

Trail Mix

YIELD **4-5** SERVINGS

Serving Size: 1/4 of recipe



NUTRITION FACTS PER SERVING

| | | | |
|-----------|-----------|----------------|------|
| Calories: | ~160 kcal | Saturated Fat: | ~2 g |
| Carbs: | ~16 g | Protein: | ~4 g |
| Fiber: | ~2g g | Sugar | ~8 g |
| Fat: | ~12 g | | |

INGREDIENTS

- Nuts (whatever kind you prefer, almonds, walnuts, pecans, cashews, hazelnuts, pistachios, macadamia nuts)
- Seeds (pumpkin, sunflower, or sesame)
- Dried Fruit (raisins, mangos, apricots, blueberries, coconut flakes, bananas, strawberries, and cranberries; avoid sugar coated)
- Extras (dark chocolate, popcorn, pretzels, m&ms, peanut butter chips, white chocolate chips, cereal or other sweet treats, just a handful to add balance)
- Spices (a pinch of salt, cinnamon, or nutmeg can go a long way)

DIRECTIONS

1. Grab a gallon size ziplock bag and mix in your ingredients.
2. Shake the bag for even distribution & enjoy!



Jefferson County
Health Center