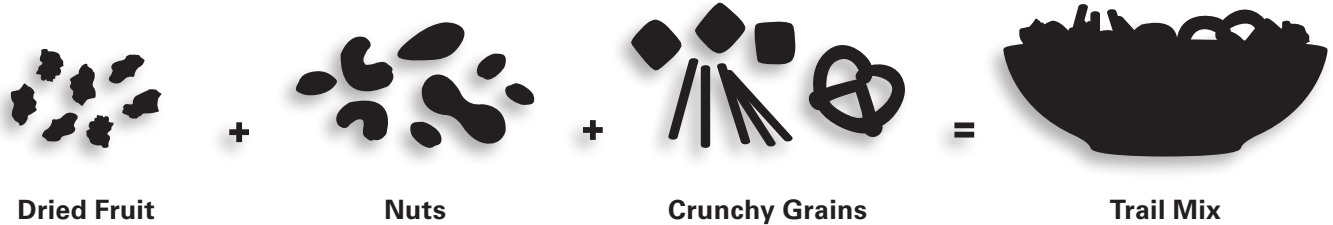


Make Your Own Trail Mix

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



Add one ingredient from each column to make 6 servings (½ cup each).

Dried Fruit (½ cup)		Nuts (½ cup)		Crunchy Grains (1 cup)		Other (1 cup total; no more than ½ 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		Chocolate-coated nuts or dried fruit
Crystallized ginger		Soy nuts				Shredded unsweetened coconut
Pineapple		Chopped walnuts				Mini-marshmallows
Apple						
Papaya						

Chef's Tips:

- 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 zip-top bags. Take for a healthy snack on the go!