



## 21 Healthier Trail Mix Recipes to Make Yourself

There are no rules to trail mix so go ahead and combine whatever sounds good! Here are a list of combinations you may want to try.

1. **Simple and Sophisticated:** Almonds, dried cherries, dark chocolate chips, sea salt and cinnamon.
2. **Old School GORP:** Peanuts, raisins, M&M's.
3. **Tropical Mix:** Cashews, Brazil nuts, dried mango, coconut flakes, banana chips.
4. **Fall Flavors:** Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, cinnamon.
5. **Savory Seeds:** Almonds, pumpkin seeds, sunflower seeds, garlic powder, onion powder, cayenne pepper.
6. **Power Mix:** Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.
7. **Rich and Creamy:** Coconut flakes, white chocolate chips, Hazelnuts, chocolate-covered coffee beans, cacao nibs.
8. **Beachy:** Macadamia nuts, white chocolate chips, dried pineapple, coconut flakes.
9. **Nuts for Nuts:** Almonds, walnuts, peanuts, cashews, pecans, raisins.
10. **Exotic:** Peanuts, raisins, puffed rice, pretzels, curry powder, chili powder.
11. **Spicy and Savory:** Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal.
12. **Raw Energy:** Walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg, sea salt, dried apricots, dried cranberries.
13. **Peanut Butter Friend:** Banana chips, peanut butter chips, peanuts, almonds, dark chocolate chips.
14. **Coffee Shop:** Hazelnuts, almonds, raisins, chocolate-covered coffee beans, white chocolate chips.
15. **Chocolate Lover:** Hazelnuts, dried cranberries, chocolate-covered almonds, M&Ms, cacao nibs.
16. **Monkey Munch:** Banana chips, peanuts, sea salt, almonds, dark chocolate chips, raisins, coconut flakes.
17. **Movie Night:** Popcorn, peanuts, M&Ms, dried cranberries. Pro tip: Use hot popcorn to melt the chocolate.
18. **Cereal Lovers:** Bran Flakes, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, dried blueberries.
19. **Deconstructed Puppy Chow:** Almonds, whole-grain Chex or wheat cereal, dark chocolate chips, peanut butter chips, cacao nibs, dried cranberries.
20. **PB&J:** Peanuts, dried strawberries, peanut butter chips, shredded wheat cereal.
21. **Cajun Blend:** Almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, sea salt, garlic powder, chili powder, ground cumin, cayenne pepper.

