

## Healthy snacks for road trips and picnics

When the weather is warmer, everyone wants to be outside. That means taking it to parks, patios and sidewalks for visiting with friends, being active and eating. Temperate times are also peak season for road trips, both short and long.

When spending time outside or on the go, it's important to make sure everyone is fed and hydrated. Hungry and thirsty companions generally do not make for patient travelers and/or picnickers.

Relying on expensive meals or takeout on the road adds up, and the options are not always healthy. The best way to avoid relying on fast food kids' meals, salt- and fat-filled entrees and tapping out your budget is to be creative.

### Snackle boxes

There are many options, and opinions, when it comes to how to pack your go-snacks. Some rely on containers of assorted sizes that can be passed and shared. These require less time to pack because you're filling all of the containers once. They also require that a sharing spirit be present in your car or on your beach blanket.



For many, the best option is a "snackle" box. The name came from people using actual fishing tackle boxes to store assortments of snacks. It's like a bento box with compartments that can hold single servings of things like carrots and pretzels but also dips and spreads. Now there are sectioned boxes available in grocery stores and mass retailers made specifically for packing snacks.

Depending on the size of the snackle box, there could be one for each member of your party, customized with the treats they prefer. Pack them in a cooler with a variety of healthy drinks to keep them fresh and ready to be enjoyed.

## Variety is everything

To keep everyone happy and satiated, snacks should come from various flavor profiles—salty, sweet, savory, sour and spicy. Think out of the box (pun intended) when choosing options. Soups, salads and anything super smelly are probably not good on the go. However, simple leftovers like cold grilled chicken or pancakes could be great.

Consider options from the following groups to create balanced and healthy snacks:



### Protein

- Cubed or string cheese
- Meat or plant-based jerky
- Roasted chickpeas
- Ham or turkey roll-ups
- Hummus cups
- Nut butter cups
- Yogurt cups or pouches



### Fruit

- Apple slices
- Grapes (frozen or fresh)
- Mixed berries
- Dried bananas or mangos
- Fruit leathers or bars
- Whole clementines
- Fruit sauce pouches



### Veggies

- Baby carrots
- Cucumber chunks
- Broccoli florets
- Pickles
- Mini pepper halves
- Jicama sticks with chili-lime seasoning



### Fun foods

- Whole-grain crackers
- Pretzels
- S'mores snack mix
- Homemade desserts
- Mini peanut butter and jelly sandwiches
- Dark chocolate squares

**Anything is possible and the snack combinations are endless.**

**Try the following recipes for travel-friendly treats.**



## S'mores snack mix

**Makes: 16 servings | Prep: 5 min**

Recreate the delicious fireside flavors so they can be enjoyed on the go.<sup>1</sup>

### Ingredients

- 12 oz bag, dark chocolate chips
- 10 oz bag, mini marshmallows
- 10 oz package, mini graham crackers, in one or many shapes (bear, bunny, fish or squares)

### Preparation

Combine all ingredients in a large bowl. Store in an airtight container or separate into single-serve size zip-top bags. Note: The graham crackers will soften slightly with time as they take on the moisture of the marshmallows.

### Nutrition

Serving size: ¼ cup



Calories: 233 | total fat: 8 g | saturated fat: 5 g | sodium: 105 mg | cholesterol: 0 mg  
total carbs: 41 g | fiber: 2 g | sugars: 25 g | protein: 3 g | potassium: 102 mg



## Sweet and spicy roasted chickpeas

**Makes: 16 servings | Prep: 5 mins | Cook: 45 mins**

Crunchy and full of flavor, this pantry staple is transformed into a super snack in a couple of simple steps.<sup>2</sup>

### Ingredients

- 4 Tbsp olive oil
- 4 cups cooked or canned chickpeas, drained and patted dry
- ½ tsp ground cayenne pepper
- 2 Tbsp brown sugar
- 1 tsp kosher salt
- ½ tsp black pepper

### Preparation

Preheat oven to 425°F. In a large, zip-top bag, combine olive oil and chickpeas. Seal top and shake until all chickpeas are coated. Set aside. In a small bowl, combine remaining ingredients. Add spice mixture to zip-top bag, reseal and shake until all chickpeas are coated. Spread chickpeas in one layer on a large baking sheet. Roast in preheated oven for 35-45 minutes, stirring every 10 minutes, or until crunchy and browned.

### Nutrition

Serving size: ¼ cup



Calories: 87 | total fat: 4 g | saturated fat: 1 g | sodium: 206 mg | cholesterol: 0 mg  
total carbs: 10 g | fiber: 2 g | sugars: 3 g | protein: 3 g | potassium: 43 mg

Learn how Teladoc Health can help support you on your wellness journey.  
To sign up or learn more, go to [TeladocHealth.com/Smile](https://TeladocHealth.com/Smile).

<sup>1</sup><https://saltandbaker.com/smoes-mix/>

<sup>2</sup><https://wholefully.com/sweet-and-spicy-roasted-chickpeas>