

SIMPLE AND HEALTHY SNACKS

TAKE TO THE TRAILS

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

There are no limits when it comes to the many combinations you can create. Let your palate and your imagination run wild! You can buy pre-made trail mix in most grocery stores, but trail mix is so easy to make! It is best to make your own to control the ingredients and the cost.

One word of caution: trail mix is a great healthy alternative to prepackaged convenience foods, just be mindful of the portion size. All trail mixes are high in calories and serving sizes are generally only about 1/4 cup!

Trail Mix Ingredients & Nutritional Information



	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

GOOD OL' RAISINS AND PEANUTS (GORP)

2 servings

Ingredients

- 1/2 oz whole almonds
- 1/4 oz unsalted, dry-roasted peanuts
- 1/4 oz dried cranberries or raisins (unsweetened is best)
- 1 tbsp pitted dates, chopped
- 1 1/2 tbsp chocolate chips

Directions

Combine ingredients in a small bowl and enjoy!

Nutrition Info Per Serving: Cal 102 | Fat 6g | Carb 11g | Pro 3g | Fibre 2g | Sod 29mg | Pot 69mg | Sugar 2g



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Benefits of Trail Mix

- Good source of protein
- Great source of good fat
- High caloric food makes it a great recovery food
- Source of antioxidants
- High in fibre
- Nutrient-dense



MAKE IT YOUR WAY!

Nut-Free Nosh

8 servings

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



Directions

1. Soak lentils in 4 cups of water for 4 to 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 lentils well and spread onto a 13 x 9-inch rimmed baking sheet. Sprinkle with salt.
3. Bake on the middle rack for 30-35 minutes, or until lentils are crisp and crunchy. Allow to cool.
4. While lentils bake, dice the dried fruit. 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 fruit mixture and transfer to an airtight container for storage.

Nutrition Info Per Serving: Cal 250 | Fat 8.4g | Carb 35g | Pro 10g | Fibre 10g | Sod 60mg | Sugar 12g

The Kiddie Trail

15 servings



Ingredients

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

Directions

Combine ingredients into a sealed container. Store in a cool, dry area. To control portion size, package in individual servings.

Nutrition Info Per Serving: Cal 143 | Fat 9g | Carb 13g | Pro 4g | Fibre 1.5g | Sod 142mg | Sugar 5g

