



FRUITS, NUTS, AND SEEDS TRAIL MIX

Nibble your way to a healthier heart. This cholesterol-free combination is rich in plant substances that may reduce your risk of coronary disease. Plus, almonds contain the good kind of fat—the kind that protects your heart.

Makes 14 (1/4-cup) servings

INGREDIENTS

- 1 c. raw almonds
- ½ c. dried, sweetened cranberries
- ½ c. roasted, salted sunflower seeds
- ½ c. roasted, salted pumpkin seeds
- 1/3 c. raisins
- 1/3 c. chopped, dried apples
- 1/3 c. chopped, crystallized ginger

DIRECTIONS

- 1] Combine all ingredients in a bowl. Stir well.
- 2] To store, spoon ¼-cup servings into small sealable bags or containers with lids. Freeze for long-term storage.

Nutritional information per serving:

- 150 calories
- 8 g total fat
- 4 g protein
- 66.7 mg sodium
- 2.6 g dietary fiber
- 17 g carbohydrates
- 66.7 mg sodium
- 2.6 g dietary fiber

