

# GINGER SPICE

MEET SKIER AND RUNNER MADISON ROSE OSTERGREN, A FIERY REDHEAD WITH A BAKING ADDICTION.

When I first met Madison Ostergren, it was the night before we were set to go on a hut trip together into the backcountry of Whistler, British Columbia. She was sitting in a corner booth of a sushi restaurant, about to inhale a plateful of rolls.

Her wild auburn-colored curls stuck out from below a knit hat and she smiled a huge hello, like we'd known each other for years. By the end of four days in the backcountry together—laughing constantly, sleeping side-by-side in a shared bunk, and skinning uphill in a no-visibility blizzard—I felt like we had.

Ostergren is 23. Spunky, hilarious, loves to dance (even in ski boots). Rips on skis. Runs up mountains in the summertime. Her energy is boundless. She grew up skiing on the city-owned ski hill in her hometown of Traverse City, Michigan. As a teenager, when her ski-race coach told her she had a future in ski racing, her family up and moved to Salt Lake City, Utah, to give her that chance. She ended up racing in college, then transitioned to big-mountain freeskiing, where she's now an up-and-coming pro amidst a talented field (Outside Magazine called her a "Rising Star").

She also works for DPS Skis, a boutique manufacturer of powder-centric skis in Utah, where she helps with marketing and outreach and also tests skis alongside engineers. (Yep, she gets paid to ski. And yes, she realizes how lucky she is.)

But back to that night with the sushi. Ostergren loves good food. It fuels her, but it's also a passion. The more she's developed as an athlete, the more she's paid attention to what she puts in her body. "I read this sports nutrition book that said, if you have a Porsche, you wouldn't put low-grade gas into it," she says. "Treat your body like a nice car. Put good food in it and it will run to its optimal performance. So, I got really into cooking and baking and making good food from scratch."

Her signature dish? Muffins. Muffins packed with zucchini, banana, hemp seeds, cashews, turmeric, chocolate chips—you name it and it's in her muffins. She doesn't measure, never follows a recipe, and always wears an apron. She eats one fresh out of the oven (obviously), then she stuffs another muffin (or three) into a jacket pocket and heads into the mountains. "I'm a routine gal," she says. "At 5 a.m., I'm in the kitchen baking. Muffins are my thing."

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# MAD'S MUFFINS

SERVINGS: 12 (GIVE OR TAKE)

@MADISONNROSE

## INGREDIENTS

- 2 CUPS KODIAK CAKES BUTTERMILK MIX
- 1 SCOOP COLLAGEN POWDER
- 2 BANANAS, MASHED
- 1/4 CUP MELTED COCONUT OIL
- 1 CUP OF OAT OR ALMOND MILK
- 1 EGG
- DASH OF VANILLA
- PINCH OF SALT
- PINCH OF CINNAMON
- 3 TABLESPOONS WASATCH NECTAR (OR WHATEVER HONEY OR SWEETENER YOU PREFER)
- OPTIONAL ADD-INS OR TOPPINGS: OATS, CHOCOLATE CHIPS, CHIA OR HEMP SEEDS, CASHEWS OR WALNUTS

## DIRECTIONS

1. **Mix the wet ingredients together:** mashed bananas with coconut oil and milk. Beat in the egg. Add the vanilla and honey or sweetener.
2. **In a separate bowl, stir the dry ingredients together:** Kodiak mix, with protein powder, salt, cinnamon, and any additional add-ins. (If you're not using Kodiak mix, opt for flour with a teaspoon of baking soda.)
3. **Add the dry ingredients to the wet and stir it up.** Pour into a greased muffin tray, add any desired toppings, then bake at 350 degrees for 15 minutes.