



Road Trip Survival Tips

Hitting the road with the family this summer? A joyful disruption in your routine doesn't have to unravel your healthy lifestyle. All you need is a plan of action!

Here are a few tips to keep your health and wellness a priority on that long drive.

- If you have space in your vehicle, tote along a cooler. The electric ones that plug into your cigarette lighter are a great investment, and some come with adapters so you can plug it into the wall in your hotel/B&B too.
- If you do have a cooler, pack hummus or black bean dip, milk/plant milk, carrot and celery sticks, bell pepper strips, cherry tomatoes, unsweetened plant or dairy yogurt, and grain or bean salad.
- Tote along whole grain or seed crackers, dried fruit, whole grain ready-to-eat cereal, unsalted nuts, and/or whole grain tortilla chips. Pre-portion individual servings if you're working on portion control.
- Don't forget your favorite low added sugar snack bars, or make your own to take with you.
- Water, water, water. Or seltzer or unsweetened tea. Bring reusable bottles and refill from gallon jugs as needed.
- Summer road trips and fresh fruit go hand in hand. Pre-wash grapes, cherries, and berries (keep them whole) and store in plastic containers. Cut melon into bite-sized chunks and keep in air-tight plastic containers. Keep pre-washed peaches and plums in sturdy paper bags.
- Take small containers of nut butter for dipping crackers, apples, and veggie sticks. Those nifty pouches of nut butters are super trip-friendly.

Plant-Powered Wraps for the Road

These road-trip wraps pack easily and are neat (unless you overstuff them!). This one, reminiscent of summer picnic tuna salad, is a mashed chickpea salad with sliced almonds for crunch and avocado for creaminess. The different textures and flavors come together in a delicious bite that will keep you and your travel companions satisfied for hours. You can slice each wrap into smaller pieces for easy sharing and snacking.



You will need:

- 1 can chickpeas, rinsed and drained well and mashed with a fork or egg masher (you can also pulse in the food processor, but don't overdo or else you'll get hummus!)
- 1 large celery stalk, finely diced
- 1/2 small onion, finely diced
- 1 tbsp mustard
- 1/3 cup plant-based mayo (adjust to your preference of creaminess)
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 ripe avocado, sliced into 8 strips
- 1/2 cup sliced almonds
- 4 10-inch whole grain tortilla wraps

Make the chickpea salad by combining the mashed chickpeas with the celery, onion, mustard, plant-based mayo, lemon juice, and seasonings.

On each wrap, spread a quarter of the chickpea mixture, add 2 avocado strips, and sprinkle with 2 tbsp of the almonds. Roll 'em up and hit the road!

Serves 4.

You can always add more veggies like bell pepper, cucumber, lettuce, tomato, etc.