



# 11 Cozy Recipes

FOR OFFSEASON NUTRITION

By: Tyler Zipperer



*Biked Goods mission is to propel others forward through a supportive community, nutritional resources, and cycling enlightenment.*

Winter is the offseason for most cyclists, especially those living in cold weather climates. The offseason often means at least a short amount of time is spent away from structured training, or at least it should. The offseason gives us time to rest physically as well as mentally from the demands of a full season of cycling. Incorporating other activities into your offseason like nordic skiing, running, swimming, yoga, hiking and resistance training are all good ways to take a break from the bike.

The offseason also gives us time to reconsider the foods we may be putting in our bodies. During the peak cycling season, we are often on the go, grabbing anything and everything that we can use to fuel and refuel our bodies. The nutritional offseason gives us a period of time to slow down, get back in the kitchen, and incorporate more whole foods, veggies and fruits back into our diets. It can also be a period of learning. Keeping a food log can be an invaluable tool to help you discover new foods that help you perform and recover better than the previous season.

This mini cookbook will help kick-start your nutritional offseason. It's filled with 11 whole food recipes containing plenty of fruits, veggies, and nutrients to get your body and mind ready for the upcoming season. Cheers!

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# Sweet Potato and Apple Millet Congee

## Ingredients

- 1 cup millet uncooked
- 2 cups water
- 3 cups unsweetened almond milk
- 1 cup sweet potato diced (peeling optional)
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp sea salt + more for serving
- 2 Tbsp coconut sugar
- 1 cup apple diced
- 1/4 cup maple syrup
- 1/2 cup pecan pieces
- 4 Medjool dates, pitted and chopped

Millet is an easy-to-digest and gluten-free grain that is rich in fiber, protein, and antioxidant contents. This classic Asian dish comes together with sweet, salty and savory flavors that can be enjoyed for breakfast or lunch.

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SERVINGS: 8    PREP TIME: 10min    COOK TIME: 60min

## Directions

Rinse and drain whole grain millet. Combine millet, water, almond milk, sweet potato, ginger, cinnamon, sea salt and coconut sugar in a large pot. Bring to a boil, reduce heat to low and simmer, stirring often, until water is absorbed, about 1 hour.

Add in diced apple to pot with about 15 minutes left to cook. Remove from heat and stir in maple syrup, pecan pieces and dates.

Serve with a big fat pinch of sea salt on top. Enjoy!







# Cozy Carrot Cake with Cashew Cream Frosting

## Ingredients

- 3/4 cup brown rice flour
- 1/4 cup millet flour
- 2/3 cup almond flour
- 1/4 cup arrowroot starch
- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 3 eggs
- 1/2 cup unsweetened applesauce
- 1 tsp baking soda
- 1 heaping Tbsp cinnamon
- 1 tsp nutmeg
- 1 tsp sea salt
- 1-1/2 cups grated carrots
- 1/2 cup raisins
- 1/2 cup walnut pieces

This wouldn't be a cozy recipe book without a Carrot Cake. I always make this as a sweet treat for Haley's birthday in December. But instead of using store-bought, heavily processed vanilla frosting, I opt for a cashew cream frosting that pairs perfectly with the flavors of the carrot cake.

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SERVINGS: 12    PREP TIME: 10min    COOK TIME: 30min

## Directions

Preheat the oven to 350°F. Lightly grease a 9 x 13 baking dish or cake pan(s). Combine eggs, maple syrup, and applesauce in a large bowl and whisk together. In a separate bowl combine flours, coconut sugar, baking soda, salt and spices. Add dry ingredients to wet ingredients along with the carrots and stir to combine evenly. Gently fold in raisins and walnut pieces.

Add the cake batter to the baking dish and bake for 30 minutes or until a toothpick comes out clean.

While the cake is in the oven, add frosting ingredients to a high-speed blender. Blend until smooth, adding in extra water/maple syrup as needed to reach desired consistency.

Take the carrot cake out of the oven and let it cool completely before spreading with the frosting.

### Cashew Cream Frosting

- 2 cups raw cashews soaked for at least 4 hours
- 2 Tbsp coconut oil, melted
- 1/3 cup maple syrup
- 1 lemon juiced
- 1 tsp vanilla extract





# One-Pot Blueberry and Banana Coconut Quinoa Porridge

## Ingredients

1 cup uncooked organic quinoa  
1 can coconut milk  
1/2 cup water  
1 tsp vanilla extract  
1/2 tsp ground cinnamon  
1 pint blueberries ( 8 oz )  
1 banana, peeled and sliced  
1 Tbsp coconut butter  
1-2 Tbsp pepitas  
1 Tbsp sunflower seeds  
3 tsp agave  
1 Tbsp chia seeds  
Almond milk for serving  
Unsweetened shredded coconut  
Coconut sugar

Quinoa is a great alternative to oatmeal for a hot, toasty breakfast. This super grain is made with coconut milk and two kinds of fruits and seeds for a sweet, filling start to your morning.

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SERVINGS: 2-3    PREP TIME: 5min    COOK TIME: 30min

## Directions

Add quinoa, coconut milk, water, vanilla extract, ground cinnamon and a big pinch of sea salt to a pot over high heat. Bring to a boil, then reduce the heat to low, cover the pot and simmer until most of the liquid is absorbed and the quinoa is tender. About 10 - 12 minutes.

Add in blueberries, banana slices, coconut butter and simmer for five more minutes or until the berries start to release their juices.

Remove from heat and stir in pepitas, sunflower seeds, agave and chia seeds.

To serve, spoon the hot quinoa into bowls with almond milk if desired.

Top with shredded coconut, a sprinkle of coconut sugar and additional nuts/seeds if desired.









# Sweet Potato and Kale Muffins

## Ingredients

- 2/3 cup brown rice flour
- 1/3 cup buckwheat flour
- 1/2 cup oat flour
- 1/3 cup rolled oats
- 1/4 cup arrowroot starch
- 1-1/2 tsp baking powder
- 1-1/4 cups unsweetened almond milk
- 1/2 cup olive oil
- 1 egg
- 1 cup sweet potato mashed (about 1 medium)
- 2 cloves garlic
- 1 tsp sea salt
- 1 cup shredded kale
- 6 oz feta cheese crumbles

What started as a savory pancake batter, turned into a satisfying grab n' go breakfast snack filled with veggies and tangy feta cheese.

SERVINGS: 12-15 PREP TIME: 10min COOK TIME: 30min

## Directions

Preheat the oven to 350°F. Line or lightly grease a 12 cup muffin tin.

In a large bowl, combine dry ingredients. In a separate bowl whisk together milk and apple cider vinegar. Let sit for 5 minutes to create a "buttermilk". Whisk in egg and olive oil.

Pour dry ingredients into the wet and combine mashed sweet potato, garlic, feta cheese, kale and stir until well combined.

Pour batter into prepared muffin cups, filling just short of the brim.

Bake for 30-35 minutes or until muffins are light brown on top and a toothpick comes out clean. Enjoy immediately or refrigerate/freeze and reheat for later.

### Baker's Tip

You can use this exact recipe to create pancakes or waffles.

OR use half the batter to make these muffins while saving the other half to fry up some pancakes.

Serve pancakes with a fried egg, salsa and/or avocado slices for a fun twist on this recipe.





# Ginger Pear Pecan Crisp with Coconut Whip!

## Ingredients

- 4 pears, sliced
- 1 Tbsp ginger, minced
- 1 lemon juiced
- 1/3 cup coconut sugar
- 1 tsp cinnamon
- 1/2 tsp cardamom
- 1/4 tsp sea salt
- 1 Tbsp arrowroot starch
- 1 cup rolled oats
- 1/2 cup pecan pieces
- 1/3 cup coconut sugar
- 5 Tbsp coconut oil, melted
- 1/4 cup almond flour
- 1 can coconut milk
- 1 tsp vanilla extract

An irresistible trio of pear, ginger and pecan comes together in this winter version of a fruit crisp. Serve warm with homemade coconut whipped cream for dessert (or breakfast.)

SERVINGS: 12    PREP TIME: 10min    COOK TIME: 30min

## Directions

Put the can of coconut milk in the refrigerator 1 day before baking.

Preheat the oven to 350°F. Combine pears, ginger, lemon juice, coconut sugar, cinnamon, cardamom and arrowroot starch in a bowl. Stir to coat evenly. Add fruit mixture to an 8 x 8 baking pan.

In the same bowl, combine oats, pecan pieces, coconut sugar, coconut oil, cinnamon and almond flour. Stir to combine. Sprinkle topping evenly over the fruit mixture. Bake for 30 minutes or until bubbly.

With 5 minutes left to bake, remove the coconut milk out of the fridge without tipping or shaking and remove the lid. Scrape out the top, thickened cream and add to a bowl. Add in the vanilla and coconut sugar and beat until creamy, smooth and stiff peaks start to form.

Serve warm pear crisp in a dish topped with fresh coconut whipped cream. Store extra crisp and whipped cream in the fridge.

P.S.

Check out the photo on the next page. See if you can spot the "heart" in the whip cream. ♥







# 5 Minute Cozy Spiced Oatmeal

## Ingredients

- 1/2 cup rolled oats
- 1/2 Tbsp ghee
- 1 Tbsp chia seeds
- 1 Tbsp flaxseed
- 3/4 cups unsweetened flax milk
- 1/4 tsp sea salt
- 1/4 tsp ground ginger
- 1/4 tsp ground turmeric
- 1/4 ground cinnamon
- 1/8 tsp ground cardamom

## Toppings

- 2 Medjool date chopped
- 1 tsp Maple syrup
- Choice of nuts, seeds, or granola

This quick bowl of warm, spiced oats is made to soothe your soul. Ginger, turmeric and cinnamon contain antioxidants and anti-inflammatory properties while chia seeds and flax give this bowl an extra boost of fats and fiber.

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SERVINGS: 1    PREP TIME: 3min    COOK TIME: 2min

## Directions

Add all ingredients to a microwave-safe bowl and stir. Microwave for 2 minutes. Add Medjool date, maple syrup and your choice of nuts, seeds or homemade granola on top. Serve immediately!

### Baker's Tip

This recipe can also be made on the stovetop if you want a more authentic feel to preparing your food or to increase the serving size.

Simply stir all ingredients together in a pot and bring the mixture to simmer until the liquid is absorbed and the oats are tender. About 5-8 mins. Add toppings and serve immediately.







# Overnight Fried Muesli Cakes

## Ingredients

- 1-1/4 cups muesli
- 1-1/2 cups almond milk
- 1 Tbsp coconut oil

## Toppings

- Cinnamon
- Sliced banana
- Fresh berries
- Maple syrup
- Granola
- Yogurt
- Cocoa nibs

A simple, 3 ingredient recipe that can be prepped overnight and made up in the morning to satisfy those hot n' crispy fried food cravings.

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SERVINGS: 3-4    PREP TIME: 2min    COOK TIME: 5min

## Directions

Combine muesli and almond milk in a bowl. Stir to combine. Cover and store in the fridge overnight to allow oats to soak.

In the morning, form muesli into cakes. Heat coconut oil in a large skillet over medium-high heat. Sear cakes on both sides for 3-5 minutes or until browned.

Serve with fresh berries, maple syrup, or any other of your favorite toppings.

## Recommendation

I love Seven Sundays variety of modern muesli flavors. [Pick up a 4-flavor variety pack](#) and use them for this recipe and the [Mixed Berry Muesli Bake](#) in this book

Better yet? Try making your own version using the [Biked Goods Muesli Formula](#).







# Tempeh Egg Scramble with Jicama Fries

## Ingredients

- 1 (8-ounce) package tempeh
- 1/2 cup water
- 1 Tbsp Maple syrup
- 2 tsp Italian seasoning
- 1/2 tsp cumin
- 2 cloves garlic
- 1/2 tsp fennel seeds
- 1/4 tsp fine sea salt
- 1/4 tsp ground pepper
- 3 Tbsp olive oil
- 1 medium yellow onion
- 6 eggs scrambled
- 4 cups kale chopped
- 1 avocado, sliced
- 1 tomato diced
- 2-3 jicama, sliced

This dish is served packed with protein, veggies, vitamins and minerals that are great for muscle repair and digestion. Serve with a side of baked jicama and fresh fruit for a complete start to your day.

SERVINGS: 3-4    PREP TIME: 10min    COOK TIME: 30min

## Directions

In a bowl, add miso and water and whisk until dissolved. With a fork or your hands, crumble tempeh into small pieces in the bowl. Add maple syrup, 1 tsp Italian seasoning, cumin, garlic fennel, salt and pepper. Cover and marinate at room temp for 1 hour.

Heat oven to 425°F. Prepare jicama by slicing into thin rounds and adding to a bowl. Toss with 1 Tbsp olive oil and 1 tsp Italian seasoning. Add to a baking sheet in a single layer and bake for 30 minutes, flipping halfway through.

With 15 minutes left for the jicama to bake, heat 2 Tbsp oil in a large skillet over medium heat. Add onion and saute until fragrant. Next, add the tempeh and marinade and saute, stirring occasionally until brown and crispy, about 10 minutes.

Pour in eggs, kale and tomato and reduce the heat to medium-low. Wait for the egg edges to set, then using a rubber spatula, gently push the eggs from one end of the pan to the other. Slowly fold the eggs a couple of times, bringing them together. Remove from the heat, after 5-7 minutes of cooking.

Transfer tempeh egg scramble to serving plates with a side of jicama. Serve with avocado slices and fresh fruit.







# Apple and Cinnamon Buckwheat (Kasha) Porridge

## Ingredients

- 1 cup buckwheat groats
- 2 cups plant-based milk
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 apple shredded
- Pinch of sea salt
- 1/2 Tbsp butter

## Toppings

- 1 Tbsp yogurt
- 1 Tbsp almond butter
- 1/3 apple, chopped
- 1 Tbsp roasted hazelnuts, chopped
- Honey as desired

Buckwheat is an underrated seed that is high in magnesium, fiber and essential amino acids. This porridge is an easy and delicious warm breakfast that pairs well with your morning cup of joe.

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SERVINGS: 3-4    PREP TIME: 10min    COOK TIME: 15min

## Directions

Wash buckwheat groats under running water and drain. Bring milk to a boil, add in sea salt and buckwheat groats. Then add cinnamon, vanilla extract and grated apple.

Reduce to low heat and cook buckwheat according to package instructions, about 8-10 minutes. Stir in butter and then cut the heat and let the buckwheat rest in a covered pot for another 10 minutes or until all the liquid has been soaked.

Serve in bowls topped with a tablespoon of yogurt, a drizzle of almond butter, roasted hazelnuts and honey as desired. Serve the buckwheat porridge immediately or store refrigerated in an airtight container for up to 3 days.

### Baker's Tip:

Toast your buckwheat before cooking for a nuttier flavor. Place buckwheat in a dry skillet or pot on medium-high heat for 3-5 minutes or until it turns golden brown, stirring occasionally to prevent burning.

The classic style of roasting buckwheat turns it into what Eastern Europe refers to as Kasha.





# Slow Cooker Savory Grain Bowls

## Ingredients

- 1-1/2 Tbsp coconut oil
- 1/4 cup quinoa
- 1/4 cup millet
- 1/2 cup calrose rice
- 3/4 cup groat oats or rolled oats
- 2 cups water
- 2 cups broth
- 1/4 cup nutritional yeast
- 2 Tbsp flaxseed
- 1/2 tsp sea salt
- 3 Tbsp chia seeds
- 2 Tbsp white miso paste
- 3 Tbsp maple syrup
- Juice and zest of one lemon
- 3 Tbsp Bragg Liquid Aminos

Using a combo of grains from this recipe book and a slow cooker makes this a versatile and low-maintenance post-workout meal. It features good fats, protein, salt, and simple and complex carbs that can be served with a variety of toppings for breakfast or dinner.

SERVINGS: 3-4    PREP TIME: 5min    COOK TIME: 8-10hrs

## Directions

Lightly grease a slow cooker pot with oil or spray. Combine the coconut oil, quinoa, millet, rice, oats, water, broth, nutritional yeast, flaxseed and salt in the pot.

Cook on low for eight hours to ten hours or until you're ready to eat.

When done cooking, mix the broth and chia seeds thoroughly into the grains, followed by the remaining ingredients.

Serve grain bowls with desired toppings. Keep leftovers in an airtight container in the refrigerator.

### Topping Ideas:

Sauteed onions, tomatoes, sunflower seeds and arugula + fried egg + lemon juice (see photo)

Tempeh ([pg. 17](#)) + sauteed kale + avocado slices

Sauteed green peppers, mushrooms, onions and spinach with cheese







# Mixed Berry Muesli Bake

## Ingredients

- 2 eggs
- 2 Tbsp melted coconut oil
- 1 13.5oz can of coconut milk
- 2 cups muesli
- 1 banana, sliced
- 1/2 cup cranberries
- Your choice of berries:  
(raspberries, blueberries,  
blackberries)

## Toppings

- Extra fruit
- Sprinkle of cinnamon
- 1-2 tsp of maple syrup
- 1 Tbsp yogurt
- Nut butter

This muesli-based dish screams weekend brunch. It's the perfect menu item for when family or friends are in town and you'd like to make them something special. It's nutrient-rich, low in sugar and will leave your guests feeling STOKED for a full day of biking or skiing ahead.

SERVINGS: 4-6    PREP TIME: 10min    COOK TIME: 15min

## Directions

Preheat oven to 350° F. In a large bowl, whisk together eggs, melted coconut oil, and coconut milk.

Add in muesli and mix well. Fold in cranberries and sliced banana. Pour the mixture into a greased medium-sized casserole dish. Place your choice of fresh berries on top, submerging them slightly into the batter.

Bake for 40 minutes.

Serve immediately with extra fresh fruit, cinnamon, maple syrup, yogurt and/or nut butter. Save leftovers in an airtight container in the fridge.

## Story

I once prepped this dish for my in-laws while camping in their backyard. We rented an RV van for a weekend trip and utilized our camp cooking gear to pull this off. Same recipe, just a bit different cooking method on the propane stovetop. Start by melting the coconut oil in the pan, then pour in the muesli batter and let it fry on low-medium heat until it begins to slightly brown. Serve with desired topping







## *Hi, I'm Tyler*

I'm a cyclist, youth mountain bike coach, and cooking fanatic. I can confidently say my food habits and choices have helped transform my life tremendously.

Making good food choices helps keep my mind clear and gives my body the ability to take on demanding, yet rewarding experiences like the DAMN, MDH150, Breck Epic and everyday demands.

I believe that nutrition is a lifestyle and what we put in our bodies is what we get out of them. Whether you want to perform on the bike or in life eating good food is the best medicine we can prescribe ourselves.

When it comes to my food philosophy, I like to keep it simple. I love to eat whole, fresh, clean foods with a focus mostly on a variety of nuts, seeds, grains, fruits and vegetables.





## *Eat Good. Bike Good. Do Good.*

Biked Goods helps those who aspire to be or currently are active in cycling and other sports discover power, freedom, connection, purpose, fulfillment, and growth. Through health and nutrition guidance, mountain bike coaching, adventure camps, and cycling skill set expansion, we empower others to achieve their personal best while enduring and overcoming competitive races, fitness challenges, and other obstacles they may face.

In turn, we use a portion of all our resources to create meaningful, affordable, and equitable youth development programs, providing young people the opportunity to cycle and gain access to sustenance education, supporting them in their ride towards a better future.



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