



## 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



3 DAYS.

200 MILES.

1 PURPOSE.

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