



## Healthy, Happy Trail Mix Builder

Trail Mix is the ultimate snack because, when made thoughtfully, it incorporates key pillars of healthy nutrition: protein, healthy fats, fiber and naturally occurring vitamins and minerals. Balance is important so it's OK to add a little of the fun stuff, just make sure to avoid turning healthy snack mix into a bag of candy! Here's how to do it best:

Choose several of your favorites from each of the following categories. Mix them up and store them in an airtight container. Each family member can make their own mix.

### **Nuts, seeds, beans**

- peanuts
- cashews
- almonds
- walnuts
- pecans
- cashews
- pumpkin seeds
- chia seeds
- sunflower seeds
- dried chickpeas
- dried edamame

### **Healthy sweets**

- dark chocolate chips
- coconut flakes
- dried bananas
- dried pineapple
- dried mango
- raisins
- dried cranberries
- apple chips
- apricots
- dried berries

### **Other**

- popcorn
- Cheerios
- Chex cereal
- peanut butter chips
- pretzels
- pumpkin seeds
- sunflower seeds
- chia seeds
- goldfish crackers
- mini marshmallows
- M&M's

