

# **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.



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

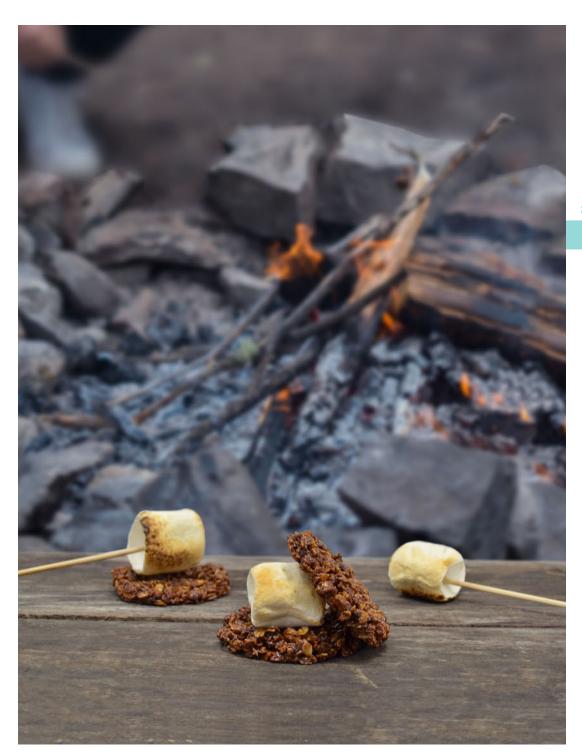
## Ingredients

- 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.





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