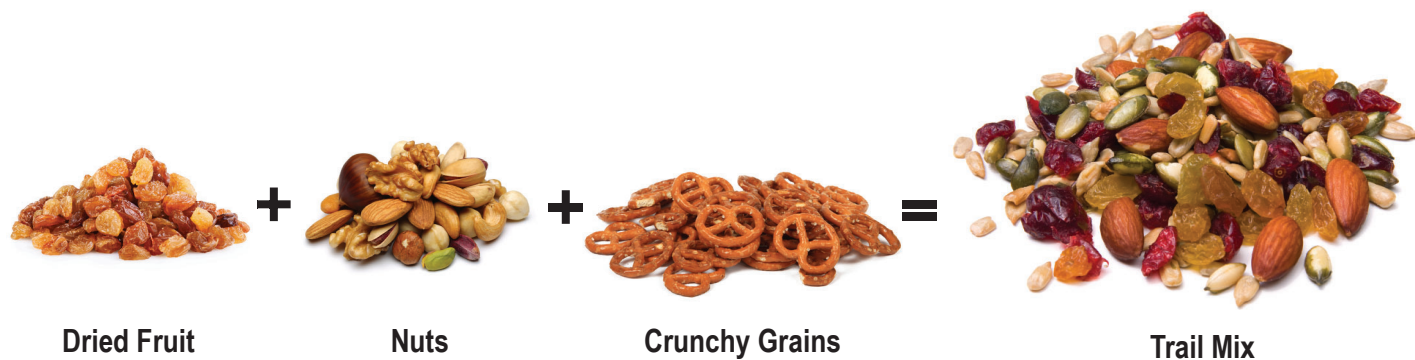


Trail Mix

Make your own trail mix for a healthy snack packed with flavor!



Add one ingredient from each column to make 6 servings ($\frac{1}{2}$ cup each).

Dried Fruit ($\frac{1}{2}$ cup)	+	Nuts ($\frac{1}{2}$ cup)	+	Crunchy Grains (1 cup)	+	Other (1 cup total; no more than $\frac{1}{2}$ cup chocolate or marshmallows)
Cranberries		Unsalted roasted peanuts		Low-fat granola		White or dark chocolate, carob, or butterscotch chips
Banana chips		Unsalted cashews		Crispy whole grain cereal		Yogurt-covered chips or raisins
Mango slices		Unsalted raw sunflower seeds		Low-sodium or unsalted pretzels		Low-sodium or unsalted pretzels
Raisins		Unsalted roasted almonds		Sesame sticks		Shredded unsweetened coconut
Crystallized ginger		Soy nuts				Mini-marshmallows
Pineapple		Chopped walnuts				
Apple						
Papaya						



Chef's Notes

- Make a batch in advance. Store in an air-tight container in a cool, dry place.
- Trail mix can be high in calories. Keep portion sizes small.
- Pack single servings into small snack bags. Take for a healthy snack on the go!