



# Quick & Easy Trail Mix

Makes 5 servings

This quick and easy trail mix not only saves time and money, but provides you with a nutritious snack that is easy to eat on-the-go. Making trail mix is fun for kids, too!

## Ingredients

- 1/4 cup raw almonds
- 1/4 cup raw cashews
- 1/4 cup raw pumpkin seeds
- 1/4 cup dried cranberries
- 1/4 cup dark chocolate pieces



## Instructions

Combine all ingredients into a large bowl and mix. Use a measuring cup and separate mixture into individual containers or bags.

## Special recipe notes

- Allows for many modifications, such as adding walnuts, pecans, sunflower seeds or your favorite nut. Also, try adding dried apples or cherries.

## Nutrition Facts

Serving Size: 1/4 cup; Calories 171; Total Fat 12.9g; Saturated Fat 4.0g; Cholesterol 0mg; Sodium 12mg; Total Carbohydrates 11.0g; Dietary Fiber 2.7g; Protein 4.6g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and  
BlueChoice HealthPlan of South Carolina