

# Build Your Own Trail Mix

## Ingredients

- **Sweet components:**
  - Dried fruit, banana chips, dark chocolate chips, yogurt-covered raisins, mini marshmallows, coconut flakes
- **Salty components:**
  - Salted nuts or seeds, pretzel pieces, popcorn
- **Savory/umami components:**
  - Roasted chickpeas/soybeans/edamame, cheese crackers or cubes (shelf-stable like moon cheese or mini Cheez-itz), wasabi peas, seaweed snacks (cut into small strips)
- **Spicy components:**
  - Spicy chili lime peanuts, tajin-dusted dried pineapple, cajun spiced sunflower seeds, sriracha cashews
- **Neutral/base components:**
  - Rolled oats clusters or granola, air-popped plain popcorn, rice cereal squares, unsalted nuts or seeds

## Instructions

- In a container, use the following ratio to mix together your desired selection of the following:
  - 2 parts nuts/seeds
  - 1 part dried fruits
  - 1 part grains/crunch
  - 0.5 part flavor additions
  - Herbs and spices, up to flavor preference

## Notes

- Following the recommended ratio allows for you to prepare anywhere from a single serving to a large batch!
- Store in an airtight container or zip-top bags.
- Keep in a cool, dry place for up to 2–3 weeks.
- Refrigerate or freeze if using perishable items like cheese crisps or yogurt-covered items.
- Serving size:
  - Everyday snack: ¼ cup (30g) for a balanced, energy-boosting snack
  - Post-workout or meal supplement: ½ cup (60g) Good option if protein and carbs are needed to refuel the body after exercise. Pair with fresh fruit or yogurt to round it out.
- Rough estimate of nutrition information (1/4 cup serving ):
  - Calories: 160-180 kcal
  - Protein: 4 g
  - Fat: 10 g
  - Carbohydrates: 15-18 g
  - Sodium: 100-150 mg

