

Pre or Post-Ride Nut Butter & Trail Mix Toast



TIP: I've had this toast as a "better take advantage of this weather window opportunity - NOW!" quick fuel-up & get out the door pre-ride snack. The toast - and I love using the German dark bread shown here for its dense and

pleasantly teeth-sticking chewy consistency - and the dried fruit in the trail mix provide a good blast of complex carbs to get me launched on the road. The nut butter and nuts in the trail mix give me some easy to digest protein and good fat to sustain the energy burn. Great stuff that can also be used as a muscle recharging post-ride/workout snack!

Preparation Time: 3-5 minutes

Needed
(per serving)

1 Piece of Bread (whole grain bread provides a more sustained energy burn than breads made with highly processed flour, but any bread will work)

Nut Butter (I'm using homemade almond butter, but any nut butter will work)

Favorite Trail Mix

Plate

Table Knife

Toaster



1. Put **1 piece of bread** in a toaster, and toast the **bread** to medium brownness.



2. Spread a **generous layer of nut butter** on the **freshly warmed toast** and..



...top with a **good, even shake of trail mix** so that what you have looks about like...



...this.

