

## 10-Minute Trail Mix

### Instructions

1. Combine all ingredients into a large bowl and stir together.
2. Store in an airtight glass jar or Tupperware in the refrigerator for four to six months, or up to one month in the pantry.

### Ingredients

#### **Tropical Trail Mix:**

- 1 cup raw or dry roasted cashews
- ½ cup raw or dry roasted almonds
- ½ cup unsweetened coconut flakes
- 1 ½ cup unsweetened, dried mango
- ½ cup unsweetened, dried pineapple
- ½ cup unsweetened, dried papaya

#### **Chocolate Raspberry Trail Mix:**

- 3 cups plain popcorn
- 1 cup raw or dry roasted pecans
- ½ cup raw or dry roasted almonds
- ½ cup dark chocolate chips
- 1 cup freeze-dried raspberries

#### **“Classic” Trail Mix:**

- 1 cup raw or dry roasted peanuts
- ½ cup raw or dry roasted almonds
- ½ cup hulled pumpkin seeds
- 1 cup unsweetened, dried raisins or cranberries
- ½ cup M&M's

### Notes

- Choose unsalted nuts to reduce sodium content.
- Choose unsweetened, dried fruit to reduce added sugar content.
- Generally, add more nuts and seeds to provide healthy fats and protein that will keep you fuller for longer.
- A cupped handful is about one serving.