



Build Your Own Trail Mix

{ Nuts + Seeds + Grains + Fun Stuff + Seasoning }

- ☐ Peanuts
- ☐ Almonds
- ☐ Cashews
- ☐ Walnuts

- ☐ Pecans
- ☐ Pistachios
- ☐ Hazelnuts
- ☐ Brazil Nuts

- ☐ Pine Nuts
- ☐ Soy Nuts
- ☐ Macadamia Nuts

- ☐ Pumpkin
- ☐ Sunflower

- ☐ Hemp
- ☐ Sesame

- ☐ Flax
- ☐ Edamame

- ☐ Popcorn
- ☐ Pretzels

- ☐ Granola
- ☐ Puffed Wheat

- ☐ Puffed Rice
- ☐ Whole Grain Cereal

- ☐ Dried Fruit
- ☐ Banana Chips

- ☐ Yogurt Raisins
- ☐ Chocolate Chips

- ☐ Coconut
- ☐ Yogurt Chips

- ☐ Cinnamon
- ☐ Nutmeg

- ☐ Sea Salt
- ☐ Cayenne Pepper

- ☐ Pumpkin Pie Spice
- ☐ Ginger



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