

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Movie Snacks (What I Eat Instead of Popcorn)

Contributed by Coach Karen

4 Carrots, peeled & cut into large chunks

3 Parsnips, peeled & cut into large chunks

NOTE: Keep your chop size similar for cooking consistency

Drizzle, Extra Virgin Olive Oil or a few teaspoons Extra Virgin Coconut Oil

Herbs or Spices of your choice

Savory: Chopped fresh Rosemary, Basil, Tarragon, Marjoram or Thyme

Sweet: Cinnamon, Nutmeg, All Spice or Cloves

Preheat the oven to 350 degrees. Prep the veggies, sprinkle with selected herbs and / or spices and toss with a drizzle of EVOO or dollops of the Extra Virgin Coconut Oil. Roast until toasty and golden brown. Eat hot or cold.



www.eliteathletic.com • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004

Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005