



50 Cycling Recipes

Snacks, Small Meals and Spreads
for Fueling On and Off The Bike



50 Real-Food Recipes to Fuel Your Performance On and Off the Bike

I've been on a quest to help fuel the cycling community by sharing homemade real-food recipes that are nutrient-dense, easy on the gut, made for performance and most importantly, enjoyable to eat.

The second annual edition of the Biked Goods E-Recipe book is back and better than ever with 50 homemade cycling snacks, small meals and spreads to help fuel your performance on and off the bike.

This recipe book provides an alternative to eating overly processed and questionable ingredient "foods" available on the market.

To start, you'll find a simple guide to help jumpstart your kitchen including tips and resources to make cooking at home simple and enjoyable. From there, you'll dive into a variety of recipes designed to help you perform on the bike and in life. By the end, you'll be introduced to new nutrition concepts and cooking made simple.

I hope you take the opportunity to join me on this continuous journey of fueling our bodies., riding bikes, connecting and coming together with people over food, and taking on new adventures - the ultimate recipe for the ride of a lifetime. Enjoy!

Tyler Zipperer, Founder of Biked Goods



Book Contents

This book is laid out to help you build the foundation for finding success in the kitchen and fueling your cycling lifestyle. To get started, stock your pantry with some of the recommended items, this will help you easily build the base for many recipes found in this book. From there, invest in a few time-saving kitchen tools and appliances if you don't have them yet. And finally, prepare how you are going to store, wrap and transport your food. Once you go through these steps, you'll be able to make any of the 50 recipes in this book with ease and joy.

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The Cyclist's Kitchen

A fully equipped kitchen is essential for busy, on-the-go cyclists. Stocking your pantry, investing in time-saving kitchen tools and food storage essentials and meal prepping is key to making nourishing food at home in a snap and out riding your bike more.

5. Stock Your Pantry
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Stock Your Pantry

Stocking your pantry is a foundational practice for finding success in the kitchen as a Bakin' Biker. While you don't need every single pantry item on this list, don't be afraid to bulk up. You can use these staples in more than one recipe and you'll always be able to pull off a recipe, even when your fridge starts to look bare.



Pantry Checklist



Flours

- All-Purpose
- All Purpose Gluten-Free Blends
- Almond Flour/Meal
- Brown Rice Flour
- Buckwheat Flour
- Millet Flour
- Oat Flour
- Whole Wheat Flour



Grains

- Calrose or Sushi Rice
- Brown Rice
- Millet
- Muesli
- Quinoa
- Rolled Oats
- Steel-Cut Oats



Sweeteners

- Coconut Sugar
- Honey
- Maple Syrup
- Medjool Dates
- Unsweetened Applesauce



Nuts & Seeds

- Almonds
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Pecans
- Pepitas
- Pistachios
- Sunflower Seeds
- Walnuts



Fats & Oils

- Almond Butter
- Cashew Butter
- Extra Virgin Olive Oil
- Peanut Butter
- Tahini
- Virgin Coconut Oil
- Unsalted Butter



Chocolate

- Cocoa and Cacao Powder
- Cacao Nibs
- Dark Chocolate Bars (70% or higher)
- Semi-Sweet Chocolate Chips



Dried Fruit

- Apple
- Apricots
- Cranberries
- Currants
- Mango
- Medjool Dates
- Raisins
- Tart Cherries
- Unsweetened Shredded Coconut



Salt & Spices

- Cardamom
- Cumin
- Curry Powder
- Garlic Granules
- Ground Cinnamon
- Ground Ginger
- Nutmeg
- Oregano
- Sea salt
- Turmeric

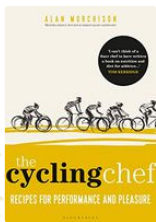
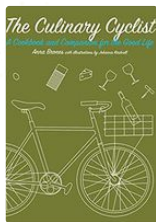
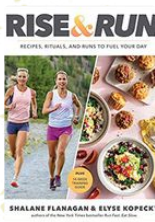
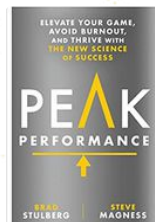
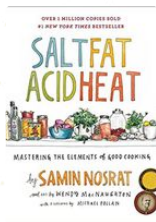
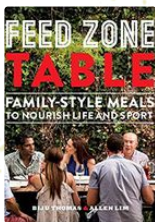
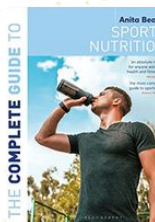
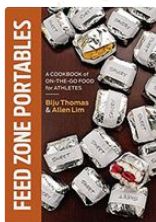


Misc

- Arrowroot Starch
- Baking Powder
- Baking Soda
- Coffee/Esspresso
- Tapioca Starch
- Sweet Potato
- Vanilla Extract

Feed Your Brain

I'm constantly on a quest to become a better cyclist, cook and coach. My inspiration for growth in these areas has largely been inspired by the books I have in the house. The more you feed your brain with nutrition, cooking and performance knowledge, the more you can apply it in the kitchen and on your bike.



Time-Saving Tools

It's worth investing in quality kitchen tools and appliances as they will save you time and motivate you to cook more. Keyword: Invest



Store, Wrap, & Ride

Once you start whipping up baked goods in the kitchen, you need optimal ways to store, wrap and ride with them while still being easy to open and eat when you're on the go. These food storage and wrap products are essentials in my household, and you'll find me using them almost every day.





A Quick-Fix Guide to Making Muesli: The Cyclist's Everyday Endurance Fuel

Muesli is a mixture of raw oats, nuts, dried fruits, and sometimes other grains or spices. It's high in fiber and filled with whole grains to help your digestive system and keep you full throughout the day. Raw nuts incorporate a source of protein and omega-3 fats. Dried fruits are rich in antioxidants, potassium, fiber, and vitamins E, C, and B12.

One of the best things about muesli is its versatility. You can eat it cold, hot, or soaked. Heating or soaking the oats helps break them down, making them easier to eat, absorb and digest. Muesli can also be used in recipes for cookies, bars, and other baked goods to make a wholesome snack.

As athletes, the goal is to fuel our bodies to keep us satisfied and energized. All the nutritious ingredients included in muesli - fiber, protein, fats and quality carbs - help with just that. In my mind, this makes muesli one of the most complete foods we can eat as cyclists.

Everyone should have the opportunity to know about and enjoy muesli. That's why I'm excited to share the Ultimate DIY Muesli Formula with you on the next page.

Grab your oats, nuts, seeds, dried fruit, a BIG bowl and let's go!

Muesli Formula

There are many ways you can make your own muesli. However, after tons of experimenting (and taste testing), I've found The Ultimate DIY Muesli Formula to be: 4 cups grains + 1 cups nuts/seeds + 1 cup dried fruit + optional seasoning

Below are different ingredients you can use to make your own muesli using The Ultimate DIY Muesli Formula.



4 Cups Grains

Rolled Oats, Buckwheat Flakes, Sorghum Flakes, Millet Puffs, Quinoa Flakes, Rice Crisps, Wheat Berries, Wheat Bran, Whole Rye, Whole Barley



1 Cup Nuts & Seeds

Almonds, Cashews Pieces, Chia Seeds, Flax Seeds, Hemp Seeds, Pecans, Pepitas, Pistachios, Sesame Seeds, Sunflower Seeds, Walnut Pieces



1 Cup Dried Fruit

Apple Chips, Apricots, Banana Coins, Blueberries, Currants, Dried Dates, Dried Figs, Raisins, Tart Cherries, Unsweetened Shredded Coconut



Optional Seasonings

Cardamom, Cinnamon, Cocoa Powder, Ground Ginger, Lemon Juice, Nutmeg, Sea salt, Vanilla Extract



Classic DIY Muesli Mix

Ingredients

3-1/2 cups rolled oats
(Grains)

1/2 cup quinoa flakes, rice
crisps, sorghum flakes or
more oats (Grains)

1/4 cup sunflower seeds
(Nut/seeds)

1/4 cup pepitas (Nut/seeds)

1/4 cups almond slices
(Nut/seeds)

2 Tbsp chia seeds
(Nut/seeds)

2 Tbsp flax or hemp seeds
(Nuts/seeds)

1/2 cup raisins or currants
(Dried fruit)

1/2 cup coconut chips (Dried
fruit)

A classic muesli recipe that you can use for any meal or in home-baked goods. From here, try experimenting on your own and coming up with new twists and flavors

SERVINGS: 6 cups PREP TIME: 5min COOK TIME: 0min

Directions

Add all ingredients to a large mixing bowl. Lightly stir to combine. Pour muesli into a sealed mason jar or airtight container.

Baker's Tip

Toasting your muesli before can help bring out the flavors of the oats, nuts and coconut. Preheat the oven to 350°F and lay out the muesli on a baking sheet. Bake for 10-15 minutes or until the oats and coconut flakes are lightly golden and fragrant, stirring halfway through. Let cool before storing in an airtight container.

Shopping Tip

Sorghum and buckwheat provide a nice contrast to rolled oats in your muesli. You can find whole-grain sorghum and buckwheat in most natural grocery stores or online from Bob's Red Mill. From there, you can add directly to your muesli mix or use a food processor to turn your grains into flakes. If you don't have sorghum or buckwheat on hand, you can substitute with quinoa flakes or add 1/2 cup more of rolled oats to your muesli mix.



Anytime Snacks

Wholesome, balanced and satisfying. These recipes can be eaten in-between meals, shortly before or after rides, or just about anytime you can imagine.

- 15. Apple Buckwheat Spiced Muffins
- 17. Sweet Potato Almond Butter Energy Cakes
- 19. Tahini Maple Muesli Bars
- 21. Baked Almond-Date Espresso Bars
- 23. Savory Muesli Trail Mix
- 25. Stuff'd Date Bites
- 27. Apple Zucchini Muesli Muffins
- 29. Sweet Potato and Kale Muffins
- 31. Ginger Muesli Cookies
- 33. Tahini Maple Molasses Granola



Apple Buckwheat Spiced Muffins

Ingredients

- 1 cup buckwheat flour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/3 cup coconut sugar
- 1 tsp sea salt
- 1 tsp baking powder
- 1 tsp baking soda
- 3 eggs
- 1-2 Tbsp honey
- 1/3 cup olive oil
- 1 tsp vanilla extract
- 3 cups quinoa cooked
- 15 crisp apples chopped

The perfect blend of sweet, spice, earthy and savory ingredients brings these Apple Buckwheat Spiced Muffins together. These muffins can be eaten as an early morning or afternoon snack or even as a nighttime dessert with a cup of warm tea or hot cocoa.

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

Directions

Preheat the oven to 350 F and prepare a 12-liner muffin tin.

In a large mixing bowl, mix dry ingredients together. In a separate bowl or large measuring cup, whisk eggs together until frothy. Add in honey, olive oil and vanilla extract and stir to combine.

Add to dry ingredient bowl along with cooked quinoa, chopped apple and optional add-ins. Stir to combine.

Fill each muffin tin about 3/4 full. Bake for 20-25 minutes or until a toothpick inserted comes out clean.

Baker's Tip

Spice things up even more by folding in chopped candied ginger, dried figs or walnut pieces.

Recommended Product

Line your muffin tin with [If You Care Large Baking Cups](#): A sustainable, unbleached product that makes perfect muffins every time.





Sweet Potato Almond Butter Energy Cakes

Ingredients

- 1 cup baked sweet potato
- 1/2 cup almond butter
- 1/3 cup maple syrup
- 2 eggs
- 1 cup rolled oats
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/2 tsp baking soda
- 1/3 cup dried blueberries
- Zest and juice of 1 lemon

These energy cakes come together in a hurry! A simple, irresistible combination of sweet potato, almond butter and maple syrup come together to make a slightly sweet, slightly savory cake you can enjoy out on the trails all day long. The lemon zest with dried blueberries adds the finishing touch for a refreshing twist you normally won't get with store-bought energy products.

SERVINGS: 12 PREP TIME: 5min COOK TIME: 25min

Directions

Preheat the oven to 375 F. Grab an 8x8 inch baking pan and grease well or line with parchment paper. Put all the ingredients except the dried blueberries in a high-speed blender. Blend well. Fold in the dried blueberries.

Pour into your prepared pan and Bake for 25 - 30 minutes or until a toothpick inserted into the middle comes out clean. Individually wrap each cake in [Skratch Paper 2.0](#) or [Slick-Wrap](#).

Store in the fridge and grab one when you're ready to get out on a ride.





Tahini Maple Muesli Bars

Ingredients

3/4 cup tahini (I like to use [Soom Tahini](#))

1/2 cup maple syrup or honey
(I prefer maple syrup)

1 tsp vanilla

1/2 tsp sea salt

2-1/2 cups [Classic DIY Muesli](#)
OR [Seven Sundays Vanilla Cherry Muesli](#) goes great in this recipe.

1/3 cup chopped, dried tart cherries or other dried fruit of choice

1/3 cup dark chocolate chips, melted or folded in if you want to make it portable

These Tahini Maple Muesli bars are a quick and easy way to restock your fuel reserves for the week. Salty, sweet, chocolatey, and no baking is necessary. Talk about an irresistible combo!

SERVINGS: 9-12 PREP TIME: 10min COOK TIME: 4hrs

Directions

Mix tahini with the maple syrup in a large bowl and whisk until smooth. Stir in vanilla and salt. Add in the muesli and extra dried fruit. Stir until evenly coated.

Melt chocolate chips in the microwave in 20-second increments. Pour into the bottom of an 8x8" baking dish lined with parchment paper. Freeze for 5-10 minutes until hardened. Take out of the freezer and top with the muesli mixture, pressing in firmly. Refrigerate for a minimum of 4 hours.

Take out of the fridge and slice into 9-12 bars. Store leftovers in the fridge for up to a week or freeze them for up to a month.

Baker's Tips

1. Toast your muesli in the oven for 10-15 minutes at 350 F until golden brown and fragrant for extra flavor.
2. Want to make this recipe portable? Fold in your chocolate chips instead of melting them. Or add cocoa powder and stir in with the liquid mixture to create a chocolate muesli base to keep the chocolate flavor without the melty mess!





Baked Almond-Date Espresso Bars

Ingredients

2 Tbsp ground espresso + 2
Tbsp warm water

20 Medjool dates, pitted

1 Tbsp maple syrup

1 tsp coconut oil, melted

1 tsp vanilla extract

1/2 tsp sea salt

1 cup rolled oats, divided

1 cup roasted unsalted
almonds, divided

1/2 cup unsweetened
shredded coconut

1/2 cup dark chocolate chips

* Recipe inspired by Rancho
Meladuco, my favorite dates

Soft, chewy dates combined with oats, almonds and espresso make these bars a perfect snack for you to munch on during the day. Whether you need a pick-me-up in the early morning or afternoon, these Baked Almond-Date Espresso Bars are here to give you the kick you need.

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

Directions

Preheat the oven to 350 F.

In a small bowl, mix ground espresso with 2 Tbsp of warm water until dissolved. Add dates, espresso, maple syrup, coconut oil, vanilla, sea salt, 1/2 cup oats, 1/2 cup almonds, and the shredded coconut to a food processor. Pulse until a thick, sticky paste forms. Scrape down the sides as needed.

Add the chocolate chips and the remaining 1/2 cup almonds and 1/2 cup oats. Pulse until the mixture is chunky, but holds together when pinched.

Line an 8-inch metal or ceramic baking dish with parchment paper, leaving a 1-inch overhang on two sides. Pour the mixture into the prepared pan and, using the bottom of a glass or your hands, press it into a compact, even layer.

Bake for 15 minutes. Let cool! Using the parchment paper overhang, lift the bars from the pan and cut them into squares.

Store in an airtight container at room temperature for up to 2 days or stored in the refrigerator or freezer for up to 1 month.





Savory Muesli Trail Mix

Ingredients

- 2 cups Classic DIY Muesli Mix
- 1 cup pretzels
- 1 cup Chex cereal or rice crisps
- 2 cups extra nuts (almonds, cashews, or pecans)
- 2 Tbsp maple syrup
- 2 egg whites
- 1/4 cup extra virgin olive oil
- 1 tsp garlic powder
- 1/4 cup nutritional yeast
- Pinch of cayenne (optional)

A savory snack made with muesli? Whaaaaa?! "I thought muesli was just used in sweet recipes, Tyler?" Me too! That's until I came across a savory trail mix recipe on the King Arthur website. So I thought to myself, "Why can't I throw some muesli in there?" And that's what I did. I literally took a handful of muesli from my jar and THREW it into a bowl. Out of the oven came a magical little snack that hits the spot when you're craving something salty, savory and slightly sweet.

SERVINGS: 6 cups PREP TIME: 5min COOK TIME: 35min

Directions

Preheat the oven to 275 F. Prepare two baking sheets with parchment paper or silicone baking sheets. Add muesli, pretzels, Chex and nuts to a large bowl. In a small bowl, combine maple syrup, egg whites and olive oil. Mix well. Drizzle mixture over muesli granola mix, tossing occasionally, making sure to coat the entire mixture evenly. Sprinkle garlic powder and nutritional yeast over the trail mix, tossing to coat evenly. Spread evenly between the two prepared baking sheets. Bake for 35-40 minutes, stirring 20 minutes through. Let cool completely before storing in an airtight container at room temperature or in the freezer.

Baker's Tip

Nutritional yeast has been a staple in plant-based diets for years and is becoming more well-known to the mainstream today. It provides a "cheesy" flavor to baked goods and snacks like this trail mix. You can find nutritional yeast in most natural grocery stores or from [Bob's Red Mill](#).





Stuff'd Date Bites

Ingredients

12 Medjool dates, pitted

1/4 cup [Maple Tahini Syrup](#),
[Easy Granola Butter](#) or other
nut butter

Sesame seeds, hemp seeds,
unsweetened shredded
coconut and/or cacao nibs
for topping

1 fat pinch flaky sea salt

Key pantry items: Dates, maple syrup, tahini, nut butter.
sea salt

SERVINGS: 12 PREP TIME: 10min COOK TIME: 0min

Directions

Cut a slit along the top of each date. Discard the pits. Be careful to keep one side of the date intact, as opposed to splitting it into two separate pieces.

Fill each date with Maple Tahini Syrup or nut butter, about 1/2 – 1 tsp depending on the size of the date. Top each date with your choice of sesame seeds, hemp seeds, unsweetened shredded coconut and/or cacao nibs, pressing down lightly into the filling with a fork if needed to keep toppings in place. Finish with a pinch of flaky sea salt on top.

Place the dates on a plate or a parchment-lined baking sheet and pop in the freezer to chill while filling thickens.





Apple Zucchini Muesli Muffins

Ingredients

- 1 cup apple grated
- 1 cup zucchini grated
- 1/3 cup honey
- 1/4 cup coconut oil, melted
- 2 eggs
- 1/4 cup unsweetened applesauce
- 1-1/2 cups [Classic DIY Muesli Mix](#)
- 1 cup oat flour
- 1 cup almond flour or meal
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1/2 tsp cardamom
- Juice and zest of 1 lemon

Incorporating ingredients and flavors from the [Biker's Classic Bircher Muesli](#) recipe, these Apple Zucchini Muesli Muffins are like taking a bowl of muesli with you on the go. They're slightly sweet from the apple and honey while the lemon and cardamom give them a light, zesty and citrusy touch. Don't forget about your daily veggies! Adding in the zucchini makes these muffins a wholesome snack choice to enjoy before or after a ride.

SERVINGS: 12-24 PREP TIME: 10min COOK TIME: 25min

Directions

Preheat the oven to 350 F. Line a 12-cup or 24-cup muffin tin with paper liners. Add apple, zucchini, honey, coconut oil, eggs and applesauce to a large mixing bowl. Stir or whisk thoroughly to combine. Add the muesli, oat flour, almond flour, cinnamon, baking soda, sea salt, cardamom, lemon juice and zest. Stir well. Spoon the batter into the prepared muffin tins, filling each to the brim.

Bake for 25-30 minutes for large muffins or 20 to 25 minutes for mini muffins. Muffins should be nicely browned on the top and done when a toothpick inserted comes out clean. Store leftovers in an airtight container for up to a week or in the freezer for up to 3 months.





Sweet Potato and Kale Muffins

Ingredients

- 2/3 cup brown rice flour
- 1/3 cup buckwheat flour
- 1/2 cup oat flour
- 1/3 cup rolled oats
- 1/4 cup arrowroot starch
- 1-1/2 tsp baking powder
- 1-1/4 cups unsweetened almond milk
- 1/2 cup extra virgin olive oil
- 1 egg
- 1 cup sweet potato mashed (about 1 medium)
- 2 cloves garlic
- 1 tsp sea salt
- 1 cup shredded kale
- 6 oz feta cheese crumbles

What started as a savory pancake batter, turned into a satisfying grab n' go breakfast snack filled with veggies and tangy feta cheese.

SERVINGS: 12-15 PREP TIME: 10min COOK TIME: 30min

Directions

Preheat the oven to 350 F. Line or lightly grease a 12-cup muffin tin.

In a large bowl, combine dry ingredients. In a separate bowl whisk together milk and apple cider vinegar. Let sit for 5 minutes to create a "buttermilk". Whisk in egg and olive oil.

Pour dry ingredients into the wet and combine mashed sweet potato, garlic, feta cheese, and kale and stir until well combined.

Pour batter into prepared muffin cups, filling just short of the brim.

Bake for 30-35 minutes or until muffins are light brown on top and a toothpick comes out clean. Enjoy immediately or refrigerate/freeze and reheat for later.

Baker's Tip

You can use this exact recipe to make savory pancakes for a recovery meal. Simply heat up a little oil in a pan, pour 1/4 cup of batter for each cake, and fry for 2-3 minutes on each side. Top with your choice of a fried egg, avocado slices, chopped tomatoes and/or yogurt!





Ginger Muesli Cookies

Ingredients

2 cups Classic DIY Muesli

- 1 cup oat flour
- 1/2 cup almond flour
- 1 tsp cinnamon
- 2 tsp ground ginger
- 1/4 tsp allspice
- 1 tsp sea salt
- 1/2 tsp baking soda
- 1 stick butter, melted
- 1/3 cup coconut sugar
- 1 egg
- 1/4 cup honey
- 1 tsp vanilla extract

A heart-warming cookie made as a power snack for cold-season adventures. These Muesli Ginger Cookies are irresistibly chewy and slightly sweet. They include complex carbs and good fats our bodies need as we transition into the off-season.

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

Directions

Add muesli, oat flour, almond flour, spices, salt and baking soda to a large mixing bowl. Stir to combine.

Melt butter in a separate bowl or large measuring cup. Add coconut sugar, lightly whisked egg, honey, and vanilla extract. Stir thoroughly to combine.

Add wet ingredients to the dry ingredient bowl and stir until a sticky dough forms. Cover and refrigerate for 2+ hours.

Preheat the oven to 350 F. Line or grease a baking sheet.

Take the dough out of the fridge and roll it into golf-sized balls. Slightly flatten with the palm of your hand. Repeat, leaving 2 inches between each cookie (These babies will spread!)

Bake for 12 - 15 minutes or until lightly brown around the edges. Let cool on a cooling rack. Makes





Tahini Maple Molasses Granola

Ingredients

- 2/3 cups rolled oats
- 1/2 cup uncooked quinoa or quinoa flakes
- 1 cup chopped mixed nuts (Almonds, cashews, walnuts)
- 1/2 cup sunflower seeds or pepitas
- 2 tsp ground cinnamon
- 1 tsp ground ginger or cardamom
- 1 tsp fine sea salt
- 1/4 cup tahini
- 1/4 cup maple syrup
- 1/4 cup blackstrap molasses
- 1/4 cup olive oil
- 1/2 cup dried tart cherries, optional

A simple, crunchy granola made with oats, quinoa, nuts, spices and a heart-warming combo of tahini, maple syrup and molasses. This recipe is free of refined sugar and is soooo much better than your store-bought varieties. That's because YOU made it after all!

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

Directions

Preheat the oven to 275 F. Line a rimmed baking sheet with parchment paper.

Add rolled oats through sea salt to a large mixing bowl and mix.

Add tahini, maple syrup, molasses, and olive oil to a large measuring cup or bowl. Stir to combine. Pour over the oat mixture and mix well until oats and nuts are completely covered.

Spread the mixture into an even layer on the baking sheet. Bake for 20 minutes. Stir. Bake for 20 minutes more.

Take out of the oven and let cool completely. Add chopped cherries if using. Break up into clusters and store in a glass jar at room temp or in the freezer

Baker's Tip

Have a batch of [Maple Tahini Syrup](#) made up already? Great! Simply add 1/2 cup of the mixture to your granola.



Portable Snacks

Recipes that are easily packable for fueling during rides, races and long-haul adventures. Find the best way to wrap and ride with these portables on page 14.

- 36. Coconut Orange Mochi Cakes
- 38. Muesli Muffin Tin Ride Pies
- 40. Salted Caramel S'mores Energy Bar
- 42. Apple French Toast Cakes
- 44. Baked Banana Date Energy Bites
- 46. Lemon Amaretti Ride Cookies
- 48. Peanut Butter And Jelly Energy Bars
- 50. Honey Apple Cinnamon Muesli Bites
- 52. Secret Sauce Sweet Potato Cakes
- 54. Stuffed Potato Crepes
- 56. Simple Bread Ride Pie



Coconut Orange Mochi Cakes

Ingredients

- 1-1/2 cup sweet rice flour
- 1 cup coconut sugar
- 1 tsp baking powder
- 3 large eggs
- 1 (13.5-ounce) can of full-fat coconut milk
- Zest of 1 orange
- Juice of half an orange
- 1 tsp pure vanilla extract

These Mochi cakes are flavored with orange zest and a hint of coconut from coconut milk and coconut sugar. The texture of these unique bike snacks are chewy and moist making them an ideal portable bike snack or dessert.

SERVINGS: 16 PREP TIME: 5min COOK TIME: 1hr

Directions

Preheat the oven to 350 F. In a large mixing bowl, whisk together flour, coconut sugar and baking powder.

In a separate bowl, whisk eggs until blended. Add coconut milk, orange zest, orange juice and vanilla. Whisk until combined.

Add coconut milk mixture to flour mixture and whisk until combined. Pour batter into a lightly greased or lined 8x8-inch baking pan.

Bake for about 1 hour or until a toothpick inserted into the center comes out clean. Cool completely in the pan on a wire rack.

Cut into squares or bars and individually wrap for an easy portable bike snack.

Recommended Products

Sweet rice flour is the key to making these spongy cakes. Try [Bob's Red Mill](#) or [Mochiko Sweet Rice Flour](#) from Koda Farms.

Wrap Mochi Bars individually in [Scratch Paper 2.0](#), [Slick-Wrap](#) or store multiple in [Stasher Bags](#).





Muesli Muffin Tin Ride Pies

Ingredients

2-1/2 cups [Classic DIY Muesli Mix](#)

1/3 cup coconut sugar (Give [Madhava Organic Coconut Sugar](#) a try!)

1/3 cup natural sweetener (Brown rice syrup, honey, maple syrup)

1/3 cup virgin coconut oil, melted

2/3 tsp vanilla extract

1 tsp fine sea salt

1-2 tsp of filling per pie

Using the exact same recipe for [Biked Goods Mini Muesli Bites](#), this muesli pie crust makes a wholesome pie crust option with your choice of filling in the middle.

SERVINGS: 12 PREP TIME: 5min COOK TIME: 10-15min

Directions

Preheat the oven to 350 F. Lightly grease or line a 12-count muffin pan. Pour all the muesli into a food processor. Process for about 1 minute until muesli is pulverized into a fine flour.

Add in the coconut sugar, choice of sweetener, coconut oil, sea salt and vanilla extract. Pulse until just combined. A crumbly crust should form.

Fill each muffin tin with about 1 Tbsp of crust. Press down with a small spoon or your finger to create a cup for your filling. Add 1-2 tsp of filling. Repeat for remaining cups.

Add the remaining crust to the top of each muffin tin, pressing down again with a spoon or your finger to join the crusts.

Bake in the oven for 10 to 12 minutes or until the tops are golden brown. Remove pan from oven and let cool in pan on a wire cooling rack in the pan.

Baker's Tip

Use these recipes to fill your pies:

- [Strawberry Cardamom Chia Jam](#)
- [Sweet Potato Peanut Butter and Date Spread](#)
- [Banana, PB and Coconut Pudding](#)





Salted Caramel S'mores Energy Bars

Ingredients

Binder

10-12 Medjool dates, pitted
(depending on size)

1/4 cup maple syrup

2 Tbsp coconut oil, melted

1-2 Tbsp nut butter (optional)

Base

1 cup rolled oats

1 cup crushed graham
crackers

1/4 cup cooked quinoa

1/2 cup mini vegan
marshmallows

Add-ins

1/4 cup dark chocolate chips

1/4 tsp sea salt

This recipe reminds me of camping with family and friends in the summer, hanging around the fire and enjoying one another's company. This energy bar recipe is also multi-purpose. It contains simple and complex carbs in the base and binder, plus a few added texture ingredients to give you a sweet, chewy, and crunchy energy bar. These bars could be used during races, long-endurance events or a bikepacking trip.

SERVINGS: 8-12 PREP TIME: 10min COOK TIME: 20min

Directions

Preheat the oven to 350 F.

Place dates, maple syrup, melted coconut oil/water and salt into a food processor or high-speed blender.

In a large mixing bowl, add the oats, graham crackers, cooked quinoa, marshmallows and chocolate chips. Pour the binding mixture into the dry ingredient bowl. Mix well with a spoon until all the dry ingredients are completely covered.

Line or grease an 8x8-inch baking pan or bar pan, depending on the size and shape you'd like. Spread the energy bar mixture evenly into the pan, then press down firmly and thoroughly with a rice paddle or the bottom of a glass.

Bake for 15-20 minutes. Cool completely, then remove from the pan and cut into 8-12 bars. To make these portable, wrap them in Skratch Paper 2.0 or Bee's Wrap, or a Stasher Bag, then throw them in your pack or jersey pocket and go get some!





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)

A Fall inspired portable snack made with warming flavors from maple syrup, vanilla, cinnamon and apples. You can eat these Apple French Toast Cakes warmed up with a little nut butter as an early morning snack before a ride or pack them with you and eat on the go!

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

Directions

Preheat the oven to 350 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 a 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





Baked Banana Date Energy Bites

Ingredients

- 1 cup rolled oats
- 1/4 cup shredded coconut
- 3 Tbsp chia seeds
- 1/2 tsp cinnamon
- 1/4 tsp fine sea salt
- 2 mashed ripe bananas
- 3 Tbsp peanut butter
- 4-5 tbsp of maple syrup
- 4 Medjool dates pitted and chopped
- 1/3 cup chopped nuts or chocolate chips (optional)

These Baked Banana Date Bread Bites are fast and easy to make. Use them for training, racing, casual biking, or as a snack for you and the kids.

SERVINGS: 12-24 PREP TIME: 5min COOK TIME: 10-20min

Directions

Preheat the oven to 350 F

Mash the bananas in a mixing bowl and combine them with maple syrup and peanut butter.

Add all the dry ingredients to the wet ingredient bowl and stir to combine. Fold in chopped dates and nuts or chocolate chips if using.

Line your chosen baking tin with parchment paper and spread out the mixture evenly, about 1 inch thick. Use a wet rubber spatula or spoon to even it out on the top to make sure it's as smooth as possible

Bake the bars until they are golden and firm, about 10-20 minutes depending on your choice of baking pan. Let them cool down before cutting them into bars or bites.

Keep them in an airtight container in the fridge for about a week, or in the freezer for up to three months.

Recommended Products

Wrap individually in [Skatch Paper 2.0](#), [Slick-Wrap](#) or store multiple in [Stasher Bags](#).

Try a [mini muffin tin](#), [bar pan](#) or [loaf pan](#) to shape your bites.





Lemon Amaretti Ride Cookies

Ingredients

2 egg whites

2 Tbsp lemon juice

1 tsp almond extract

1 cup cane sugar

2-1/4 cups almond flour or
very finely ground almonds

Zest of 1 lemon

1-2 Tbsp of honey

Pinch of salt

1/4 cup confectioners' sugar,
for rolling

In this Italian-inspired recipe, I pair the tropical lemon flavor of the Amalfi Coast and put it into a crunchy, soft and sweet amaretti cookie. Perfect for bringing on a ride or enjoying with an espresso during a mid-ride break.

SERVINGS: 20-24 PREP TIME: 10min COOK TIME: 15min

Directions

Preheat oven to 375 F. Line two baking sheets with parchment paper or silicone mats. Whisk the egg whites in a large clean bowl until they are firm. Add the lemon juice, almond extract and sugar and fold through gently using a spatula or metal spoon. Add the almonds along with the lemon zest, honey and salt. Mix thoroughly until you have a soft, sticky dough.

Lightly dust your hands with powdered sugar. Use a small cookie scoop or your hands to portion dough into 1-inch balls. Roll into a smooth ball, then roll in powdered sugar. Arrange on baking sheets, leaving 1 inch of space between cookies.

Bake for 12-15 minutes or until the tops are cracked and the bottoms are just barely golden. Take them out and leave them to cool on the tray for 10 minutes before moving them to a cooling rack.





Baked Peanut Butter And Jelly Energy Bars

Ingredients

2-3/4 cups rolled oats

1-1/2 cups cooked Calrose rice (1/2 cup uncooked)

1/3 cup coconut or brown sugar

1 tsp cinnamon

1/2 cup unfiltered apple juice

1/2 cup peanut butter

3 Tbsp raspberry or strawberry jelly

Crushed freeze-dried raspberries or strawberries (optional)

These Baked Peanut Butter and Jelly Energy Bars are perfect for hungry cyclists and kids at heart. Made with performance-oriented ingredients, these bars are easy-to-eat before, during or after workout fuel or as a naturally sweet and salty snack. For endurance sports, consume 1 bar per hour during training or competition.

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

Directions

Preheat the oven to 350 F. Grease a 12-cavity bar pan.

Add rolled oats and cooked rice to a large mixing bowl. Stir to combine. Stir in sugar and cinnamon. Add in apple juice, peanut butter and jelly. Stir to combine thoroughly.

Optionally crush a handful of freeze-dried strawberries or raspberries and fold them into the mixture.

Fill bar tins almost to the brim. Bake for 12-15 minutes or until the tops are slightly golden. Refrigerate leftovers for up to 5 days.

Baker's Tip

Make these into mini energy bites by using a 24-count mini muffin tin. Bake for 10-12 minutes.





Honey Apple Cinnamon Mini Muesli Bites

Ingredients

2-1/2 cups [Classic DIY Muesli Mix](#)

1/3 cup coconut sugar (Give [Madhava Organic Coconut Sugar](#) a try!)

1/3 cup honey

1/3 cup virgin coconut oil, melted

2/3 tsp vanilla extract

1/2 cup dried apple

1 tsp fine sea salt

1-2 tsp ground cinnamon

Love, lots and lots of love

Guess what? I love Muesli. I don't stray far from the original Biked Goods Mini Muesli Bites recipe to make these Honey Apple Cinnamon Mini Muesli Bites. I simply use honey in place of brown rice syrup, added in a handful of dried apple and a tich of cinnamon to make a brand new flavor. And that my friends is the beauty of always having muesli on hand.

SERVINGS: 24 PREP TIME: 5min COOK TIME: 10min

Directions

Preheat the oven to 350 F. Lightly grease a 24-count mini-muffin pan. Pour 1-1/2 cups of muesli into a food processor. Process for about 1 minute until oats are pulverized into a fine flour. Add in the remaining muesli and ingredients. Pulse until combined.

Fill each muffin tin about 3/4 way full. Bake in the oven for 10 to 12 minutes. Remove pan from oven and let cool in pan on a wire cooling rack in the pan.

Once completely cooled, remove from the pan and store in an airtight container for 4 to 5 days or in the freezer for longer.





Secret Sauce Sweet Potato Cakes

Ingredients

- 1 cup baked sweet potato
- 2 eggs
- 1/4 cup plain yogurt
- 1-1/4 cup almond milk, unsweetened
- 4 Tbsp of unsalted butter, melted (Sub melted coconut oil)
- 2-3 Tbsp of coconut sugar
- 2 tsp baking powder
- 1/2 tsp sea salt
- 1 tsp ground cinnamon
- 2 cups Pamela's Pancake and Baking Mix or all-purpose flour
- 1 tsp nut butter and jelly per cake

So this recipe really isn't a secret since I'm sharing it with you. But, as long as you keep it a secret and don't tell others about it, it's still sort of secret, know what I mean? Made with a sweet potato pancake batter, added to a bar pan topped with nut butter and jelly and baked in the oven, this is the ultimate secret sauce breakfast or ride snack.

SERVINGS: 12 PREP TIME: 5min COOK TIME: 20-25min

Directions

Preheat the oven to 350 F. Lightly grease or line a 12-cavity bar pan.

Add baked sweet potato, eggs, yogurt, almond milk, and melted butter to a high-speed blender and blend to combine. Add in coconut sugar, baking powder, sea salt, cinnamon and flour and blend until fully combined.

Pour batter into bar pan, filling each cavity about 3/4 full. Add 1 tsp each of nut butter and jelly to the top of each cake. Use a fork, knife or wooden stick to incorporate into the batter.

Bake for 25-30 minutes or until a toothpick inserted in the center comes out clean. Eat immediately or let cool, wrap and take them with you on a ride.





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

Easy Granola Butter + banana slices

Pizza sauce + parmesan cheese + Italian seasoning

Date pieces+ nut butter + diced nuts

Potatoes are a great source of carbohydrates – stuff these crepes with your favorite sweet or savory spreads for a delicious, satiating snack during a long-haul endurance ride.

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

Directions

Add cooked 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 greased medium-sized skillet over low-medium heat. 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 2-3 more minutes. Make sure to grease or spray in between each crepe.

Let the crepes cool. Then spread a layer of your favorite toppings across the crepe. Roll them, wrap them and grab them when you are ready to go out and ride.





Simple Sliced Bread Ride Pie

Ingredients

2 pieces of soft white bread
(Dave's Killer White Bread or
a potato bread works well)

1 heaping Tbsp of filling

Water for sealing edges

Think store-bought Uncrustable, but without the bazillion additives. Find a good, soft loaf of bread to form your crust and simply add your choice of filling. That's it. Homemade ride pie in just 15 minutes.

SERVINGS: 1 TIME: 2min COOK TIME: 10-15min

Directions

Preheat the oven to 350 F. Add a heaping spoonful of filling to one piece of bread and brush water around it to help seal the edge. Top with the other slice of bread.

Using a rimmed glass or mason jar press the two crusts together to cut out your pie. Seal edges. (Save extra bread to make croutons, bread pudding, or bread cakes)

Brush the pie with melted butter or olive oil and place on a lightly greased or lined baking sheet. Bake for 10-15 minutes or until bread is toasted and golden brown. Wa-la!

Baker's Tip

Use these recipes to fill your pies:

- [Strawberry Cardamom Chia Jam](#)
- [Chocolate Sweet Potato Date Spread](#)
- [Banana, PB and Coconut Pudding](#)



Recovery Snacks

Refuel quickly after a ride when your body needs it most. Focus on a 4 to 1 ratio of carbs to protein and eat within 30 minutes of finishing a ride.

- 59. Recovery Skcratch Cakes
- 61. Sweet Potato Recovery Smoothie
- 63. Horchata Rice Smoothie
- 65. Chocolate Cashew Recovery Shake
- 67. Chocolate Bircher Muesli + Recovery Shake



Recovery Skcratch Cakes

Ingredients

- 1-1/2 cups sweet rice flour
- 1 cup coconut sugar
- 1 tsp baking powder
- 1/2 tsp sea salt
- 2 scoops [Skcratch Chocolate Recovery Mix](#) (sub any recovery flavor)
- 3 large eggs
- 1 cup almond or other milk
- 4 Tbsp unsalted butter or coconut oil
- 2-3 Tbsp pure maple syrup
- 1-1/2 tsp pure vanilla extract
- 3/4 cups dark chocolate chips (optional)

These soft, chewy and buttery Skcratch Cakes are made with sweet rice flour and Skcratch Sport Recovery Mix to help you recover after a long day of riding. It can be eaten immediately after a ride or as a bedtime snack to help increase muscle protein synthesis rates.

SERVINGS: 12 PREP TIME: 5min COOK TIME: 30min

Directions

Preheat the oven to 350 F. In a large mixing bowl, whisk together flour, coconut sugar, baking powder, sea salt and Skcratch Recovery mix.

In a separate bowl, whisk eggs until blended. Add milk, butter or coconut oil, maple syrup and vanilla extract. Whisk until combined. Fold in chocolate chips if using.

Add dry ingredients to wet ingredients and whisk until combined. Pour batter into a lightly greased or lined 12-cup muffin tin.

Bake for 30-35 minutes or until a toothpick inserted into the center comes out clean. Cool completely in the pan on a wire rack.

Eat 30 minutes after a ride or before bed with a dollop of yogurt and/or fruit for a nighttime recovery snack.

Recommended Products

Sweet rice flour is the key to making these spongy cakes. Try [Bob's Red Mill](#) or [Mochiko Sweet Rice Flour](#) from Koda Farms.

Line your muffin tin with [If You Care Large Baking Cups](#): A sustainable, unbleached product.

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Sweet Potato Recovery Smoothie

Ingredients

1/2 cup cooked and frozen sweet potato (About 1/2 of a medium-sized sweet potato)

1 frozen banana

2 Tbsp almond butter

1 Tbsp flaxseed

1 cup unsweetened almond milk

1 scoop [Skratch Chocolate Sport Recovery Mix](#) or other recovery mix

1-2 Tbsp ground espresso, optional

This recovery smoothie bowl is blender-licking-worthy. Get a dose of veggies and fruits for carb replenishment along with almond butter and Skratch recovery to help with muscle recovery.

SERVINGS: 2-3 PREP TIME: 5min TOTAL TIME: 5min

Directions

Add all ingredients to a high-speed blender and blend until a smooth, thick base forms. Add more milk if needed to reach desired consistency. Serve in a glass jar.

Baker's Tip

Turn this recipe into a smoothie bowl by adding sliced fruit and [Maple Tahini Molasses Granola](#) on top.





Horchata Recovery Smoothie

Ingredients

- 1 cup cooked calrose rice
- 3 Medjool Dates, pitted
- 1 cup rice or almond milk
- 1/4 cup greek yogurt
- 2 Tbsp almond butter
- 1 tsp ground cinnamon
- 1 tsp coconut sugar
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1/2 cup ice (optional)

Horchata is a popular Mexican drink that is often described as a sweet rice milk beverage. I took the key ingredients usually used in horchata and added in a few new ones to make one hell of a post-ride recovery drink.

SERVINGS: 4 PREP TIME: 5min COOK TIME: 0min

Directions

Add all ingredients to a high-speed blender and blend until smooth. Add more milk if needed to reach desired consistency. Store in individual glass mason jars or another covered bottle in the fridge for up to 5 days.

Baker's Tip

For a more smooth, thick, and chilly smoothie, add 1/2 cup of ice cubes while blending.

Nutrition Tip

White rice makes great recovery fuel after a long or hard endurance ride. It measures high on the glycemic index, which makes it easy for your body to absorb and restore your glycogen stores so you can get back out there and do it again the next day.





Chocolate Cashew Recovery Shake

Ingredients

- 3/4 cup raw unsalted cashews
- 4 Medjool dates, pitted
- 1-1/2 Tbsp cacao powder
- 1 Tbsp coconut sugar
- 1/2 tsp vanilla extract
- 1/2 tsp fine sea salt
- 3 cups water
- 1 banana, frozen
- 1 Tbsp nut butter
- 1 Tbsp hemp hearts

Cashews are the easiest nuts to work with when it comes to making homemade nut milk. Once blended with the rest of the ingredients, they give this recovery shake a creamy, chocolatey and irresistible taste that most cyclists crave after a hard ride.

SERVINGS: 4 PREP TIME: 4hrs COOK TIME: 0min

Directions

Add all ingredients through the water to a large bowl or mason jar. Let soak in the fridge for at least 4 hours.

Pour soaked cashew mix and remaining ingredients into a high-speed blender and blend until combined. Pour into a large glass mason jar or sealed container. Store in the fridge for up to 5 days.





Chocolate Bircher Muesli + Recovery Shake

Ingredients

Chocolate Bircher Muesli

1/2 cup oat milk

1/2 cup greek yogurt

1/2 tsp vanilla extract

2 Tbsp nut butter

2 Tbsp pure maple syrup

1 cup Classic DIY Muesli Mix

1/4 cup cocoa powder

1 tsp ground cinnamon

For the recovery shake

1/2 cup Chocolate Bircher Muesli

1 banana, frozen

2 Medjool dates, pitted

1/2 cup ice cubes

Hemp seeds and cocoa nibs
for topping

Re-using the Chocolate Muesli recipe for this shake provides the ideal base for what you need when it comes to recovery: Carbs and protein. Adding in the banana and dates provides a layer of carbs while cinnamon contains anti-inflammatory properties, which can help ease swelling.

SERVINGS: 2-3 PREP TIME: 5min TOTAL TIME: 15min -8hr

Directions

Chocolate Bircher Muesli

Add oat milk, greek yogurt, vanilla extract, nut butter and maple syrup to a medium-sized mixing bowl. Stir to combine. Add in muesli, cocoa powder and ground cinnamon. Stir to combine and let soak for 15 minutes or refrigerate overnight. When ready, take the muesli out of the fridge, stir and add more milk if needed to reach desired consistency. Add a 1/2 cup portion to a bowl and top with fresh fruit, nuts, seeds and/or cocoa nibs.

For the recovery shake

Once Chocolate Bircher Muesli has been soaked, add 1/2 cup muesli with banana, dates, and ice cubes to a high-speed blender. Blend until everything is smooth and the dates are in small pieces. Top with hemp seeds or your favorite shake toppings. Enjoy!



Nighttime Snacks

“Wait, eat before you sleep?” Yep! Eating a nighttime snack 30 minutes before bed containing 10–20 g of protein and 150–200 calories have shown to help aid in recovery while you sleep. Enjoying a sweet snack not meeting these criteria every once in a while is okay, too ;)

- 70. Peanut Butter Banana Chickpea Blondies
- 72. Whipped Ricotta Yogurt with Berries
- 74. Banana, PB And Coconut Pudding
- 76. Berry Cheesecake with Graham Cracker Date Crust
- 78. Build Your Own Chocolate Muesli Sundae
- 80. New Bike Day Snickers Tart
- 82. Carrot Cake with Cashew Cream Frosting



Peanut Butter Banana Chickpea Blondies

Ingredients

- 1 can chickpeas drained and rinsed
- 1 ripe banana
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/2 tsp sea salt
- 1 cup almond or oat flour
- 1/2 tsp baking powder
- 1-2 Tbsp of almond milk
- 1/2 cup dark chocolate chips
- Peanuts and hemp seeds, optional
- Flaky sea salt for topping

These protein-packed bars are made with none other than chickpeas! Accompanied by banana and peanut butter, these blondies make for a slightly sweet and nice and chewy mid-afternoon snack or evening dessert.

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

Directions

Preheat oven to 350 F. Add chickpeas through sea salt to a food processor or high-speed blender. Blend until smooth. Add almond flour and almond milk. Process until fully combined. Lastly, add in chocolate chips and pulse 3-4 times to incorporate.

Add blondie batter to a lined or greased baking dish. Top with peanuts and hemp seeds and press into the batter, if using.

Bake for 20-25 minutes. Take out of the oven, sprinkle flaky sea salt on top and let cool.

Baker's Tip

Don't have time to bake? No problem! Blend all the ingredients together as instructed (minus the baking powder and flour) to make chickpea cookie dough! Eat by the spoonful right from the jar, spread on top of baked goods or dip with apples.





Whipped Ricotta Yogurt with Berries

Ingredients

- 1 - 16oz container of whole milk ricotta
- 1 cup greek yogurt
- 3-4 Tbsp honey
- 2-3 Tbsp lemon juice (About 1 lemon)
- Zest of 1 lemon
- 3 Tbsp balsamic vinegar, divided.
- 1/3 cup blueberries
- 6-8 strawberries sliced
- Chopped fresh basil for topping (optional)

Inspired by a trip to a world-famous gelateria in Italy, I take two gelato flavors I ordered and make them into a similar recipe using whipped ricotta and yogurt. With added touches of honey, lemon and balsamic, you get a light, fluffy and creamy snack or evening dessert. It pairs perfectly with fresh berries and a hint of basil.

SERVINGS: 6 PREP TIME: 30min COOK TIME: 0min

Directions

Add blueberries and sliced strawberries to a small bowl. Pour 1 Tbsp of balsamic vinegar over the fruit. Toss to coat fully. Let sit for 15-30 minutes to let fruit juices come out.

Add ricotta to a food processor or high-speed blender. Process until a smooth, velvety cream forms. About 2-3 minutes. Add in yogurt, honey, lemon juice, lemon zest, and 2 Tbsp balsamic vinegar. Process to combine all ingredients fully.

Next, add half of the macerated blueberries and strawberries. Pulse a few times to combine, leaving a few chunks of fruit in the mixture.

Spoon the ricotta and yogurt mixture into small dessert bowls. Top with remaining macerated fruit and chopped basil.





Banana, PB And Coconut Pudding

Ingredients

- 1 can of full-fat coconut milk
- 1.5 bananas
- 3 Tbsp peanut butter
- 3 Tbsp maple syrup or honey
- 2 Tbsp arrowroot starch
- 1 tsp vanilla extract
- 1/2 tsp sea salt

This easy, thick and creamy pudding recipe makes the perfect treat when dessert cravings strike. It's made with 7 simple ingredients, is naturally sweetened, and is the perfect balance of salty and sweet! Enjoy plain or with simple toppings like cacao nibs or shredded coconut.

SERVINGS: 6 PREP TIME: 2min COOK TIME: 5min

Directions

Add all ingredients to a blender and combine. Add to a pot over medium-high heat to allow the pudding to thicken (about 5 minutes). Stir occasionally,

Take off the heat and let cool before storing in the fridge with a cover. Wait a few hours or let it cool overnight.

Take the pudding out and dish it into small dessert cups or bowls. It really doesn't need any toppings, but that's the fun part right?! Try cacao nibs, shredded coconut, peanuts, Graham cracker chunks or banana slices.





Berry Cheesecake With Graham Cracker Date Crust

Ingredients

Crust

10-12 Medjool Dates

1 Tbsp coconut oil melted

1 box (1-3/4 cups graham
crackers)

Cheesecake Filling

1 package cream cheese at
room temp

2 Tbsp unsalted butter at
room temp

1 Tbsp maple syrup

1/2 Tbsp lemon juice

1 tsp vanilla extract

1/2 cup powdered
confectioners sugar

Toppings

Strawberries

Blueberries

Raspberries

Pecan pieces

A no-bake summer dessert that is sure to be a crowd-pleaser. It's made with a graham cracker date crust and a rich, buttery cheesecake filling. Top it off with fresh berries and nuts and you'll have a hard time saying no for seconds.

SERVINGS: 12 PREP TIME: 5min COOK TIME: 0min

Directions

Blend crust ingredients together in a food processor or blender until a crumbly crust forms. Lightly grease an 8x8 baking dish.

Add crust ingredients to a baking dish and press down firmly with a fork, spoon or your hands to form the crust.

Meanwhile, in a separate dish cream together cream cheese and butter. Add maple syrup, lemon juice, vanilla extract and powdered sugar. Stir to combine.

Add cheesecake filling to the top of the crust and spread evenly with a spatula. Top with berries and pecan pieces and press into the cheesecake filling.

Refrigerate for 30 minutes to allow the crust and cheesecake filling to harden. Remove from the fridge, cut into squares and enjoy!

Baker's Tip

Want an alternative to cream cheese to use for your filling? Try making homemade [Cashew Cream Frosting](#)! It's creamy, light and nutritious!





Build Your Own Muesli Chocolate Sundae

Ingredients

- 1/2 cup oat milk
- 1/2 cup greek yogurt
- 1 Tbsp heavy cream (optional, but worth it!)
- 1/2 tsp vanilla extract
- 2 Tbsp nut butter
- 2 Tbsp maple syrup or honey
- 1/4 cup cocoa powder
- 1 cup Classic DIY Muesli Mix
- 1/8 tsp sea salt

Toppings

- Chocolate chips
- Crushed nuts
- Chopped Medjool dates
- Fresh fruit
- Graham cracker chunks
- Granola
- Orange zest
- Unsweetened coconut chips
- Vegan marshmallows

The muesli combined with oat milk, greek yogurt and nut butter in this sundae gives you good protein which helps aid with recovery before you go to bed. The heavy cream and toppings add a finishing dessert touch to this dish. Marshmallows and graham crackers are nostalgic. Fresh fruit, dates and nuts make great alternatives to super-processed toppings you'd normally find on a sundae. The best part? You can wake up the next morning and eat this all over again. Maybe without the mallows. Okay, fine, a couple won't hurt you :)

SERVINGS: 4 PREP TIME: 5min COOK TIME: 8hrs

Directions

Add oat milk, greek yogurt, heavy cream, vanilla extract, nut butter and maple syrup or honey to a medium-sized mixing bowl. Stir to combine. Add in cocoa powder, muesli and sea salt. Stir to combine, cover and refrigerate for at least 20 minutes or overnight.

When ready to eat, take the muesli out of the fridge, stir and add more milk if needed to reach desired consistency. Scoop muesli into small dessert dishes, choose your favorite toppings and savor each bite with a tiny, dessert spoon.





New Bike Day Snickers Tart

Ingredients

Crust

- 1 cup unsalted peanuts
- 1/4 cup almonds
- 1/4 cup rolled oats
- 8 Medjool dates, pitted
- 2 Tbsp of coconut oil, melted
- A pinch of salt

Filling

- 15 Medjool dates, pitted
- 3 Tbsp peanut butter
- 1 tsp vanilla
- 2 Tbsp coconut oil, melted
- 1 fat pinch of salt

Chocolate Frosting

- 2 Tbsp cocoa powder
- 3 - 4 Tbsp maple syrup
- 1/2 cup chocolate chips, melted
- 1/3 remaining filling

For topping

- Chopped salted peanuts

This recipe is made for celebrating! It's a crossover between a tart and brittle, using the comforting flavors from a Snickers bar. Made with a healthy blend of carbs, fats and protein makes this a well-rounded snack to enjoy, whether it's new bike day or not!

SERVINGS: 8 PREP TIME: 1 hour COOK TIME: 15 min

Directions

Preheat oven to 325 F. Combine crust ingredients in a high-speed blender or food processor until it has an even yet crumbly texture.

Press the crust into a lightly greased 9" cake tin. Bake for 10-15 minutes. Let the crust cool.

Add filling ingredients to a high-speed blender or food processor and blend until smooth. Add 1 Tbsp of water at a time as needed to smooth out the filling.

Spread 2/3 of the filling on top of the crust.

Blend together chocolate frosting ingredients with 1/3 of the remaining filling. Spread evenly over the first layer of filling. Add crushed peanuts on top.

Freeze for 1 hour to let set before slicing and serving.





Cozy Carrot Cake with Cashew Cream Frosting

Ingredients

- 2 cups all-purpose or 1.1 gluten free flour
- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 3 eggs
- 1/2 cup olive oil or unsweetened applesauce
- 1 tsp baking soda
- 1 heaping Tbsp ground cinnamon
- 1 tsp nutmeg
- 1 tsp sea salt
- 1-1/2 cups grated carrots
- 1/2 cup raisins
- 1/2 cup walnut pieces
- 1-1/2 cups Cashew Cream Frosting

This wouldn't be a recipe book without a carrot cake. I always make this as a sweet treat for Haley's birthday in December. But instead of using store-bought, heavily processed vanilla frosting, I opt for a Cashew Cream Frosting that pairs perfectly with the flavors of the carrot cake.

SERVINGS: 12 PREP TIME: 10min COOK TIME: 30min

Directions

Preheat the oven to 350 F. Lightly grease a 9 x 13 baking dish or cake pan(s). Combine eggs, maple syrup, and olive oil or applesauce in a large bowl and whisk together. In a separate bowl combine flour, coconut sugar, baking soda, salt and spices. Add dry ingredients to wet ingredients along with the carrots and stir to combine evenly. Gently fold in raisins and walnut pieces.

Add the cake batter to the baking dish and bake for 30 minutes or until a toothpick comes out clean.

While the cake is in the oven, add frosting ingredients to a high-speed blender. Blend until smooth, adding in extra water/maple syrup as needed to reach desired consistency.

Take the carrot cake out of the oven and let it cool completely before spreading it with Cashew Cream Frosting.



These recipes contain small and single-serve meals that are easy to make and digest. Perfect to eat for a quick start to your day, as a post-ride meal or anytime your hunger signals start calling.

- 85. A Biker's Bircher Muesli
- 87. Apple Snickers Oats
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A Biker's Classic Bircher Muesli

Ingredients

1 Honeycrisp, Granny Smith or other crisp apple

1/2 cup Classic DIY Muesli

1/2 cup any milk

1 - 2 Tbsp apple juice

1 Tbsp lemon juice + 1 tsp zest

1/2 tsp ground cinnamon (optional)

1 - 2 Tbsp honey

A classic way to eat your muesli along with a few new, modern age twists.

SERVINGS: 1 PREP TIME: 5min TOTAL TIME: 5min - 8hr

Directions

To Prep Muesli Cold

Grate one-half of the apple on the large holes of a box grater. Save the other half for later. (Rub your apple with lemon juice to prevent browning.)

In a medium bowl with a lid, combine the shredded apple, muesli, milk, apple juice, lemon juice/zest and cinnamon if using. Cover and refrigerate for at least 20 minutes or preferably overnight.

In the morning, chop the other half of your apple. Take your muesli mixture out of the refrigerator and stir, adding another splash of milk if needed. Add chopped apple and drizzle with honey or agave to taste.

To Prep Muesli Hot

Grate one-half of the apple on the large holes of a box grater. Save the other half for later.

In a medium pot over medium heat, combine the shredded apple, muesli, milk, apple juice and cinnamon if using. Simmer for 5-8 minutes. Add muesli to a bowl, stir in lemon juice/zest, add chopped apple and drizzle with honey or agave to taste.

Alternatively, heat in the microwave for 1.5 minutes then let stand. Once done, stir in lemon juice/zest, add chopped apple and drizzle with honey or agave to taste.





Apple "Snickers" Oats

Ingredients

1/2 cup rolled oats

1/2 cup any milk

1/2 Granny Smith Apple
chopped

2 Medjool dates chopped

Crushed peanuts for topping

Cacao nibs or dark chocolate
chips for topping

1-2 Tbsp Maple Tahini Syrup

This bowl of Apple Snickers Oats has the delicious flavors of the famous candy bar and popular snickers apple salad but in a much more whole-food format. Dates provide a sweet, chewy texture while the Maple Tahini Syrup is an alternative caramel sauce that's to die for! The peanuts and cocoa nibs provide a bit of crunch to top this breakfast or recovery meal off. Enjoy warm or cold depending on the season.

SERVINGS: 1 PREP TIME: 2min COOK TIME: 0-8hrs

Directions

Add oats and milk to a bowl.

Refrigerate overnight or microwave on high for 2 minutes.

Top with chopped apple, dates and peanuts. Drizzle with Maple Tahini Syrup on top.





Peaches 'N Cream Bircher Muesli

Ingredients

1/2 cup [Classic DIY Muesli](#)

1/3 cup almond milk

1-2 Tbsp greek yogurt

1 peach, chopped

2 Medjool dates, chopped

Sprinkle of cinnamon

Date syrup

This bowl of Peaches 'N Cream Muesli can be eaten as a cold or hot breakfast dish. The sweet combination of peaches, Medjool dates and date syrup with a dollop of greek yogurt stirred in makes this an irresistible, creamy and complete way to start your day.

SERVINGS: 1 PREP TIME: 2min COOK TIME: 2min

Directions

Add muesli, milk and yogurt to a bowl. Stir to combine.

If eating cold, refrigerate for at least 20 minutes or preferably overnight. Take out of the fridge and top with chopped peach, dates, cinnamon and date syrup.

If eating warm, add chopped peaches and microwave on high for 90 seconds. Top with chopped dates, cinnamon and date syrup.

Recommended Products

[Just Date Syrup](#) - Great with oatmeal, waffles, pancakes and cereal!

[Rancho Meladuco Medjool Dates](#) (BEST EVER!)





Quick Piadina Egg Sandwich

Ingredients

2 eggs scrambled

Choice of add-ins

1 8-inch wheat or flour tortilla

Choice of spread

Add-Ins

Shredded cheese, greens, peppers, tomatoes, mushrooms, and/or beans

Spreads

Mashed avocado, mayo, hummus, and/or savory nut or seed based spread

This Quick Egg Piadina Sandwich is a fulfilling way to kick off your day for breakfast or recover after a workout. Made with protein-rich eggs and your choice of tasty add-ins make this a delightful, quick dish that will impress even the best.

SERVINGS: 1 PREP TIME: 3min COOK TIME: 5min

Directions

Whisk eggs together in a small bowl with a fork. Prepare your add-ins and add them to the egg bowl. Add egg scramble to a greased small skillet over medium heat. Let sit for one minute.

In the meantime, prepare a tortilla with your choice of spread. Press the tortilla into the top of the egg mixture to create a seal and let cook for 2-3 more minutes. Flip and cook for another 2-3 minutes.

Take off the heat and let rest for 1 minute. Fold the sandwich in half to make a taco and cut it into two halves.

Eat. Recover. Repeat.

Baker's Tip

Traditionally a Piadina is a thin Italian flatbread served with fillings. Get fancy and try making your own [3-Ingredient Flatbread](#) to pair with the rest of your sandwich.





One-Pot Quinoa and Berries with Honey

Ingredients

- 3/4 - 1 cup cooked quinoa
- 1-2 Tbsp walnuts pieces or almonds slices
- 3 Tbsp apple or orange juice
- 1 Tbsp honey
- 1 tsp lemon juice
- 1 tsp coconut sugar
- 1/2 cup berries (blueberries, blackberries, raspberries, strawberries)
- Dash of sea salt, cinnamon and/or a dollop of yogurt for topping

All it takes is one dish (if you decide to eat out of the pot) to bring this quick breakfast meal together. Quinoa makes the perfect pairing with berries and honey for a nutritious start to your morning ride.

SERVINGS: 1 PREP TIME: 0min COOK TIME: 5min

Directions

Add cooked quinoa and nuts to a medium-sized pot and toast for 3-5 minutes or until warm. Add in fruit juice, honey, lemon juice and coconut sugar. Stir to coat. Take the pot off the heat and gently fold in the berries. Let sit briefly. Top with a dash of sea salt, cinnamon and/or a dollop of yogurt. Eat!

Baker's Tip

You can easily use overnight oats, cooked orzo or cooked rice in place of the quinoa for this dish. If using orzo or rice, simply prep as the directions state. For overnight oats, add 1/2 cup oats to a bowl with 1/3 cup milk, apple juice, honey, lemon juice and coconut sugar. Stir, cover and refrigerate overnight. Top with berries and favorite toppings in the morning.

BAM! I just gave you 4 recipes in 1.





Sweet Potato and Apple Millet Congee

Ingredients

- 1 cup millet uncooked
- 2 cups water
- 3 cups unsweetened almond milk
- 1 cup sweet potato diced (peeling optional)
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp sea salt + more for serving
- 2 Tbsp coconut sugar
- 1 cup apple diced
- 1/4 cup maple syrup
- 1/2 cup pecan pieces
- 4 Medjool dates, pitted and chopped

Millet is an easy-to-digest and gluten-free grain that is rich in fiber, protein, and antioxidant contents. This classic Asian dish comes together with sweet, salty and savory flavors that can be enjoyed for breakfast or lunch.

SERVINGS: 8 PREP TIME: 10min COOK TIME: 60min

Directions

Rinse and drain whole grain millet. Combine millet, water, almond milk, sweet potato, ginger, cinnamon, sea salt and coconut sugar in a large pot. Bring to a boil, reduce heat to low and simmer, stirring often, until water is absorbed, about 1 hour.

Add diced apple to the pot with about 15 minutes left to cook. Remove from heat and stir in maple syrup, pecan pieces and dates.

Serve with a big fat pinch of sea salt on top. Enjoy!





Muesli Breakfast Bake

Ingredients

- 2 eggs
- 1-1/2 cups milk of choice
- 3 Tbsp unsalted butter, melted
- 2 cups rolled oats
- 1/4 cup ground flax meal
- 1 tsp baking powder
- 1/3 cup chopped nuts
- 2 cups fruit of choice
- Maple syrup and greek yogurt for topping

This Muesli Breakfast Bake is the ultimate make-ahead breakfast meal that you and the family can enjoy throughout the week. Using commonly found ingredients in your fridge and pantry make this a stress-free, wholesome dish to prep.

SERVINGS: 6-8 PREP TIME: 5min COOK TIME: 45min

Directions

In a large bowl, add wet ingredients and whisk together. Add in dry ingredients and stir well. Fold in nuts and fruit.

Pour into an 8x8 greased baking dish. (Refrigerate overnight, if meal prepping)

Bake at 400 F for 40-45 min. Cut into squares. Serve with yogurt and extra maple syrup.

Refrigerate or freeze leftovers, and reheat when ready for round 2!

Recommended Product

Make this recipe front and center in your kitchen with a 3x3 Muesli Breakfast Bake recipe magnet. Get yours on the [Biked Goods Shop >>](#)





Maple Macerated Strawberries and Overnight Oats

Ingredients

Overnight Oats

1 cup rolled oats or [Classic
DIY Muesli](#)

1 cup almond milk

1/3 cup yogurt

1 tsp maple syrup

1/2 tsp vanilla extract

1/2 tsp almond extract (sub
vanilla extract)

Pinch of sea salt

Almond pieces for topping

Macerated Strawberries

1 cup sliced strawberries

2 Tbsp maple syrup

1 Tbsp balsamic vinegar

1 Tbsp lemon juice

1 tsp lemon zest (optional)

This overnight breakfast dish is so easy to prepare and tastes just like a strawberry shortcake! The macerated (a.k.a soaked or marinated) strawberries add an enhanced sweetness to the dish you probably never thought of trying before. Give it a go, you won't be disappointed!

SERVINGS: 2 PREP TIME: 5min COOK TIME: 0min

Directions

Add muesli or oats, almond milk, yogurt, maple syrup, vanilla extract, almond extract (this is what gives it that shortcake taste!) and sea salt to a small bowl. Stir, cover and refrigerate overnight.

30 minutes before you're ready to eat, slice strawberries and add to a small bowl. Pour in maple syrup, balsamic vinegar, lemon juice and zest if using. Let sit.

Add overnight oats to a dish and top with soaked strawberries and fruit juices. Add toppings if desired. Time to eat!

Baker's Tips

To add a warm element to this dish, heat a small skillet over medium heat. Add strawberries, maple syrup, balsamic, and lemon juice. Saute for 3-5 minutes. Remove from heat and add in zest if using.





Sweet Potato, Rice and Egg Breakfast Burritos

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 granules
- Salt and pepper to taste
- 1/2 cup shredded cheddar cheese
- 6 white flour tortillas
- Optional Add-Ins
 - Parmesan cheese
 - Salsa
 - Hummus
 - Sriracha

A sweet and savory meal to help fuel you for long, long times spent on the bike. I mowed down on these Sweet Potato, Rice and Egg Breakfast Burritos during a 12-Hour Ride Fundraiser ride to help keep me fueled and energized.

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

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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Buckwheat and Oat Chocolate Crepes

Ingredients

- 3/4 cup buckwheat flour
- 1/2 cup oat flour
- 1/4 cup coconut sugar
- 1/3 cup unsweetened cacao powder
- 1/4 tsp sea salt
- 1-1/3 cups oat milk
- 3 large eggs
- 1/2 Tbsp vanilla extract
- 1- 2 Tbsp virgin coconut oil

Key pantry items: Variety of flours, coconut sugar, cocoa powder

SERVINGS: 10 PREP TIME: 5min COOK TIME: 30min

Directions

Whisk together buckwheat flour, oat flour, coconut sugar, cocoa powder and sea salt in a large bowl. Add in eggs, oat milk, and vanilla extract. Stir to combine.

Add a Tbsp or two of coconut oil to a medium-sized skillet over medium heat. Pour 2-4 Tbsp of batter into the pan, swirling in a circle, covering nearly the entire bottom of the pan.

Cook until bubbly, the edges are golden and the center is dry, about 30 seconds to a minute. Repeat with the remaining batter, coating the pan with additional oil or spray as needed.

Assemble crepes with your choice of filling and toppings.

Filling and Topping Ideas

Sliced strawberries and yogurt with [Maple Tahini Syrup](#)

Apple slices and [Easy Granola Butter](#)

Banana slices with [Chocolate Sweet Potato Date Spread](#)





Savory French Toast Sandwiches

Ingredients

French Toast

6 eggs

1/3 cup + 2 Tbsp almond milk

1/2 tsp sea salt

1/4 tsp ground turmeric

1 tsp garlic granules

1 tsp onion powder

1 Tbsp maple syrup

6-8 slices of slightly stale bread (Challah, French Baguette or Brioche)

Unsalted butter or coconut oil

Sandwich Fillings

Cheese (Cheddar, mozzarella goat or swiss)

Avocado

Tomato slices

Veggies (Mushrooms, onions, peppers)

Greens

A savory take on the classic breakfast dish, these Savory French Toast Sandwiches use savory spices and fillings to make a to-die-for recovery meal that can be eaten any time of the day.

SERVINGS: 4-6 PREP TIME: 5min COOK TIME: 5-10min

Directions

Add eggs, milk, salt, turmeric, garlic granules, onion powder and maple syrup to a large shallow bowl. Whisk well. Let sit for 5 minutes.

Sandwich the slices of bread together with your choice of toppings in between. Let each side soak in the egg mixture for 1 minute.

Put a large non-stick frying pan on medium heat with a thin layer of oil or spray on the base.

Fry on medium heat for 3-4 minutes, until your sandwiches have a golden color. Turn over and cook for another 3-4 minutes, pressing lightly with a spatula to help seal the bread.

Add some more oil to the base of the pan and repeat with the other sandwiches as needed.

Baker's Tips

1. Slightly stale bread works best for French toast so it can soak up all the egg wash. Slice your bread and let it sit out for a day or two or dry your bread slices in an oven at 275 F for 10 minutes.
2. Use leftover egg wash to make another sandwich or an omelet!





Apple and Cinnamon Buckwheat (Kasha) Porridge

Ingredients

- 1 cup buckwheat groats
- 2 cups plant-based milk
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 apple grated
- Pinch of sea salt
- 1/2 Tbsp butter

Toppings

- 1 Tbsp yogurt
- 1 Tbsp almond butter
- 1/2 apple, chopped
- 1 Tbsp roasted hazelnuts, chopped
- Honey as desired

Buckwheat is an underrated seed that is high in magnesium, fiber and essential amino acids. This porridge is an easy and delicious warm breakfast that pairs well with your morning cup of joe.

SERVINGS: 3-4 PREP TIME: 10min COOK TIME: 15min

Directions

Wash buckwheat groats under running water and drain. Bring milk to a boil in a medium-sized pot. Add in sea salt and buckwheat groats. Next add cinnamon, vanilla extract and grated apple.

Reduce to low heat and cook buckwheat according to package instructions, about 8-10 minutes. Stir in butter and then cut the heat and let the buckwheat rest in a covered pot for another 10 minutes or until all the liquid has been soaked.

Serve in bowls topped with a tablespoon of yogurt, a drizzle of almond butter, roasted hazelnuts and honey as desired. Serve the buckwheat porridge immediately. Store leftovers in an airtight container in the refrigerator for up to 5 days.

Baker's Tip:

Toast your buckwheat before cooking for a nuttier flavor. Place buckwheat in a dry skillet or pot on medium-high heat for 3-5 minutes or until it turns golden brown, stirring occasionally to prevent burning. Roasting buckwheat turns it into what Eastern Europe refers to as Kasha.





Leftover Orzo with Apple and Raisins

Ingredients

- 1 tsp coconut oil or butter
- 1/2 apple chopped
- 1/2 cup cooked Orzo
- 1-2 Tbsp raisins
- 1 Tbsp pine nuts or sliced almonds
- 1/2 cup almond milk
- 1 tsp coconut sugar or brown sugar
- 1 tsp ground cinnamon
- Flaky sea salt for topping

This is an easy last-minute breakfast or lunch for pre or post-ride nutrition. The Orzo pairs nicely with almond milk and the nuts, apple, raisins, coconut sugar and cinnamon give it just the right amount of sweetness.

SERVINGS: 1 PREP TIME: 1min COOK TIME: 5min

Directions

Simply add some coconut oil or butter to a small pot over medium-high heat. Add in chopped apple, pine nuts, raisins and leftover orzo.

Sprinkle cinnamon and sugar in. Sauté 3-5 min, stirring a few times. Add in milk and reduce heat until warm. Serve with a sprinkle of sea salt on top.

Booyah! A full meal in less than 10 minutes that tastes gourmet!

Time-Saving Tip:

Alternatively, you can add all ingredients to a microwave bowl and heat on high for 1.5 minutes.





Bomb Bread Salad with Olive Oil Dressing

Ingredients

4 cups of stale artisan bread pieces

12 ripe grape or cherry tomatoes chopped

1/2 cucumber sliced

4 Tbsp extra virgin olive oil

1 Tbsp balsamic vinegar

1/4 red onion thinly sliced

Salt and pepper as needed

Optional add-ins

Hard-boiled egg

Pea or broccoli sprouts

Chopped red bell pepper

Parmesan cheese

Fresh basil leaves, chopped

Capers

I LOVE bread. I always have a ton of excess stale artisan bread crumbs and pieces that I keep in a freezer bag. Instead of tossing them in the garbage, I keep them knowing I can make this BOMB Bread Salad. Combined with fresh, seasonal veggies and a light olive oil dressing, this is a perfect side dish to serve with any meal or when you're tired of eating rice or pasta.

SERVINGS: 2-4 PREP TIME: 5min COOK TIME: 3min

Directions

Lay bread on a baking sheet and lightly sprinkle with olive oil. Broil for 2-3 minutes.

In a medium mixing bowl, add tomatoes, cucumbers, olive oil, balsamic vinegar, red onion and any other optional add-ins. Add in bread pieces and toss to fully combine all ingredients. Season with salt and pepper as needed.

Allow the salad to sit for half an hour so the flavors to blend.





Curried Rice and Veggies with Cashews and Raisins

Ingredients

1/2 Tbsp olive oil

2 Tbsp chopped onion

1/2 cup chopped fresh or frozen veggies (Zucchini, peppers, carrots, broccoli)

1-2 Tbsp raw cashews or peanuts

1 Tbsp raisins

1/2 cup cooked rice (Sub cooked quinoa or orzo)

1 tsp curry seasoning

Yogurt, cilantro, and/or lemon juice for topping

Curry is a flavorful seasoning that can support your digestive system and heart health. This Indian-inspired dish includes chopped veggies and a few sweet notes from the cashews and raisins to give you a simple recovery meal or dinner.

SERVINGS: 1 PREP TIME: 3min COOK TIME: 10min

Directions

Heat a skillet with olive oil over medium heat. Add chopped onion and saute for 2-3 minutes.

Add veggies, cashews and raisins and saute for 3-5 more minutes.

Stir in rice and sprinkle in curry seasoning, coating the rice and veggies completely. Fry until warmed through.

Top with yogurt, chopped cilantro and or/lemon juice.

Baker's Tip

If you want to eat this the day before or the day of a race or training ride and curry isn't your jam, simply sub it with salt and pepper or Italian seasoning for a more "plain" or "mild" dish.



Snacky Spreads

Spreads are the best! You'll find these snacky spread recipes included in 10+ other recipes in this book. Plus, they're good enough to eat on their own. Sounds pretty boss-like to me.

- 116. Strawberry Cardamom Chia Jam
- 118. Chocolate Sweet Potato Date Spread
- 120. Cashew Cream Frosting
- 122. Easy Granola Butter
- 124. Maple Tahini Syrup



Strawberry Cardamom Chia Jam

Ingredients

- 2 pounds fresh or frozen strawberries, halved
- 1 tsp virgin coconut oil
- 1/8 tsp cardamom
- 1/4 tsp cinnamon
- 1 Tbsp chia seeds
- 1 tsp coconut sugar
- Juice and zest of 1/2 lemon
- Pinch of sea salt

A naturally sweet and spiced jam for slathering on crunchy toast, spreading on crackers or in a juicy pie filling.

SERVINGS: 1.5 cups PREP TIME: 5min COOK TIME: 10min

Directions

Melt oil in a medium-sized saucepan over medium-high heat. Add sliced strawberries, cinnamon, and cardamom. Stir occasionally until the fruit starts to break down and bubble. About 10-15 minutes.

Use a spatula or fork to mash strawberries to desired consistency. (You can also throw in a high-speed blender to get it super smooth)

Remove pan from heat and add in lemon juice, zest, coconut sugar, sea salt and chia seeds. Stir to combine. Allow the jam to stand for the chia seeds to set and cool. About 5-10 minutes.

Give one last stir and enjoy right away or add to a sealed mason jar or container and refrigerate for up to 1 week or freeze for up to 3 months.





Cocoa Sweet Potato Date Spread

Ingredients

- 1/2 cup mashed sweet potato
- 2 Tbsp peanut butter
- 1/3 cup dates, finely chopped (3-4 dates)
- 1 tsp chia seeds
- 1/8 tsp sea salt
- 2 Tbsp cocoa powder
- 1 Tbsp coconut oil, melted
- Water as needed
- Banana slices for serving

When I need to eat something small, but somewhat substantial before an early morning ride I always opt for sourdough toast with a little nut butter and banana. This alternative spread uses sweet potato, peanut butter, dates and cocoa powder to make an almost pudding-like delicacy to fuel you up before a ride.

SERVINGS: 1 cup PREP TIME: 5min COOK TIME: 0min

Directions

Add all ingredients except water to a high-speed blender like a Vitamix. Add in water 1 Tbsp at a time and blend until ingredients are completely combined and you reach desired consistency.

Enjoy the sweet potato dip and spread it with toast, fruit, or on its own for a pre-ride or post-ride recovery snack.

Store leftovers in an airtight container in the fridge for up to 5 days.

Biker's Tip

Add this spread to a reusable baby food pouch like the [WeeSprout](#) to create your own energy squeeze. Practice eating during your rides lasting longer than an hour. I find it best to slurp down during low to moderate-intensity rides.





Cashew Cream Frosting

Ingredients

- 2 cups raw cashews soaked for at least 4 hours
- 2 Tbsp coconut oil, melted
- 1/3 cup maple syrup
- 1 lemon juiced
- 1 tsp vanilla extract

This easy Cashew Cream Frosting is a delicious dairy-free alternative to store-bought canned frosting. It's creamy, tangy, and bright and pairs perfectly with a variety of baked goods.

SERVINGS: 2 cups PREP TIME: 5min COOK TIME: 0min

Directions

Soak cashews in water for at least 4 hours. Dispose of the water and add the cashews and remaining ingredients to a high-speed blender. Blend on high until a smooth, creamy frosting forms. Store leftovers in the fridge.

Baker's Tip

Try this recipe with these Biked Goods:

- [Cozy Carrot Cake with Cashew Cream Frosting](#)
- [Berry Cheesecake with Graham Cracker Date Crust](#)
- [Simple Bread Ride Pie](#) with banana slices





Easy Granola Butter

Ingredients

3 Cups [Tahini Maple Molasses Granola](#) or other favorite granola

1-2 Tbsp melted coconut oil (add more for a creamier texture)

You can make an easy spread by simply processing whatever granola you have stocked in the pantry. This Easy Granola Butter recipe uses the Tahini Maple Molasses Granola recipe included in the book which provides a sustaining blend of whole grains, nuts and seeds that pairs well with toast, fruit and other baked goods.

SERVINGS: 3 cups PREP TIME: 5min COOK TIME: 0min

Directions

Add granola to a food processor or high-speed blender. Process on high and add 1/2 Tbsp coconut oil at a time. Add more oil as needed and continue to process until smooth, about 5-10 minutes.

Store at room temperature in a glass mason jar or airtight container. For longer shelf life, store it in the refrigerator.





Maple Tahini Syrup

Ingredients

1/2 cup maple syrup

1/2 cup tahini

1/2 tsp ground cinnamon

1/4 tsp sea salt

Water as needed to loosen
overtime

A sweet and savory spread made for pouring, spreading, dipping and licking!

SERVINGS: 1 cup PREP TIME: 2min COOK TIME: 0min

Directions

Add all the ingredients to a small dish and stir to combine. Add water to your syrup as needed to loosen it up.

Recommended Product

See the waffle in the picture? These are plant-based liege waffles made by a company in Boulder, CO called Vafels. Ya...They are pretty amazing. They make a great pre-ride snack or a portable snack to bring with you on rides. They are unlike anything I've ever eaten and [you can order them online right here](#) to try them for yourself.



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Biked Goods
Community And
Fulfill Our
Mission*



Join For Free

"Thank you so much!! I just joined the club and was checking out the recipes. I really appreciate it more than you can imagine! Going to put some Muesli together today and make the quick bites!"



Hi, I'm Tyler!

I'm a cyclist, youth mountain bike and nutrition coach, and cooking fanatic. I can confidently say my food habits and choices have helped transform my life tremendously.

Making good food choices helps keep my mind clear and gives my body the ability to take on demanding, yet rewarding experiences like the DAMN, MDH150, Breck Epic and everyday demands.

I believe that nutrition is a lifestyle and what we put in our bodies is what we get out of them. Whether you want to perform on the bike or in life eating good food is the best medicine we can prescribe ourselves.

When it comes to my food philosophy, I like to keep it simple. I love to eat whole, fresh, clean foods with a focus mostly on a variety of nuts, seeds, grains, fruits and vegetables.



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Fueling All Walks Of Life For The Ride Of A Lifetime

Biked Goods' mission is to fuel youth through nutrition and cycling enlightenment and a community dedicated to supporting them in their ride toward a better future. Through health and nutrition education, baked goods sales, recipe books and guided mountain bike tours and clinics, Biked Goods empowers others to achieve their best on and off the bike.

For every Biked Goods purchase 10% of sales go towards the Biked Goods Cookie Jar Fund to help fuel affordable, equitable nutrition and cycling programs for youth, especially those most in need.

Our customers can feel good knowing they are not only taking action to support their own health but are also making a difference for young people and helping fulfill Biked Good's vision of Fueling All Walks Of Life For The Ride Of A Lifetime.



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