **Make The Date Shake Smoothie:** Combine the 1 cup of walnut milk with the yogurt, dates, cinnamon, and remaining 1 teaspoon of vanilla in the carafe of a blender and blend on high until the dates are broken up and the mixture very smooth, at least 1 minute. Add ice and blend briefly on high until ice is just broken up.
- Pour into chilled glasses, garnish with additional cinnamon (if desired), and serve immediately.

NUTRITION

Serving: 1serving	Calories: 253kcal	Carbohydrates: 50g	Protein: 12g
Fat: 2g	Saturated Fat: 0.2g	Polyunsaturated Fat: 0.3g	Monounsaturated Fat: 1g
Trans Fat: 0.01g	Cholesterol: 5mg	Sodium: 48mg	Potassium: 528mg
Fiber: 5g	Sugar: 42g	Vitamin A: 12IU	Vitamin C: 0.3mg
Calcium: 157mg	Iron: 1mg		



KEYWORD

breakfast smoothie, Date Shake, Date Smoothie, Palm Springs Shake