Healthy Hits

Power Snack
Trail mix is full of healthful stuff, but not always low calorie. Hold yourself to 1/4 cup or about a handful. Pack in small bags or containers for take-along.

Balancing Act
Sweet ingredients (fruit, chocolate) give a quick energy boost, while protein-rich ones (nuts, beef jerky) help sustain your energy for hours.

Fit To Be Dried
Sulfur dioxide is often used to preserve dried fruit’s soft texture and bright color. The natural unsulfured kind is more flavorful, though, so opt for that if you can find it.

Mix and Match Possibilities

- Raisins
- Dried Pineapple
- Turkish figs
- Banana chips
- Dried mango
- Chopped dates
- Whole roasted almonds
- Walnuts
- Shelled pistachios
- Cashews
- Pecans
- Crystallized ginger
- Shelled sunflower seeds
- M&Ms
- Chex cereal
- Reese’s Pieces
- Mini pretzels
- Macadamia Nuts
- Mini Shredded Wheat
- Oyster Crackers
- Peanut Butter Chips
- Pumpkin Seeds
- Sesame Sticks
- Shredded Coconut
- Smoked Almonds
- Toasted Pine Nuts
- Yogurt Covered Raisins
- Grape Nuts Cereal
- Bagel Chips
- Candied Orange Peel
- Dehydrated Apple Chunks
- Animal Crackers
- Dried cherries
- Dried blueberries

Great Granolas are Super Snacks To Pack
Granola Snack Recipes

Morocco Mix
1 cup salted roasted almonds • 1/2 cup chopped dried apricots • 1/2 cup golden raisins • 1/2 cup broken wheat crackers • 1/8 tsp. cinnamon • generous pinch salt
» Makes 2 1/2 cups

Choco-Corn
2 cups salted popcorn • 1 cup dark chocolate, roughly chopped • 1 cup salted roasted pistachios • 2 tsp. cocoa powder • generous pinch salt
» Makes 4 cups

Kids Krunch
1 cup peanut butter puff cereal • 1 cup yogurt-covered pretzels, broken into bite-size pieces • 1/2 cup dried fig pieces or raisins • 1/2 cup salted sunflower seeds
» Makes 3 cups

Protein Power
1/2 cup sliced beef jerky • 1/2 cup store bought or home made kale chips • 1/2 cup salted roasted pecans • 1/2 cup rice crackers, broken into bite-size pieces • 1/2 cup carrot chips, broken into bite-size pieces • pinch salt
» makes 2 1/2 cups

Tropical Treat
2/3 cup salted roasted cashews • 2/3 cup sesame sticks • 1/2 cup sliced dried mango • 1/2 cup puffed rice cereal • 1/2 cup dried wasabi peas • 2 tbsp. sliced candied ginger
» makes 3 cups

Health Nut
2/3 cup salted roasted walnuts • 2/3 cup salted roasted almonds • 1/2 cup dried blueberries • 1/2 cup dried sour cherries • 2 tbsp. hemp seeds • generous pinch of salt
» makes 2 1/3 cups