

Trail Mix: Simple, Wholesome & Delicious!

Trail mix is a combination of dried fruit, grains, nuts and sometimes chocolate. It is named for its popularity as a lightweight, easy to pack, high energy snack to enjoy on hiking trails.

When it comes to what to put in trail mix, the only thing you are limited by is your own palate and imagination! You can buy pre-made trail mix in most grocery stores but as trail mix is so easy to make, you are best to make your own so that you can control the ingredients and the cost. Pre-made mixes are more expensive than making your own at home.

One word of caution – all trail mixes are high in calories and serving sizes are generally only intended to be about 1/4 cup! Treat trail mix as a healthy alternative to a candy bar for a boost of energy but don't overdo it!

Nutritional Info on a variety of trail mix ingredients: (Serving Size = 1oz /28g)

	Cal	Tot. Carb	Fiber	Net Carb	Sat. Fat	Mono Fat
Almonds	161	6.1	3.4	2.7	1	8.6
Brazil Nuts	184	3.4	2.1	1.3	4.2	6.9
Cashews	155	9.2	0.9	8.1	2.2	6.7
Chestnuts	60	12.8	2.3	10.5	0.1	0.2
Chia Seeds	137	12.3	10.6	1.7	0.9	0.6
Coconut*	185	6.6	4.6	2	16	0.8
Flax Seeds	150	8.1	7.6	.5	1	2.1
Hazelnuts	176	4.7	2.7	2	1.3	12.8
Madadamia Nuts	201	4	2.4	1.6	3.4	16.5
Peanuts	159	4.5	2.4	2.1	1.9	6.8
Pecans	193	3.9	2.7	1.2	1.7	11.4
Pine Nuts	188	3.7	1	2.7	1.4	5.3
Pistachios	156	7.8	2.9	5.8	1.5	6.5
Pumpkin Seeds	151	5	1.1	3.9	2.4	4
Sesame Seeds	160	6.6	3.3	3.3	1.9	5.3
Sunflower Seeds	164	5.6	2.4	3.2	1.2	5.2
Walnuts	183	3.8	1.9	1.9	1.7	2.5



GORP Recipe

Ingredients:

- ½ oz whole almonds
- ¼ oz unsalted, dry-roasted peanuts
- ¼ oz dried cranberries (unsweetened is best)
- 1 tbsp chopped, pitted dates
- 1 ½ tbsp chocolate chips

Instructions:

Combine ingredients into a small bowl. Makes 2 servings.

Nutritional Info:

Per Serving:

- 102 calories
- 6g fat
- 11g carbohydrates
- 3g protein
- 2g fiber
- 2g sugar
- 29mg sodium
- 69mg potassium



Lentil Trail Mix

Is someone in your household allergic to nuts? Try this delicious, crunchy alternative that is completely nut-free! Also safe to pack in your kids lunch to take to school!

Ingredients:

- 1 cup uncooked red lentils
- 1/2 cup raw pumpkin seeds
- 1/2 cup roasted, salted sunflower seeds
- 1/2 cup dried cranberries
- 1/3 cup dried apricots
- 1/2 cup dried pineapple chunks
- 1 tsp white rice flour
- 1/8 tsp Himalayan rock salt



Nutrition Facts	
Serving Size 68 g	
Amount Per Serving	
Calories 250	Calories from Fat 76
% Daily Value*	
Total Fat 8.4g	13%
Saturated Fat 1.2g	6%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrates 35.5g	12%
Dietary Fiber 9.6g	39%
Sugars 11.7g	
Protein 10.1g	
Vitamin A 13%	Vitamin C 18%
Calcium 3%	Iron 22%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Instructions:

1. Soak lentils in 4 cups water in a medium bowl for 4-6 hours. The longer you soak, the less chance the lentils will cause bloating or gas when you eat them!
2. When the lentils are ready, preheat oven to 350F, drain and rinse them really well before spreading across a 13X9 rimmed baking sheet and sprinkling with salt.
3. Bake in preheated oven on the middle rack for 30-35 minutes, or until lentils are crisp and crunchy. Allow to cool to room temperature.
4. Meanwhile, dice the dried apricots and pineapple chunks. Place in a bowl and add the rice flour. Toss the fruit in the flour until the pieces are coated and no longer sticky where they've been cut.
5. Mix lentils with remaining ingredients and transfer to an airtight container for storage. Makes 8 servings of 1/4 cup.

Kiddie Trail Mix

Easy, delicious, keeps for a long time in a sealed container, easily "tweaked" to suit personal tastes and a real kid-pleaser. Omit the nuts if bringing to school or daycare or if your own child has nut allergies.

Ingredients:

- 1 cup toasted oat cereal (Cheerios)
- 1 cup goldfish crackers
- 1 cup cherry-flavoured dried cranberries
- 1 cup cashew halves
- 1 cup mini M&Ms
- 1 cup butterscotch chips
- 1 cup mini pretzels



Instructions:

Combine ingredients into a sealed container. Store in a cool, dry area. Makes 15 servings.

Nutritional Info:

Per Serving:

- 143 calories
- 9g fat
- 142mg sodium
- 13g carbohydrates
- 1.5g fiber
- 5g sugar
- 4g protein