

Snack Smarter:

Pro tips for camping and hiking recipes




ERIN BAKER'S™

Hello! My name is Erin Baker.

Yes, that really is my name! My company is based in the Pacific Northwest (Bellingham, WA to be exact), and summertime is the best up here. The gray clouds finally make way for sunshine, and many people hit the trails and campsites to take in Mother Nature at its finest. We always say it's important to kick off your day with a wholesome breakfast and pack healthy, hearty snacks to stay energized through grueling hikes. You'll find a variety of recipes in this booklet using our Endurance™ Granola that you can take from the kitchen table to campfire circle or trail summit in no time.

If you make any recipes, tag us on social media using #erinbakers – we love it when we've inspired you!

Enjoy and happy trails!

Erin Baker





Homemade Trail Mix

I love healthy snacks, especially ones that I can throw together from ingredients I have in my pantry. This is my go-to trail mix recipe because it's the perfect combination of natural sugars and healthy fats to fuel not only my outdoor activities but also my active everyday lifestyle. The nice thing about trail mix is that it allows for so many substitutions and variations.

Mix it up... trail mix doesn't have to be boring anymore!

Try our Endurance Crunch™ (peanut butter cluster) or Tri Berry (classic berry blend) Endurance™ Granola flavors, which are loaded with ancient whole grains such as chia, quinoa and flax as well as wholesome rolled oats. Then add in the fun stuff, like heart-healthy pumpkins seeds and sunflower seeds as well as chocolate chips for a little sweetness.

Erin Baker



Servings: 8-12

Prep Time: 5 minutes

Cook Time: None

Ingredients

- 2 cups of Erin Baker's™ Endurance Granola
- 1/8 cup sunflower seeds
- 1/8 cup chocolate chips
- 1/4 cup pumpkin seeds
- 1/4 cup almonds
- 1/4 cup walnuts
- 1/4 cup cashews

Directions

1. Combine all ingredients in a bowl and mix together.
2. Snack when hungry or grab when you're on the go!





Healthy Banana Boat

Bananas are a great fuel source on the trails as they are high in potassium (good for staving off cramps, as well as providing a welcome energy boost)! Plus, the added peanut butter makes it a nutritionally balanced snack. Just remember to pack out the banana skin – **leave no trace!**



Servings: 1

Prep Time: 5 minutes

Cook Time: None

Ingredients

- 1 banana
- 2 Tbsp of peanut butter (or substitute almond/cashew butter)
- Handful of Endurance™ Granola

Directions

1. Slice banana in half, lengthwise.
2. Spread peanut butter onto banana and top with granola.





Granola S'mores Crackers

Use store bought marshmallows or for a healthier made-at-home option, visit Wellness Mama's Blog:

<http://wellnessmama.com/6423/marshmallow-recipe/>



Servings: 3

Prep Time: 5 minutes

Cook Time: 12 min

Ingredients

- 2 cups Erin Baker's™ Double Chocolate Chunk Homestyle Granola
- 2 Tbsp Honey
- Marshmallows of your choice

Directions:

1. Preheat oven to 300°F.
 2. Place granola in plastic bag; break up until it is small crumbs.
 3. Place granola in medium size bowl and pour honey over the top, mix together.
 4. Take small amounts of the granola mixture and form them into disks on a baking sheet lined with parchment paper.
- Tip:** Use the metal ring from a mason jar. Place the ring onto parchment paper, pat granola down into the circle and then remove the ring.
5. Bake in the oven for 12 min. Once done, allow to cool until no longer warm to the touch. Store in an airtight container.





No time to cook or prepare?

No worries! Our Original Breakfast Cookies and Granola are camping and hiking ready.



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