


Create Your Own Trail Mix

Instructions: Mix and match the ingredients below to create your own recipe. There is no right way to make a trail mix. Combine whatever sounds good to you!

Choose “unsalted” if you’re concerned about sodium.

Choose “unsweetened” if you’re concerned about added sugars.

Nuts



| | | | |
|-----------|----------------|------------|-------------|
| Almonds | Walnuts | Pistachios | Peanuts |
| Cashews | Macadamia Nuts | Pecans | Brazil Nuts |
| Pine nuts | Hazelnuts | Chestnuts | Pili Nuts |


Seeds

| | | | |
|---------|-----------|--------|------------|
| Pumpkin | Sunflower | Sesame | Flax |
| Hemp | Chia | Squash | Wheat germ |

Grains

| | | | |
|------------------------|------------|----------------------------|----------------------|
| Shredded Wheat® Cereal | Oat cereal | Chex® Cereal | Kashi® Cereals |
| Toasted Garbanzo Beans | Rice Chips | Cracklin’ Oat Bran® Cereal | Whole Wheat Crackers |
| Whole Grain Crackers | Popcorn | Sesame Sticks | Pretzels |
| Toasted Oats | Granola | Puffed Rice Cereal | Puffins® cereal |

Dried Fruit, Freeze Dried Fruits and Vegetables



| | | | |
|--------------------|-------------------|-------------|--------------|
| Cranberries | Cherries | Blueberries | Apples |
| Sun Dried Tomatoes | Banana Chips | Mango | Dates |
| Goji Berries | Pineapple chunks | Apricots | Strawberries |
| Grapes | Cantaloupe chunks | Pear | Peaches |
| Raisins | Nectarines | Kiwi | Guava |
| Ginger | Coconut | Plums | Prunes |
| Peas | Corn | Figs | Pomegranate |

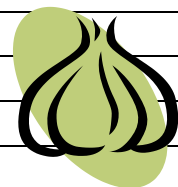
Sweets

| | | |
|-------------------|--------------------------------|-------------|
| Chocolate Chips | Chocolate covered coffee beans | Cacao nibs |
| Mini Marshmallows | Peanut butter chips | M&Ms® candy |

| | | |
|--------------------|------------------------|----------------|
| Butterscotch chips | Yogurt covered raisins | Reese's® candy |
|--------------------|------------------------|----------------|

Savory Extras for Added Flavor and Seasoning

| | | |
|---------------|----------------|---------------|
| Wasabi peas | Onion Powder | Cinnamon |
| Ground Ginger | Curry | Nutmeg |
| Cardamom | Cayenne Pepper | Garlic Powder |



Sample Trail Mix Recipes

Basic Mix: mixed nuts, mixed dried fruit, and granola



Tropical: Cashews, Brazil nuts, dried mango, coconut flakes, and banana chips

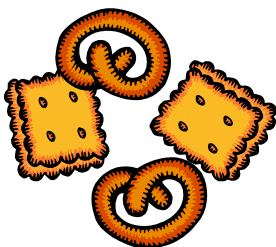
Fall Mix: Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, and cinnamon

Rich and Creamy: Coconut flakes, white chocolate chips, hazelnuts, chocolate-covered coffee beans, and cacao nibs

Beach Mix: Macadamia nuts, white chocolate chips, dried pineapple, and coconut flakes

Spicy and Savory: Almonds, wasabi peas, sesame seeds, dried ginger, Chex® cereal, and sesame sticks

Peanut Butter Mix: Banana chips, peanuts, walnuts, and Reese's Pieces® candy



Coffee Mix: Hazelnuts, almonds, raisins, pretzels, and chocolate-covered coffee beans

Monkey Mix: Banana chips, peanuts, almonds, dark chocolate chips, raisins, and coconut flakes

Movie Night: Popcorn, peanuts, M&Ms® candy, and dried cranberries

Cereal Lover: Cracklin' Oat Bran® cereal, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, and dried blueberries

PB&J: Peanuts, dried strawberries, whole wheat crackers, and peanut butter Puffins® cereal