



## Yoga Journal Magazine

August 2018

# On-the-go eats

Stash these snacks in your yoga bag for when you need a quick bite.



### 9 Ellyndale Q Cups Savory Garlic & Mushroom

Enjoy quinoa at the ready—preparation takes only 5 minutes. Each cup is filled with quinoa, dried shiitake mushrooms, chives, and seasonings and contains less than 200 mg of sodium (\$3, [nowfoods.com](http://nowfoods.com)).