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WILLOW TIMES

KNEAD AND SQUEEZE

S Trail runners, especially those racing ultras, will agree that there are only two food groups: sweet and salty. And one of the favorite combinations of those delectable groups comes in the form



of peanut butter. But now you don't have to concern yourself with aid stations to go naturally nutty on the trail. Justin's Nut Butters are all-natural and, in many cases, organic treats that come in convenient 100-calorie and 1.15-ounce squeeze packs. For sustainable energy with the added bonus of protein, fat, salt, and other nutritious attributes, you can satisfy many a craving with any of the following flavors: classic peanut and almond, almond maple, honey peanut and almond, cinnamon peanut and chocolate peanut, chocolate hazelnut and chocolate almond. \$0.79-\$1.25; justinsnutchocolate.com — ADAM W. CHASE