
Create Your Own Trail Mix

Instructions:

Mix and match the ingredients below to create your own recipe. There is no right way to make a trail mix. Combine whatever sounds good to you! Trail mix is a nutrient-dense snack rich in vitamins, minerals, fiber, healthy fats, and protein. Choose “unsalted” if concerned about sodium or “unsweetened” if concerned about added sugars.

Nuts:

Almonds	Brazil nuts	Cashews	Chestnuts
Hazelnuts	Macadamia nuts	Peanuts	Pecans
Pili nuts	Pine nuts	Pistachios	Walnuts

Seeds:

Chia seeds	Flax seeds	Hemp seeds	Pumpkin seeds
Sesame seeds	Squash seeds	Sunflower seeds	Wheat germ

Grains:

Whole grain/wheat crackers	Corn Cereal	Oat or Oat Bran Cereal	Granola
Puffed Rice Cereal	Shredded Wheat Cereal	Popcorn	Pretzels
Toasted garbanzo beans	Toasted Oats	Rice chips	Sesame sticks

Dried Fruit, Freeze-Dried Fruits and Vegetables:

Apples	Apricots	Banana chips	Blueberries
Cantaloupe chunks	Cherries	Coconut	Corn
Craisins/Cranberries	Dates	Figs	Ginger
Goji berries	Guava	Kiwi	Mango
Nectarines	Peaches	Peas	Pears
Pineapple chunks	Plums	Pomegranate	Prunes
Raisins	Raspberries	Strawberries	Sun-Dried tomatoes

Sweets:

Butterscotch chips	Cacao nibs	Chocolate chips
Chocolate-covered coffee beans	Mini marshmallows	Chocolate candies

Peanut butter chips	Peanut butter candies	Yogurt-covered raisins
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Savory Extras for Added Flavor and Seasoning:

Cardamom	Cayenne pepper	Cinnamon
Curry powder	Garlic powder	Ground ginger
Nutmeg	Onion powder	Wasabi peas

Sample Trail Mix Recipes:

Basic Mix: Mixed nuts, mixed dried fruit, and granola

Tropical: Cashews, Brazil nuts, dried mango, coconut flakes, and banana chips

Fall Mix: Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, and cinnamon

Rich and Creamy: Coconut flakes, white chocolate chips, hazelnuts, chocolate-covered coffee beans, and cacao nibs

Beach Mix: Macadamia nuts, white chocolate chips, dried pineapple, and coconut flakes

Spicy and Savory: Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal, and sesame sticks

Peanut Butter Mix: Banana chips, peanuts, walnuts, and peanut butter candies

Coffee Mix: Hazelnuts, almonds, raisins, pretzels, and chocolate-covered coffee beans

Monkey Mix: Banana chips, peanuts, almonds, dark chocolate chips, raisins, and coconut flakes

Movie Night: Popcorn, peanuts, chocolate candies, and dried cranberries

Cereal Lover: Oat bran cereal, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, and dried blueberries

PB&J: Peanuts, dried strawberries, whole wheat crackers, and puffed cereal