



HIGH-ALTITUDE EATS

by Lauren Mitchell, MS, RDN, CSSD, *Nutrition Services*





Staying hydrated is an uphill challenge we all face the moment we wake up in the morning. In addition to my chapter on hydration for the athlete, hydration is mentioned in nearly every chapter in this book. I recommend getting a refillable water bottle to keep waste out of the landfill. Plus, you can decorate your vessel with any number of stickers to fly your colors. In addition to sipping water all day and replacing electrolytes as needed, eating lots of veggies with every meal helps keep you hydrated from meal to meal. Here are a few of my go-to hydrating recipes as well as some nutrient-dense snacks to take with you as you head out for your next adventure.

In the meantime, I hope you will join me in the local pastime of sipping water throughout the day and packing your diet with my healthful and hydrating recipes below.

Replenish Your Insides with Smoothies

Smoothies with a proper balance of ingredients and nutrients – including protein, fiber from vegetables, and fruits and a healthy fat source – can create a filling and satisfying hydration boost, whether for a meal or a snack on the go.

Use These Steps to Build a More Nutrient-dense Smoothie:

Start by choosing a base for your smoothie such as cow's milk, water or unsweetened nut milks instead of using fruit juices. Low-fat cow's milk can add calcium, vitamin D and protein to your smoothie. Unsweetened nut milks are fortified with calcium and can be a lower calorie base for your smoothie. Water is an easy way to add additional fluid to your smoothie, but a less "creamy" option than using cow's milk or unsweetened nut milks.

Secondly, choose your fruit for the recipe. This can be fresh, frozen or canned. If you use canned fruit, make sure it is packed in its own fruit juices rather than a sugar syrup. I recommend using about 1/2 - 1 cup of fruit per smoothie.

Third, choose vegetables such as kale, spinach, cauliflower, pumpkin, beets, etc. This will add additional nutrients such as fiber, vitamins, minerals and antioxidants to your smoothie. Also, this is an easy way to sneak vegetables into your daily intake and your children's daily food intake.

Lastly, add a protein and a healthy fat. Protein and fat help us to feel fuller for longer, so by adding these to your smoothie you will be more satiated. Protein can come from yogurt, cow's milk, nuts, seeds, nut butters and/or even protein powder.

A balanced smoothie can be a great on-the-go meal or snack and can help hydrate you along the way! You can even add spices to your smoothie for extra nutrients and flavor, such as cinnamon, nutmeg, ginger, cloves, etc. – whatever you like!

MANGO GINGER KALE PROTEIN SMOOTHIE

Rich in vitamin C, potassium and a kick of warming ginger, this smoothie is packed with nutrients to start the day or for a healthy snack.

Makes 1 Smoothie

Ingredients

- ½ frozen banana
- 1 cup frozen mango
- 1 tablespoon fresh minced ginger, outer skin removed
- 2 tablespoons ground flax seed
- 1 cup kale, stems removed
- 1-2 tablespoons lemon juice
- 1 ½ cups unsweetened vanilla nut milk or other fluid choice
- 1 serving protein powder

Instructions

1. Chop and remove stems from kale.
2. Add frozen fruit, ground flax, ginger, kale, lemon juice, protein powder and fluid of choice to blender.
3. Blend until all ingredients are combined and enjoy.

SNICKERDOODLE CHICKPEA SMOOTHIE

Chickpeas add the smooth and creamy texture to this rich and guilt-free delight as well as packing in 7 grams of rich plant-based protein and 5 grams of dietary fiber. I like to add a frozen overripe banana to create a creamier texture to satisfy my sweet tooth.

Makes 1 Smoothie

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1 large overripe banana, fresh or frozen
- ¼ cup chickpeas, drained and rinsed
- 1 teaspoon cinnamon
- 1 teaspoon ground flaxseed or chia seed
- 1 tablespoon nut butter
- Handful of spinach
- Optional protein powder of choice

Instructions

Place all ingredients in a blender and blend until smooth and enjoy.

FORK AND KNIFE SALADS

These substantial salads are great as a side dish, but also stand up as a whole meal on their own with the addition of legumes and grains. Equally, they can be served warm as a healthy comfort dish or chilled the next day, giving you two distinct flavor profiles with one effort!

APRICOT BROCCOLI SALAD

Apricots add a subtle sweetness to this nutrient-packed and savory salad. It is delicious served warm over wilted spinach or cold the next day over crisp spinach.

Makes about 3-4 servings

Ingredients

For the Salad

- 1 head of broccoli, chopped into florets
- 2 yellow summer squash, diced
- 2 cups of spinach
- ¼ cup chopped, dried apricots
- ¼ teaspoon ginger, ground
- ¼ teaspoon garlic, ground

For the Dressing

- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey

Instructions

1. Preheat oven to 350°F. Toss broccoli and squash on baking sheet with ¼ teaspoon ginger and ½ teaspoon ground garlic.
2. Bake broccoli florets and diced summer squash at 350°F for about 20 minutes, until fork tender.
3. In a small bowl, whisk together all dressing ingredients.
4. Combine spinach, broccoli, squash, apricots and dressing in a bowl and enjoy!

CURRIED BRUSSEL SPROUTS SALAD

Medjool dates and raisins add just the right amount of sweetness to the savory notes of curry and toasted walnuts. This is another one of my versatile salads that is delicious served warm or chilled the next day.

Makes 4-6 servings

Ingredients

For the Salad

- 6 cups Brussels sprouts, sliced into halves or thirds
- 1 tablespoon olive oil
- ½ cup chopped walnuts

- Handful of raisins, if desired

For the Dressing

- ½ cup water
- ¼ cup raw almonds
- 1 tablespoon apple cider vinegar
- 2 pitted Medjool dates
- 1 teaspoon fresh ginger
- ½ teaspoon Dijon mustard
- 1 teaspoon curry powder
- ¼ teaspoon turmeric
- ½ teaspoon salt

Instructions

1. Preheat oven to 400°F.
2. Slice ends off Brussels sprouts and then slice in halves or thirds. Place in an even layer on a lined baking sheet or two, if needed. Roast for 20-25 minutes, or until browned.
3. Meanwhile, combine all dressing ingredients in a blender. Blend until completely smooth and creamy.
4. In a large bowl, combine roasted Brussels sprouts and walnuts. Drizzle with the dressing and toss to combine.

SPRING SQUASH SALAD

While squash is available all year round, there is something extra delicious about selecting these vegetables from one of our many local farmers markets in the summer and early fall.

Ingredients

- 2 zucchinis, diced
- 2 yellow squashes, diced
- 1 16 oz. can chickpeas
- 1 tomato, diced
- 1 teaspoon ground basil or 2 tablespoons fresh chopped basil
- Salt and pepper to taste
- 1 fresh lime

Instructions

1. Preheat oven to 350°F.
2. Dice zucchini and squash and place on a baking sheet, add ½ teaspoon of dried basil leaves to the squash and toss until evenly coated.
3. Drain and rinse the chickpeas with water (removes a third of the sodium) and place on a baking sheet. Add ½ teaspoon remaining dried basil leaves and toss until evenly coated.
4. Bake the chickpeas and squash for 20 minutes, or until chickpeas are golden brown and toasted. Squash should be “fork tender”.
5. In a bowl, combine the chickpeas, squash and tomatoes.
6. Squeeze fresh lime juice on top to enhance freshness.

SUMMERTIME SALAD

The Palisade peaches are a summer harvest highlight that we wait for all year long. While you can use any variety of peach to make this salad, the most important thing is to have juicy and ripe peaches to brighten up the tangy notes of the lemon-garlic dressing.

Makes 4 servings

Ingredients

- 1 head of kale, destemmed
- 1 cup small broccoli florets
- 2 Palisade peaches, if available, remove pit and cube

Lemon & Garlic Vinaigrette

- 1 teaspoon olive oil
- Juice from one lemon
- 2 tablespoon minced garlic
- Dash black pepper

Instructions

1. Whisk together all ingredients of vinaigrette in a separate bowl.
2. Finely chop kale and broccoli into bite-sized pieces.
3. In a large bowl, combine kale, broccoli and peaches. Add vinaigrette to kale salad and mix together. The acid from the lemon juice will soften the kale.
4. Store in air-tight container for up to 4 days.
5. You can add different veggies, grains and or legumes to make a one bowl meal or try the recipe below!

ONE PAN WONDER VEGGIE DINNER

Makes 1 serving

Ingredients

- 1 medium sweet potato, diced
- 1 small zucchini, cut into half moons
- 1 bell pepper, diced
- ½ small onion, cut into wedges
- 1 lime
- 15 oz. can black beans, drained and rinsed
- 3 garlic cloves, minced
- 2 teaspoons chili powder
- 2 teaspoons cumin
- ¾ teaspoon sea salt
- ½ teaspoon oregano
- Freshly ground black pepper

Instructions

1. Preheat the oven to 425°F.

2. Line a large baking sheet with parchment paper or spray with cooking oil.
3. Chop the veggies.
4. In a small bowl, stir together chili powder, cumin, sea salt, oregano, lime juice and pepper. Set aside.
5. Placed sweet potato, zucchini, pepper, onion, beans and garlic on pan in an even layer. Sprinkle with spices. Toss to combine.
6. Bake for 25 minutes, stirring halfway through. Season to taste with additional salt and pepper if needed.

SNACKS TO FUEL YOUR FUN

While I would not consider these hydrating recipes, these are my two favorite snacks for healthy fueling for my training runs.

PUMPKIN BANANA PANCAKE OBSESSION

I am pancake obsessed! And as an ultra-athlete and registered dietitian, I have come up with recipes that feed my passions for food, skiing, running and climbing 14ers. For the pancake recipe, you can serve it for breakfast, but I like to add nut butter and take these with me on long runs, hikes and ski days.

Ingredients

- 1 ¼ cups flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- ½ cup pumpkin puree
- ½ - ¾ cup cow's milk or unsweetened nut milk
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 banana, sliced
- Optional nut butter, to taste

Instructions

1. In a large mixing bowl, combine flour, sugar, baking powder, salt and pumpkin pie spice.
2. In another bowl combine wet ingredients of pumpkin puree, milk, egg and vanilla extract.
3. Combine the wet ingredients with the dry ingredients. Mix until combined.
4. Heat a lightly oiled pan on medium-high heat. Pour about ¼ cup of batter on the pan. Add sliced banana pieces to each pancake.
5. Brown the pancake on both sides and serve hot, or if taking on a long excursion, top with your favorite nut butter and stash it in your pack for later!

COCONUT CHOCOLATE ENERGY BITES

Energy bites are another great snack to take on the go when you know you are going to need a nutrient-dense snack to keep you going.

Ingredients

- 2 cups old fashioned oats
- ¼ cup ground flax seed
- ½ cup nut butter
- ⅓ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ cup unsweetened coconut flakes
- ½ cup chocolate chips

Instructions

1. Start by blending the oats to make a finer texture to help absorb the nut butter.
2. Combine the oats, flax, nut butter, vanilla extract and cinnamon to make a dough. If it seems a little dry, add some almond or other unsweetened nut milk.
3. Add the coconut chips and chocolate chips and mix until combined.
4. If the mixture seems too wet or sticky, add some old fashioned oats so you have a texture that easily forms into a ball.
5. Pinch off a piece of dough to make a golf ball sized portion.
6. Store in an airtight container for up to a week.

You now have stashable snacks for all of your excursions!

For more healthy recipes and nutritional education, dive into our Dietitian Demos video archive for an extra helping of healthy eats. Follow us on Instagram @aspennyhospital to get new episodes in your feed!



An elite athlete and Board-Certified Specialist in Sports Dietetics, Lauren has used her own knowledge of sports nutrition to fuel her performance goals. In addition to working with patients with special dietary needs, she provides nutritional coaching for athletes of all ages and abilities to help give them an edge. Lauren is a six-time Boston Marathon qualifier, an Ultra-marathoner and recently ran the Leadville Silver Rush 50-mile race and Crested Butte Ultra. In her free time, you'll find Lauren training for her next event.