

FUEL YOUR PERFORMANCE WITH PRODUCE

Kilene Knitter, MS, RD, LDN
Regional Nutrition Specialist at GIANT

Hi explorers! Did you know that wellness is an important part of the Summer Fitness Quest? Eating balanced meals and snacks, getting plenty of sleep, reducing stress, and staying active are all key to healthy learning and living. When exploring Lancaster County, it's important to choose food and beverage options that are going to fuel your body and performance all summer long. Fruits and vegetables can be an easy, portable option that provide the vitamins, minerals, and hydration needed to keep you full, focused, and fueled. Use these tips and snack ideas to conquer your fitness goals this summer!

Before: Power Up!

Before heading outdoors, choose foods that give your body power! Foods that contain carbohydrates, including fruits and some vegetables are a major source of energy. Carbohydrates are broken down rapidly, absorbed into the blood stream, and used for fuel. Enjoy a balanced snack at least 30-60 minutes before beginning your outdoor adventure so all nutrients can be properly digested and absorbed.

During: Be Prepared!

Spending all day in the warm sunshine can be both physically and mentally draining! Keep your body fueled, focused, and able to perform at its best by packing snacks that will provide both fluids and fast energy. Check out the portable produce-focused snack ideas below! Always be sure to stay hydrated too by drinking sips of water before, during and after your adventure.

After: Refuel the Right Way!

For post-exploring, think replenish, refill, and repair. The goal is to replenish fluids with water, refuel with carbohydrates, and repair our muscles with lean protein by enjoying a balanced meal or snack 15-60 minutes after your adventure.

Try these portable produce-focused snack ideas:

- Trail Mix with Dried Fruits, Nuts, and Seeds
- Apple with Pumpkin Seeds
- Banana with Nut Butter
- Celery Sticks or Sliced Peppers with a Tuna Pouch
- Clementine with Turkey Jerky
- Squeezable Fruit with Sunflower Seeds
- Grapes with Dried Edamame

Summer Fitness Quest Trail Mix

Looking for a quick, customizable, portable snack option for your summertime adventures? Trail mix is a balanced snack that YOU get to build with your favorite foods! The balanced combination of protein, fiber, and carbohydrates allows you to feel full and fueled for whatever comes your way on the trails. Build your own using the recipe below or try out one of the summer-inspired ideas! Let the adventure begin!

Build Your Own Trail Mix:

- 2 cups Nuts/Seeds: Almonds, Walnuts, Pistachios, Peanuts, Cashews, Pecans, Pumpkin Seeds, Sunflower Seeds
 - 1 cup Dried Fruit: Raisins, Dried Cranberries, Dried Apricots, Dried Mango, Dried Cherries, Coconut Flakes, Dried Pineapple, Dried Blueberries, Banana Chips
 - 1 cup Crunchy Extras: Popcorn, Whole Grain Cereal, Pretzels, Granola, Whole Grain Crackers, Roasted Chickpeas, Dried Edamame, Graham Crackers
 - ½ cup Fun Stuff: Marshmallows, Chocolate or Peanut Butter Chips, Yogurt Covered Raisins
- Makes: 4.5 cups, Serving Size: ¼ cup, Servings: 18

Summer-Inspired Trail Mixes:

- Sweet Summertime:
 - Sunflower Seeds, Pecans, Dried Blueberries, Whole Grain Cereal, and Yogurt Covered Raisins
- Cozy Campfire:
 - Almonds, Dried Cherries, Graham Crackers, Marshmallows, and Dark Chocolate Chips
- Tasty Tropical:
 - Cashews, Dried Mango, Dried Pineapple, Coconut Flakes, and Popcorn
- Crazy Crunchy Nut-Free:
 - Pumpkin Seeds, Sunflower Seeds, Dried Cranberries, Roasted Chickpeas, and White Chocolate Chips
- Happy Hiker:
 - Walnuts, Raisins, Whole Grain Cereal, and Peanut Butter Chips

Owl Cakes

You'll have a "hoot" creating these Owl Cakes! Be creative with how you build your owl too by utilizing whatever you have available to build your snack. Swap out blueberries for raisins or nut butter for cream cheese. No rice cakes? Try toast or a waffle instead! This fun and tasty snack is sure to fuel your body and mind before hitting the trails!

4 rice cakes, plain
1 banana
4 tablespoons nut butter
1 cup blueberries
1 apple
1 carrot
1 cup whole grain cereal (ex: Cheerios)

Put rice cakes on a plate or napkin. Spread 1 tablespoon peanut butter on each rice cake. Slice the banana into 8 slices. Place 2 slices on the upper part of each rice cake for the eyes. For the pupils, add a small dot of peanut butter right in the middle of each banana slice and then top with a blueberry. For the wings, slice the apple in half and then halve again into thin wedges. On each rice cake, add 2 slices of apples with the peels facing outwards, leaving the center of the rice cake open. Slice carrot thinly into a triangle chunk for the nose. Finally, add feathers between the wings with whole grain cereal, such as Cheerios.

Wilderness Wrap

Who doesn't love to snack on hummus and veggies? Unfortunately, this can get a little messy when you're trying to explore! Instead, wrap up your favorite veggies in a whole grain tortilla with your favorite hummus! Remember to include a rainbow of colors in your wrap for extra health benefits too.

4 whole grain tortillas
1/2 cup hummus
Veggies of choice (cucumbers, peppers, onions, tomatoes, carrots)

On each whole grain tortilla, spread 2 tbsp of hummus and top with your favorite veggies. Slice cucumbers, carrots, and peppers into sticks or chop onions, tomatoes, and peppers. Challenge yourself to try a new veggie every time you make the wrap! If you like a little crunch, add a sprinkle of seeds or dried fruit too.

Smores Energy Bites

Smores are always a summertime classic! Why not take your favorite fireside treat on your next adventure? These bites incorporate all your favorite pieces of a smore, while also including energy boosting ingredients like oats, chia seeds, and nut butter.

1 cup old-fashioned oats
1/3 c graham crackers, finely crushed
2 tablespoons chia seeds
½ cup nut butter
¼ cup honey
½ teaspoon vanilla extract
¼ cup mini chocolate chips
¼ cup mini marshmallows

Combine first 3 ingredients together in a bowl. Next add nut butter, honey and vanilla extract. Stir until combined. Gently add in chocolate chips and marshmallows. Roll into small bites (about 1 inch) and place in airtight container in the refrigerator.

Roasted Ranch Chickpeas

Roasted Ranch Chickpeas are a crispy, crunchy and portable snack that's perfect for whatever adventure comes your way! They're protein-packed and rich in fiber to keep you full while you explore too. Try different flavor combinations, like honey cinnamon, garlic parmesan, BBQ, and more!

1 can chickpeas
2 tablespoons olive oil
1 Tbsp ranch seasoning mix

Preheat oven to 425 degrees. Drain and rinse chickpeas. Spread chickpeas out on a towel to completely dry. Rub them gently with the towel to loosen any husks and discard. Toss the chickpeas in a bowl with olive oil and ranch mix. Toss to coat. Add evenly to a lined baking sheet pan. Roast for about 15-18 minutes or until crispy. Remove from the oven and allow to completely cool before enjoying.