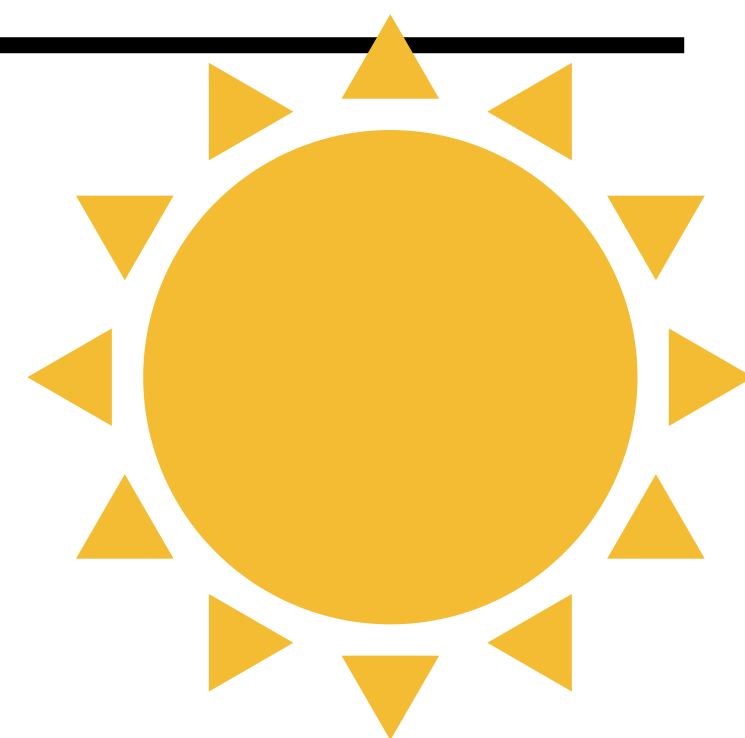


SUMMER TRIPS: MAY/2023 CAMPING, HIKING & MORE



Your Budget Friendly Recipe of the Month

Summer is right around the corner and with busy schedules, always being on-the-go can make it hard to find time to cook. Whether you're camping, hiking, or heading out for a road trip, easy-to-grab, convenient meals are a lifesaver. No bake peanut butter balls are the perfect solution to lazy mornings at the lake or for a quick bite before a big day. Make them in advance and store in your fridge or freezer for later use!

NO BAKE PEANUT BUTTER BALLS



HERE'S HOW TO MAKE IT:

INGREDIENTS

Base

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/4 cup honey, maple syrup, OR corn syrup
- 1 tsp vanilla

Add-ins (1/4 cup each)

Craisins, raisins, shredded coconut, chocolate chips, m&m's, chopped nuts, blueberries

DIRECTIONS

1. Add base ingredients in a large bowl and stir together well to combine. Chose 2 add-ins (1/4 cup per ingredient) and stir to combine.
2. Place bowl of "dough" in the fridge for 30- 60 minutes. Roll into balls about 1 tbsp in size.
3. Store in the fridge or freezer. Enjoy!

ARE YOU HUNGRY FOR MORE?

COCONUT CHOCOLATE GRANOLA

HAM ROLL UPS

HOMEMADE JAM BARS



CLICK ON THESE
LINKS FOR MORE
IDEAS!

FUN FACTS ABOUT OATS!

DID YOU KNOW ...

- PEOPLE HAVE BEEN GROWING AND EATING OATS FOR AT LEAST 7,000 YEARS!
- OATS ARE A GREAT SOURCE OF FIBRE, ANTIOXIDANTS, PROTEIN, AND VITAMIN B!
- THE GREEKS WERE THE FIRST PEOPLE TO MAKE OATS INTO PORRIDGE!
- IN THE USA, ABOUT 95% OF OATS GROWN ARE USED FOR ANIMAL FEED!

Link to [Fun Facts about Oats](#)

MAKING YOUR MONEY

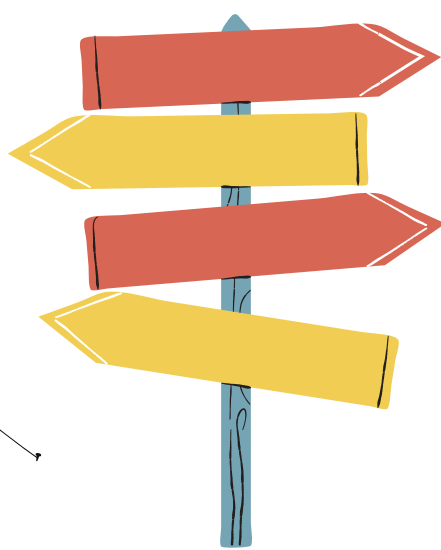
S-T-R-E-T-C-H

- PLAN AND PREPARE FOODS FOR YOUR HIKE, CAMPING TRIP, OR DAY AT THE BEACH IN ADVANCE. VENDOR FOOD WILL BE MUCH LESS COST-EFFECTIVE
- PLAN YOUR WEEKEND GETAWAY DURING ONE OF MANITOBA'S 3 FREE ENTRY WEEKENDS LINKED BELOW!

[CLICK HERE FOR A LIST OF FREE PROVINCIAL PARK ENTRY DATES](#)

[CLICK HERE FOR THE BEST HIKING TRAILS IN MANITOBA](#)

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