



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Homemade Trail Mix

YMCA of Northern
Rock County

So easy to make ... and so much healthier!

Servings: 8 (approx. 1/2 cup each)

Ingredients:

- 3/4 cup raw pecans* (can toast in oven 10 minutes at 350 degrees F.)
- 3/4 cup raw cashews* (can toast in oven 10 minutes at 350 degrees F.)
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup dried cherries (unsweetened and without sulfur dioxide are best)
- 1/2 cup raisins (unsweetened without sulfur dioxide are best)
- 1/2 cup chopped 82% dark chocolate
- 1/4 teaspoon sea salt
- 1/2 teaspoon cinnamon
- pinch of nutmeg

Instructions:

1. Combine all ingredients in a large bowl.

*Can substitute almonds, walnuts, macadamia nuts, etc.

**Can substitute dried cranberries, dried blueberries, etc.

Nutrition Per Serving:

Calories: 340

Fat: 22g

Carbs: 32.3g

Protein: 6.6g



This recipe is provided to you by Y
Personal Trainer, Kelly Jones



Recipe courtesy of: <https://www.thehealthymaven.com/how-to-build-a-healthy-trail-mix/>