Fueling On-the-Go Eats for your Ride

**Sweet Potato Muffins**

Whip these delicious muffins together in less than 40 minutes for an on-the-go snack.

Nutritional Information:
- Calories: 190/muffin
- Carbohydrates: 32 grams/muffin
- Protein: 3 grams/muffin
- Fat: 5 grams/muffin
- Fiber: 3 grams/muffin

**Healthy Trail Mix**

Throw together this nutrient dense trail mix in less than 30 minutes to give you energy to train.

**Mango Date and Oat Bars**

Mix together these ingredients to form a healthy bar in 20 minutes to pack with you on your ride or throughout your day.

Nutritional Information:
- Calories: 304/bar
- Carbohydrates: 39 grams/bar
- Protein: 6 grams/bar
- Fat: 15 grams/bar