



# Fueling The Future

Recipes to Fuel My 12-Hour Ride

*By: Tyler Zipperer*



## *Fueling The Future Fundraiser: A 12-Hour Bike Ride And Event To Support Youth In Summit County*

Riding my bike, eating and having access to good food and being part of a community has made a huge impact on my life - mentally and physically. It's also my WHY behind starting Bike Goods - to fuel all walks of life for the ride of a lifetime. I only wish I would have discovered what the power of cycling, nutrition and community could have done for me at a younger age.

So in return, I wanted to give the youth in Summit County the opportunity to discover and be part of these life-changing experiences so that they can grow into and live healthy, wholesome led lives. And from there the first Fueling the Future Fundraiser was born.

This event includes a 12-Hour Bike Ride, Yoga, Food Drive, Bake Sale and community gathering all in an effort to raise awareness and funds for 3 non-profits that are helping Fuel The Future of our youth. (See logos above)

I'll be riding my bike for 12 hours to help support these organizations. A ride of this level is going to require a lot of FOOD. So I put together a recipe book of the real foods I'll be eating during my ride. You too can use it for inspiration during Fueling The Future or your next big ride. Enjoy!

Support The Cause

[go.rallyup.com/fueling-the-future](http://go.rallyup.com/fueling-the-future)

# 12-Hour Ride Recipes

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# Sweet Potato, Rice and Egg Breakfast Burritos

SERVINGS: 6    PREP TIME: 5 min    COOK TIME: 10 min

## Ingredients

1 cup cooked sweet potato

1/2 cup cooked calrose rice

6 eggs

1 Tbsp coconut sugar

1 Tbsp Braggs Aminos

1/4 tsp garlic salt

Salt and pepper to taste

1/2 cup shredded cheddar  
cheese

6 white flour tortillas

### Optional Additions

Parmesan cheese

Salsa

Hummus

Sriracha

## Directions

Heat 1 Tbsp olive oil in a skillet over medium heat. Mash cooked sweet potato and add to skillet. Add in rice and lightly scrambled eggs. Add coconut sugar, Braggs, garlic salt, salt, pepper and shredded cheddar cheese.

Stir until eggs have set to a scramble. Remove from heat.

Divide sweet potato egg scramble among the tortillas, with optional add-ins.

Roll and fold your burritos. Wrap in Bees Wrap or store in a Stasher Bag. Refrigerate until chow time.





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# Carrot Cake Waffles

## Ingredients

2 cup all-purpose flour  
1/4 cup coconut sugar  
1/4 tsp baking powder  
1/2 tsp sea salt  
2 tsp ground cinnamon  
2 tsp ground cardamom  
1/2 tsp ground ginger  
1/2 tsp baking powder  
4 eggs, lightly beaten  
4 Tbsp melted coconut oil  
1-1/4 cups almond milk  
2 tsp vanilla extract  
2 medium carrots finely shredded  
Zest of 1 lemon and 1 orange

SERVINGS: 6   PREP TIME: 10min   COOK TIME: 10min

## Directions

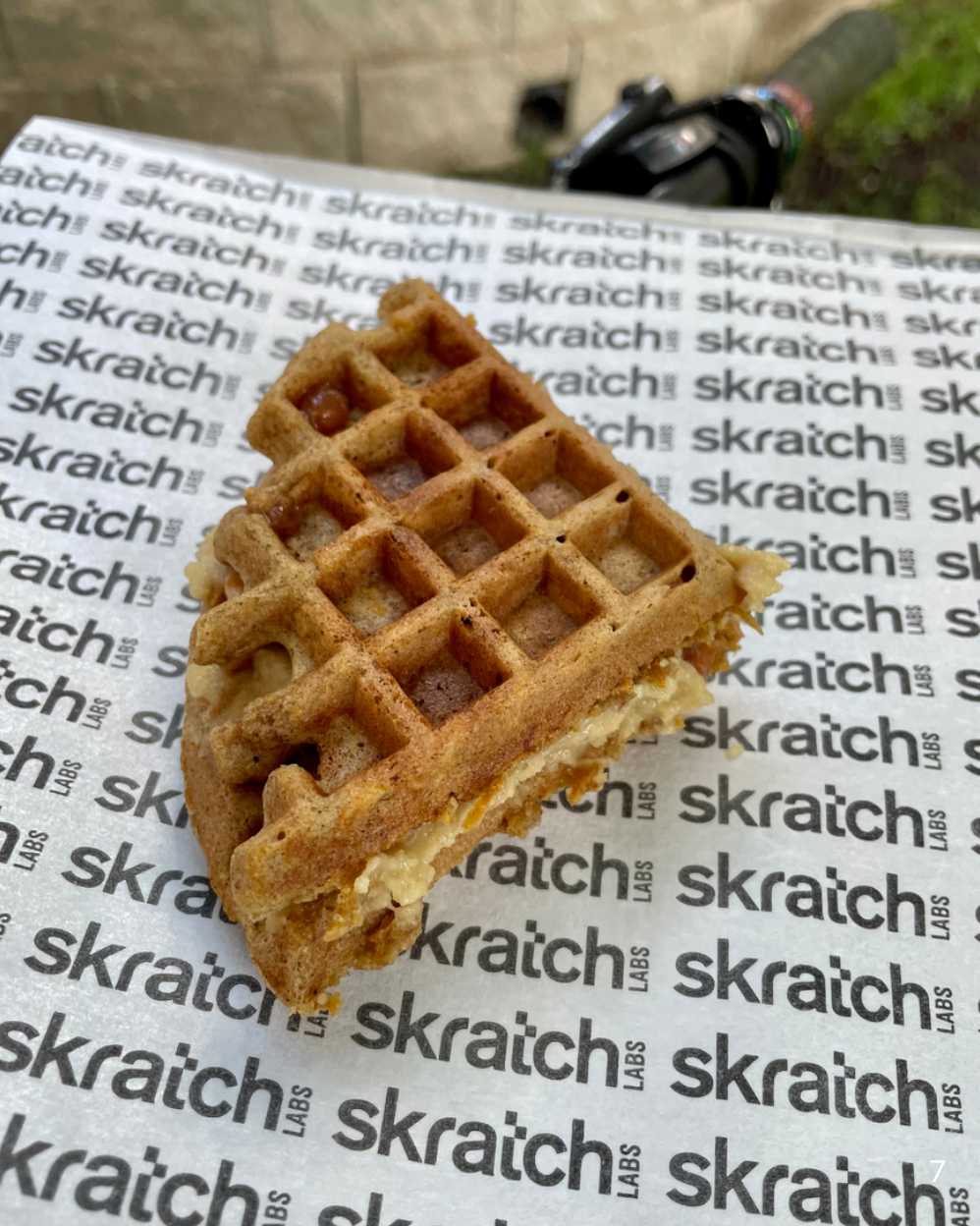
Add all dry ingredients to a bowl and whisk them together. In a separate bowl or high-speed blender add eggs, coconut oil, almond milk and vanilla. Stir or blend to combine. Add in dry ingredients and lightly stir, a few lumps in the batter is ok. Fold in peeled carrots and zest.

Preheat the waffle iron to your desired doneness. Pour 1/2 cup of batter into the center of the lower waffle iron and press down the top.

Serve with your choice of maple syrup, blueberries, cream cheese, cashew frosting, nuts, seeds and/or dried fruits.

For a ride waffle sandwich, let waffles cool. Then take one-quarter of a waffle and spread with your favorite toppings and sandwich with another quarter on top.

Makes six 8"-inch waffles.







# Stuffed Potato Crepes

## Ingredients

4-6 small to medium sized russet potatoes, boiled or baked and mashed

3 Tbsp melted butter

1-1/2 - 2 cups oat milk

4 eggs

1 Tbsp coconut sugar

1 tsp sea salt

1 cup all-purpose flour

### Toppings/Spreads

Marscapone cheese + jam + apple slices

Honey Cashew Butter + banana slices

Pizza sauce + parmesan cheese + Italian seasoning

Dates pieces+ nut butter + diced nuts

SERVINGS: 8-10 PREP TIME: 10min COOK TIME: 15 min

## Directions

Add mashed potatoes, melted butter, milk, eggs, coconut sugar and sea salt to a high-speed blender. Blend until smooth. Add in flour and blend until combined, adding in more milk if needed for a thinner consistency.

Heat a medium-sized skillet over low-medium heat and lightly grease or spray. Add batter to the pan a swirl in a circular motion to spread the batter evenly across the pan. Cook for 5 mins flip and cook for 2 more minutes. Make sure to grease or spray in between each crepe.

Let cool. Spread a layer of your favorite toppings across the crepe. Roll, store (Stasher, plastic wrap or Bess Wrap) and grab when you are ready to go out and ride.





# Apple French Toast Cakes

## Ingredients

- 1 cup almond milk, heated
- 4 eggs
- 1 Tbsp maple syrup
- 1 Tbsp coconut sugar
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 4 cups cubed white bread, tightly packed
- 1 crisp apple, chopped
- 1/3 cup raisins (optional)

SERVINGS: 12 PREP TIME: 10min COOK TIME: 15 - 20 min

## Directions

Preheat the oven to 350 degrees F. Line or lightly grease a 12-bar or muffin pan. Set aside.

Heat almond milk on high for 90 seconds. Add eggs maple syrup, coconut sugar, vanilla and cinnamon and beat until eggs become light.

Fold in bread cubes, apples, and raisins if using and let sit for 5 minutes. Spoon batter into bar or muffin pan.

Bake for 15-20 minutes, until a toothpick inserted, comes out clean. Let cool.

Individually wrap and refrigerate or freeze until your ride

### Baker's Tip

Take the french toast cakes out of the oven about 2-3 minutes before they are done. Brush a little melted butter or coconut oil on top and dip in a mixture of cinnamon and sugar. Put back in the oven to continue baking and out comes an extra sweet and spicy bite









# Spiced Honey Cashew Butter Cookies

## Ingredients

- 1 cup brown rice flour
- 1/4 cup almond flour
- 2 Tbsp coconut sugar
- 1/4 tsp baking powder
- 3/4 cup almond milk heated
- 2/3 cup [Spiced Honey Cashew Butter](#)
- Optional Add-Ins**
- 2 Tbsp applesauce
- 1/4 cup chocolate chips
- 2 Tbsp coconut sugar + 1 Tbsp cinnamon for coating

SERVINGS: 12    PREP TIME: 5min    COOK TIME: 15-20min

## Directions

Preheat the oven to 350 degrees F. Line a large baking sheet with parchment paper. Set aside.

In a large bowl combine dry ingredients.

Heat the almond milk in the microwave on high for 90 seconds. Whisk in the nut butter. Pour the hot mixture into the bowl of dry ingredients and stir until combined. Stir in applesauce and/or fold in chocolate chips if using.

Set dough aside for 5 minutes to cool. Then, shape cookies into 12 golf-ball-size balls with your hands or an ice cream scoop and slightly flatten with a fork.

Bake for 15-20 minutes or until the cookies are golden brown. Let cool on a cooling rack.

### Baker's Tips

Applesauce makes these cookies extra moist and easier to eat while on the go.

Roll your dough in the cinnamon and sugar mixture before flattening and putting them in the oven to make these cookies snicker doodle style!





## *Thanks For Your Support!*

When you combine all of these organizations' missions and visions together you get the recipe for living a healthy, active and wholesome led life through bikes, good nutrition, adventure, and community.

All funds raised from Fueling The Future will be split evenly between Team Summit, Go4Graham and SmartBellies to support their mission, vision and programs.

The secret ingredient to pulling all of this together is YOU! So THANK YOU again for your support. This isn't possible without our community.



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## *Fueling All Walks of Life For The Ride of a Lifetime*

Hi, my name is Tyler. I'm a cyclist, mountain bike coach, and cooking fanatic.

The bicycle and food are two of the simplest things at our disposal.

Unfortunately, we live in a culture where speed, stress, technology and corporate food marketing sometimes take precedence over making good food choices and living an active lifestyle.

At Biked Goods, we believe in creating relationships and community, wholesome lead-living, sharing nutrition resources and education, using our business to give back and inspiring all individuals to thrive and take adventures of a lifetime.



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