

Travel Foods

This list gives ideas for some helpful travel foods. Even if your only option is to eat in the car, in the airport or on the train, remember to practice mindful eating. Eat slow enough to listen to your body this will help with controlling portions.

- Cheese and crackers or fresh bread
- Bagel with cheese or nut butter
- Apples and nut butter
- Trail mix
- Tuna fish and bread
- Smoothie and nuts
- Banana and nut butter
- Walnuts and Golden Raisins
- Milk and whole grain cereal
- Yogurt and nuts and/or fruit
- Whole wheat toast, peanut butter or other nut butter
- Sliced fruit and cheese slices
- Fruit and nuts
- Almonds and dried cherries or cranberries (or other dried fruit)
- Sliced veggies dipped in olive oil
- Carrots and celery and dressing
- Sliced apple topped with walnuts and cinnamon
- Sliced tomato topped with balsamic vinegar, and herbs with either a slice of cheese or a slice of bread
- Hummus and carrot, red bell pepper or celery slices
- Yogurt with some cereal
- Some avocado, and tomato on a slice of bread or a bagel
- Hard boiled egg, bread
- Olives and some sliced veggies and cheese
- Popcorn topped with butter and seasoned salt

Trail Mix

This recipe will yield 20 cups of the granola mix. But it can keep for 3 to 4 months.

You'll Need:

- 10 cups old fashioned rolled oats
- ½ pound shredded coconut
- 1 cup sesame seeds
- 1 cup brown sugar
- 1 ½ cups vegetable oil
- ½ cup molasses
- 2 teaspoons cinnamon
- Raisin or other dried fruit of choice
- 1 cup wheat germ
- 2 cups shelled raw sunflower seeds
- 3 cups chopped nuts
- 1 ½ cups water
- ½ cup honey
- 1 ½ teaspoons salt
- 3 teaspoons vanilla

Directions

Preheat oven to 300 degrees F.

In a large bowl combine oats, wheat germ, coconut, sunflower seeds, sesame seed and nuts (can include almonds, pecans, walnuts, or a combination of all of them).

Blend well.

In a large saucepan combine brown sugar, water, oil, honey, molasses, salt, cinnamon and vanilla.

Heat until sugar is dissolved, but do not boil.

Pour the syrup over the dry ingredients and stir until well-coated.

Spread onto five 13 X 9-inch baking pans, or cookie sheets with sides.

Bake 20 to 30 minutes, stirring occasionally. (Bake 15 minutes longer for crunchier texture.) Cool.

Add raisins or other dried fruit, if desired. Put in airtight container and store in a cool dry place