

# MIX IT UP WITH TRAIL MIX

Trail mix is a fun and easy snack you can make a ton of different ways! This page has ideas for ingredients you can use to make your own "Mighty Mix".

Look for  
whole grain  
options!

## GRAINS

Pretzels  
Granola  
Chex Cereal  
Cheerios  
Popcorn  
Goldfish  
Animal Crackers

## PROTEIN

Peanuts  
Cashews  
Roasted Chickpeas  
Almonds  
Pistachios  
Sunflower Seeds  
Pumpkin Seeds

## FRUITS

Raisins  
Banana Chips  
Craisins  
Dried Apple  
Dried Mango  
Toasted Coconut  
Dried Apricot  
Dried Blueberries

## OTHER ADDITIONS

Chocolate Chips  
Yogurt Chips  
Marshmallows  
White Chocolate Chips

Try to  
incorporate  
as many  
food groups  
as possible!

Spices like cinnamon, Cajun seasoning, garlic powder, and chili powder can give your trail mix an extra kick.