



Fueling Your Summer Adventures

By Kaitlin O'Leary, MS

The snow is melting and the mountains are calling! Time to pack away your winter coats and pull out your hiking boots (or fly fishing, rock climbing, kayaking, rafting, swimming, backpacking, camping, or mountain biking gear). Montana's beautiful landscape provides opportunities for countless outdoor activities, so make sure you're prepared this spring and summer with more than just your gear. Whatever your choice of adventure might be, nutritious snacks (and of course water) should be on your packing list to fuel your hours outdoors! Here are some pointers to get you started and a list of my summer favorites:

- Depending on your activity or the extent in which you will be outdoors, it's important to choose items that are portable and will remain safe at warmer temperatures. If possible, carry a lightweight cooler or lunch pack with you to keep perishable items within a safe temperature range.
- **Water!**
 - Being prepared with plenty of water should be first on your list.
 - For higher activity levels, consuming roughly 6-8 oz of fluid every 15 minutes is recommended.
 - For extended hours of activity, bring a water filter to prevent taking up needed space in your backpack for snacks and/or layers of clothing. (Such as the one pictured to the right.)
- **Homemade Trail Mix**
 - Create your own mix by choosing from the following with an even 1:1 ratio.
 - Dried fruit: mango, raisins, apricots, apples, pears, blueberries, etc.
 - Nuts and/or seeds: almonds, cashews, walnuts, pecans, peanuts, sunflower seeds, pumpkin seeds, etc.
 - Sweet additions (optional): M&Ms, chocolate chips, chocolate covered nuts or coffee beans, yogurt covered nuts, etc.



- **Apple or Banana with Nut Butter**
 - Look for to-go packages of nut butters at your local grocery store!
- **Hummus with Pretzels or Veggies**
- **Smoked Trout (or Jerky) and Crackers**
- **Sandwich or Wrap**
 - Peanut butter & Jelly
 - Try swapping your jelly for slices of fresh fruit instead (i.e. bananas or strawberries).
 - Turkey & Cheese
 - Choose a whole wheat bread or wrap for added fiber and nutrients.
 - Veggie Wrap
 - Pick your favorite hummus and/or cheese for added protein.
- **Banana & Berry Breakfast Muffins**
 - This recipe is egg-, dairy- and gluten-free, but use your preferred flour and dairy options to match your ingredients at home!
 - Recipe found at <https://veganhuggs.com/strawberry-banana-breakfast-muffins/>
 - Recommendation: choose your favorite berries – like the locally picked huckleberries I used when recreating these tasty muffins!
- **Protein Bites**
 - Recipe adapted from JoyfulHealthyEats.com (Check out her other yummy treats!)
 - 1 cup nut/seed butter (peanut, almond, sunflower)
 - ¾ cup rolled oats
 - ¼ cup shredded coconut (unsweetened)
 - ¼ cup mini chocolate chips
 - 3 ½ Tbsp honey
 - 2-3 Tbsp chia seeds (or ground flax seeds)
 - ½ tsp cinnamon
 - ½ tsp vanilla extract
 - 1 pinch sea salt
 - Directions: Add all ingredients to a large bowl and stir until combined. Form into 1 inch balls. Store in the fridge in an airtight container for 2 weeks (if you haven't already eaten them all!).



