



Lynn's BEST Trail Mix

Prep Time: 15 minutes

Servings: 18 from 4 ½ cups of final product.

Serving Size = ¼ cup (which is 28 grams/1 ounce)

INGREDIENTS: You get to have a say in this!

Do you want a salty or sweet snack, or a combination of both?

- 1 10-ounce can of mixed nuts. Honey roasted is my favorite.

½ cup of the following

- Roasted edamame
- Roasted yellow soybeans
- Dried cranberries and/or Raisins
- Pistachios
- Sunflower seeds
- Pepitas (Roasted & salted pumpkin seed kernels)
- Roasted and salted green peas
- Chocolate chips (optional)

Step 1: How easy is this?

- Mix ingredients in a large bowl and serve.
- Store in an airtight container.

Grab-and-Go Suggestion. Make your own individual serving packets for snacks on-the-go. This will save you time and money when compared to purchasing snacks at the store. (Have you seen the price of snacks recently?!?)

Nutrition Facts: Home-made trail mix is the gold standard, without unnecessary sugar and salt.

Lynn's Best Trail Mix is the best because of the roasted soybeans.

The inclusion of high-protein, high-fiber, dry roasted soybeans increase the overall nutritional value of this year-round snack option.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 45 g		Total Fat 17.4g	27%	Total Carbohydrates 7g	2%
1 serving (1.6 oz)		Saturated 2.6g	13%	Dietary Fiber 3g	11%
Calories 189		Trans Fat 0g		Sugars 2g	
From fat 146		Cholesterol 0mg	0%	Protein 5g	9%
		Sodium 21mg	1%		
		Calcium 3%	Iron 8%	Vitamin A 1%	Vitamin C 8%

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* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.