

Expedition Snack foods to eat while walking.

Snacks are good while doing the expedition, they help to keep energy levels high, especially when you are carrying a heavy pack over rough terrain. Trail mixes containing nuts, raisins and dried fruits they provide a quick energy boost.

Don't forget to drink plenty of water, if you become dehydrated this will make you feel tired. You should normally drink a 1½ of water a day but when walking you should drink more.

Chocolate bars are a good source of energy

Tracker bars or muesli type bars are good

Nuts and dried fruits are also a good source of energy

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You could try making your own energy bars. Here are a few ideas.

Muesli bars.

Makes 12 bars Preparation time 10 minutes

Ingredients

3 tablespoons of margarine, 280 grams of marshmallows, 300 grams of mixed nuts and raisins, 52 grams of corn flakes or rice crispy (or use any type of cereal you have and like) and 240 grams Muesli.

In a large pan, melt the margarine and slowly add the marshmallows, Heat very gently until the mixture is completely melted. Stir in the nuts and raisins, cereal and muesli and mix all the ingredients together. Pour the mixture on to a 35 x 25 cm sheet of grease proof paper, spread the mixture evenly. Allow to stand for 15 minutes and cut into bars. Wrap each bar individually. The bars are best eaten within four days.

Fruit balls

Good for a quick energy fix, You can use any dried fruit, although apricots work really well because of their high sugar content.

Makes 16 fruit balls Preparation time 10 minutes

Ingredients

110 grams of dried apricots or any other dried fruit, 75 grams of shredded coconut, 2 tablespoons of icing sugar and 120ml condensed milk.

In a large bowl, mix the fruit and coconut together, Pour in the milk and mix well.

Shape into about 16 balls and roll fruit balls in the icing sugar to coat. Pack them into a air tight food bag.

Chocolate balls

Another good energy booster.

Makes 15 bite-sized balls Preparation time 10 minutes

Ingredients

100g of icing sugar, 225g of crunchy peanut butter, 225g dark or milk chocolate chips, 115g Powdered milk and 2 tablespoons of water.

Mix all the ingredients together in a large bowl and shape into 15 bite-sized balls.

Allow to stand for 15 minutes (also roll them in more icing sugar to stop them sticking together) and pack into a airtight food bag