



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

Visit [produceforkids.com](http://produceforkids.com) for more healthy recipes & tips!