



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

