



More **Healthy.**
More **Happy.**



Kiddos DIY Trail Mix

Ingredients

- Use desired amount of each ingredient Nuts (e.g. cashews, pecans, walnuts, almonds)
- Seeds (e.g. sunflower, pumpkin, flax, chia, sesame)
- Dried fruit (e.g. raisins, apricots, cranberries, dates, dried coconut)
- Other add-ins (e.g. dark chocolate chips, cacao nibs, pretzels, mini marshmallows, popcorn, spices)

Sample Trail Mix Creations

Sweet & Simple: almonds, dried cranberries, dark chocolate chips, sea salt, and cinnamon

Savory: almonds, pumpkin seeds, sunflower seeds, onion powder, garlic powder, sea salt, and cayenne pepper

Directions

1. Mix all ingredients and enjoy!

Nutrition Fun Facts, Tips & Tricks

- Nuts: Feel free to use any kind. Raw nuts that haven't been coated and roasted often contain less salt and oil. If you want roasted nuts, try doing it at home in a conventional oven so you are aware of what is going on them!
- Seeds: Seeds contain several nutrients, including protein, iron and magnesium.
- Dried fruit: Dried fruit can be packed with sugar, look for options with less added sugar. Consider adding 1/4 cup or less of dried fruit to your trail mix, as even unsweetened versions are higher in sugar and calories than fresh fruit.
- Add-ins: Spices are a great way to get creative and add flavor to your trail mix! Try cinnamon, nutmeg and sea salt (for a sweet version), or onion powder, garlic powder, and cayenne pepper (for a savory version).



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LET'S GO!

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