

WINTER FUEL *(and we're not talking Yule logs)*

By Christine Mahoney

You know the drill: You're up before dawn, packing the car with essentials—ski and board gear, snowshoes, camera, caps, spare socks. You're layered in your trusty long underwear, Thinsulate covering every possible extremity. Just driving I-70 or Boulder Canyon works up an appetite. What'll you reach for, before you head down the slopes?

As we discovered, Boulder is an important player in the healthy-snack-foods industry, with cleverly packaged, portable, often gluten-free snacks growing as a valuable segment of the market. In addition to the products mentioned below, Boulder Canyon potato chips and granola bars made by Fiona's and Two Moms in the Raw are available in small sizes.

Locals love to take a piece of Boulder along when they head to the high country. Here are some tasty and nutritious options to augment fruit and water, cheese and home-mixed gorp.



EVOL BURRITOS
Not ready for a full-size meal, but need a warm pick-me-up? EVOL (that's "love" spelled backwards) Burritos has new, 3-ounce mini burritos in five flavors, including veggie fajita, chicken and black bean, and shredded beef. Heat up a few in the microwave before your drive, wrap them in foil, and they'll still be warm when you pull them out of your pocket. Each "mini" has up to 8 grams of protein and less than 190 calories. The company says its burritos were created to meet the needs of local moms demanding healthier snacks.



CHOCOLOVE BARS
Another "mini" choice is the 1.3-ounce snack-size Chocolove bar. The company claims chocolate is the perfect compact energy source for winter sports, as it contains natural compounds that increase lung capacity and circulation. The full-size bar comes in a new salted-almond flavor and many others, including dark or milk chocolate with bits of raspberry, orange peel, crystallized ginger and more. Just keep it in an outer pocket, so body heat doesn't melt your sweet treat.



BOBO'S OAT BARS
These dense little bars provide...

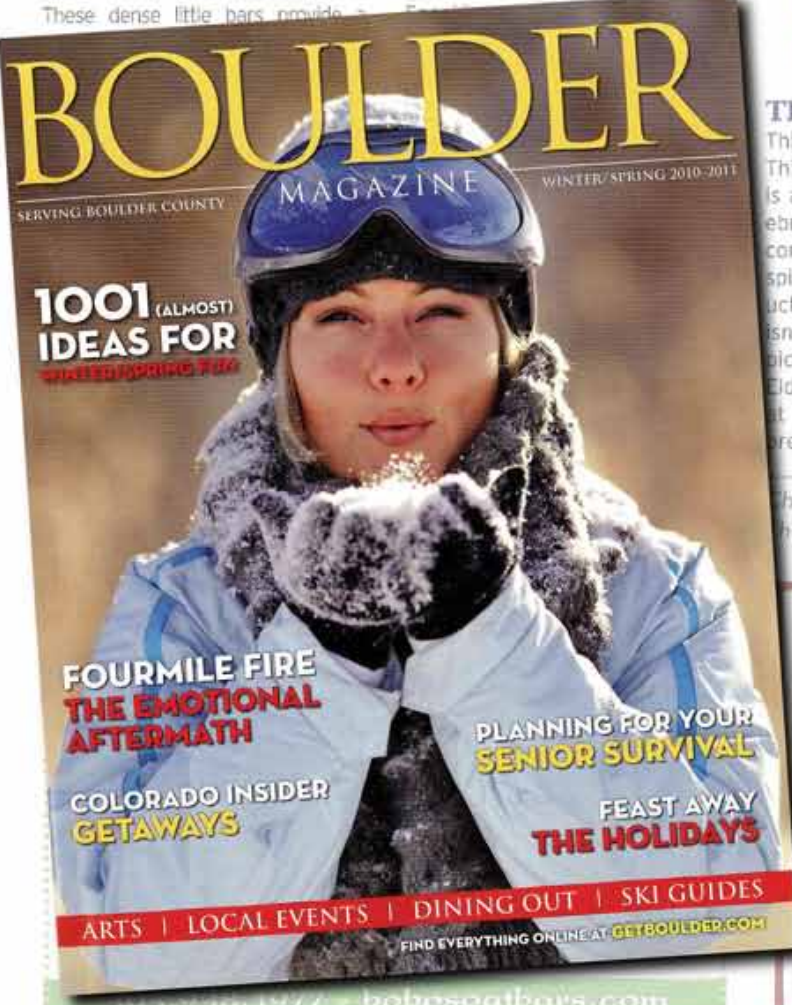
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THIRD STREET CHAI



WONDER COOKIE



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THIRD STREET CHAI
This winter, for the first time, Third Street Chai's holiday brew is available in coffee shops. Celebrating 15 years in Boulder, the company uses whole, organic spices. While the 32-ounce product you see at the grocery store isn't grab-and-go size, you can pick up a to-go cup on your way to Eldora, at Nederland's Cool Beans or Happy Trails coffee house, or prepare your own at home.

WONDER COOKIE
If you need a pick-me-up for the drive, check out the Wonder Wake-Up Cookie, from Boulder's Wonder Cookie company. The caffeinated treat is just one of several cookies available—some gluten- and/or nut-free or vegan. Co-founders Jon Wetzel and Holly Burton claim the Chocolate-Chai cookie, with its ginger-nutmeg-cinnamon flavors, "will charm your pants off." (Even ski pants with suspenders?) ♦

Christine Mahoney lives in Boulder with her husband and two kids. They never leave the house without a backpack full of goodies.



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