



# Sparkle Kitchen

## **Post- Race Snacks**

### **Post-Race Snack Ideas**

#### *Hummus and Bell Pepper Wrap*

Spread a few tablespoons of hummus on a large tortilla. Layer slices of sweet bell pepper on top of the hummus, and roll up the tortilla for a crunchy, satisfying wrap.

#### *Cottage Cheese and Berry Bowl*

Top a bowl of cottage cheese with a handful of berries. While fresh berries are delicious in season, I like to do this with frozen berries—even in the summer—for an icy-cool treat.

#### *Fried Egg and Avocado Toast*

Mash half an avocado and spread it on whole wheat toast. Top it with a fried egg, a pinch of salt, and a drizzle of hot sauce, if you like.