



Travel Foods

This list gives ideas for some helpful travel foods. Even if your only option is to eat in the car, 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
- Apple or banana and nut butter
- Trail mix
- Tuna fish and bread
- Smoothie and nuts
- Nut butter and honey sandwich
- Black bean wrap
- Walnuts and golden raisins
- Milk and all natural 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 (ex. carrots, bell pepper, celery) dipped in dressing
- Hummus wrap
- Yogurt and granola
- 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
- Dried fruit and nuts
- Olive tapenade sandwich
- Vegetable, cream cheese sandwich
- Slice of banana or zucchini bread
- Bagel sandwich
- Dark chocolate
- Maki roll



Recipes for Travel Foods

Easy Granola

You'll Need

- 4 cups oats (use quick oats for a granola bar with a softer consistency and old-fashioned oats for granola with a harder consistency)
- 8 Tablespoons softened butter or 7 Tablespoons coconut oil
- 7 Tablespoons brown sugar (1/2 cup minus one Tablespoon b/c 8 Tablespoons equals 1/2 cup)
- 1/4 cup to 1/3 cup chopped nuts of choice
- A pinch of salt

Directions

- Preheat oven to 350.
- Grease a 9 x 13 inch baking pan. Mix all of the above ingredients together.
- Place mixture in greased baking pan. Bake for 23 to 25 minutes or until lightly browned. Let sit and slightly cool.
- Roughly cut into chunks or crumble into loose granola.
- This recipe serves as a very versatile base. Store the granola in an airtight container. Have fun with this recipe and enjoy!!
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.

Play with Your Food

- Get creative with this recipe. Add some ground flax seed, sunflower seeds, raisins, dried fruit or, shredded coconut.
- Add some cinnamon or a teaspoon of vanilla. Or you could add a tiny bit of maple syrup or honey. A tip is when adding some other form of food that could sweeten the granola, hold back a tiny bit on the amount of brown sugar.
- You could also add a 1/2 cup to 3/4 cup of nut butter and leave out the chopped nuts.



Trail Mix

Suggestions for Ingredients

- Nuts of choice
- Dark chocolate chips
- Dried fruit of choice
- Shredded coconut
- Cheerios or other dried cereal
- Popcorn
- Sunflower seeds
- Pumpkin seeds
- Pretzels

Directions

- Mix a combination of your choice together and store in an airtight container.