



# Trail Mix

- 1 cup nuts, purchase raw and toast your own
- 1 cup seeds, purchase raw and toast your own
- ½ to ¾ cup dried fruit
- ½ to ¾ cup dry cereal, read labels
- ½ to 1 teaspoon ground spice
- ¼ cup extra goodies (see below)

Mix together and store in a to-go container or put in single serve containers, ready to grab.

**Dried fruit ideas:** Apples, chopped apricots, banana chips, chopped dates, goji berries, raisins, blueberries, cranberries, etc.

**Cereal ideas:** Oat flakes, puffed millet, puffed rice, Uncle Sam brand flaked cereal or Kashi Mighty bites (read labels)

**Spice ideas:** Cinnamon, ground ginger, pumpkin pie spice blend, chili powder and cinnamon combination, 5-spice powder, curry powder sweet or spicy, Italian herb blend

**Extra goodies:** Coconut, whole grain pretzels, dark chocolate mini chips or semi-sweet, Sunspire grain sweetened dark chocolate chips or cacao nibs