

Sideline Snack

Whether you're cheering in the stands or killing it on the field, this is your source for superstar energy. It's an easy, high-protein snack that travels well too, so stash some in your bag. Serious fitness is often about whole, natural foods, so look for dried fruit that has absolutely nothing added – no sugar, no nasty sulfites. Or don't; we won't tell. If you're really hardcore, you can dry the fruit yourself. But that's another story.

See our Cook's Note on how to customize your mix.

Ingredients

2 tablespoons nutritional yeast
2 tablespoons finely shredded or powdered unsweetened dried coconut
1 teaspoon garlic powder
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/2 cup cashews
1/2 cup walnut halves and pieces
1 egg white plus 1 tablespoon water, whisked until just blended
5 salame sticks, sliced into 1/4-inch thick pieces (about 1 cup)
3/4 cup raw pumpkin seeds
3/4 cup unsweetened dried cherries
3/4 cup unsweetened dried apricots, preferably Turkish, quartered

Directions

Preheat oven to 350 degrees.

Whisk the nutritional yeast, coconut, garlic powder, salt and pepper together in a medium bowl. Toss the nuts in the egg white, strain with your fingers, then toss in spice mix. Spread the coated nuts on parchment-lined baking sheet and bake until lightly browned, 12 minutes. While still warm, pour the nuts into a large bowl and add salame, pumpkin seeds and dried fruit, toss and serve. Refrigerate leftovers in a sealed container.

Cook's Notes

This combination of ingredients is our favorite, is well balanced and brings the most nutrients, but this recipe is pretty flexible. Any kind of nut will work, along with other dried fruits, so feel free to experiment. You can also double the amount of either the coconut or "nooch" (nutritional yeast) instead of combining the two for the coating. If you can't find desiccated or finely shredded dried coconut, try an Indian grocery store.

total time: 25 minutes

active prep: 10 minutes

serves: 8 to 10

difficulty: easy