Nourishing Notes

Trail Mix Recipe

Snacking is an important way to maintain energy levels while being physically active or eating on the run during a busy day. Trail mixes are flavourful mixtures of cereal, dried fruit, and nuts that are easy to prepare.

The cereal, pretzels, and fruit provide carbohydrate for energy and fibre to help slow down the release of sugar into our bloodstream. The chocolate M & M's® also provide energy and are okay to have once in awhile in moderation. Nuts provide protein and fat that work with the carbohydrate to give us staying power over the long haul. This combination of carbohydrate, protein, and fat make trail mixes a great choice for activities that last longer than two hours such as hiking and cycling.

Commercial trail mixes are often expensive and too high in fat. For a heart healthy and inexpensive trail mix, follow the recipe below:

In a large bowl, mix together:

2 cups	Cereal (Crispix®, Cheerios® , Shreddies®, Corn Bran®, or any cereal that always stays crunchy. Use a mixture for variety)
1 cup	Pretzels
1 cup	Dried Fruit (raisins only or mixed dried fruit according to preference)
1/2 cup	Nuts (peanuts, sunflower seeds or other nuts)
1/4 cup	M & M's® or Smarties® plain chocolate

The mixture makes approximately 5 cups and can be stored in a tightly sealed container in the cupboard for up to one month.

Nutritional analysis:	Per 1/2 cup serving
Protein	3 g
Fat	6 g
Carbohydrate	17 g
Fibre	2 g
Calories	157

- 33 % of calories from fat

Trail mix is also a great snack to have on hand during busy days. Keep a supply at work and take some along during long car drives for you and your family. Trail mix also comes in handy as a snack for kids while at school or day camp.

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