

## HEALTHY HOMEMADE TRAIL MIX: 3 WAYS



### How To Make Homemade Trail Mix

There aren't too many strict rules to making your own trail mix, and the process is really quite simple! In general, you want to combine about 1/2 cup to 1 cup servings of a variety of ingredients from the examples below:

- **Raw Nuts** – like pecans, almonds, walnuts, pistachios, cashews, or peanuts.
- **Raw Seeds** – like pumpkin seeds or sunflower seeds.
- **Dried Fruit** – like apricots, mangoes, raisins, cranberries, dates, or freeze-dried berries.
- **Other Mix-Ins** – like dark chocolate chips, coconut flakes, popcorn, roasted chickpeas, or spices.

Choose whichever ingredients you desire, and add them to a large mixing bowl. Mix everything together well, and then portion it out for snacks!

Do note that I would recommend going a little heavier on things like nuts and seeds versus the dried fruit. These ingredients provide healthy fats and protein, which will help keep you fuller for longer and keep your blood sugar levels more stable.

# Healthy Homemade Trail Mix: 3 Ways

## Ingredients



### Tropical Trail Mix:

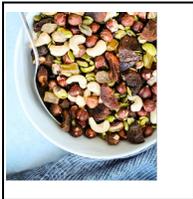
- 1 cup raw cashews
- 1/2 cup raw almonds
- 1/2 cup unsweetened coconut chips
- 2 cups unsweetened dried mangos, chopped
- 1/2 cup banana chips

### Chocolate Raspberry Trail Mix:



- 3 cups plain popcorn
- 1 cup raw pecans
- 1/2 cup raw almonds
- 1/2 cup dark chocolate chips or pieces
- 1 cup freeze-dried raspberries

### Ginger Apricot Trail Mix:



- 1 cup raw hazelnuts
- 1 cup raw pistachios
- 1/2 cup raw cashews
- 1/2 cup raw pumpkin seeds
- 1 cup dried apricots, chopped
- 1/3 cup crystallized ginger, chopped

## Instructions

1. Combine ingredients into a large mixing bowl and stir everything together well.
2. Store in glass jars or Tupperware, and portion out for snacks as desired!