

# DIY TRAIL MIX

This no-cook snack can be prepared in advance, individually packaged and contains fruit, whole grains and protein! Mix and match the choices below to create your one-of-a-kind trail mix.

## DRIED FRUIT

raisins  
cranberries  
blueberries  
mango  
pineapple  
apricot  
prunes  
coconut chips  
plantain chips  
freeze dried fruit

+

## WHOLE GRAINS

popcorn  
whole grain cereal  
(ex: Cheerios, Chex, Life or similar)  
unsalted pretzels  
whole grain granola  
mini whole grain crackers

+

## PROTEIN

roasted chickpeas  
roasted lentils  
pumpkin seeds  
sunflower seeds  
peanuts  
tree nuts  
(ex: almonds, cashews, pecans, Brazil nuts, walnuts, pistachio, macadamia)



## ALLERGEN ALERT:

Please reference your school nutrition policy related to allergens, to determine which options may be a good fit for your program. If choosing a protein item is a challenge, you can make trail mix bags with dried fruit and whole grains and serve a protein choice on the side (ex: yogurt, cheese, eggs, milk). If you have questions or concerns, please reach out to your program dietitian!

## QUICK TIP:

If you have student volunteers, this can be a fun task for them to complete. Students who volunteer can choose what items go in the trail mix!

## PACKAGING IDEAS:

- Plastic baggies, paper bags
- Paper or compostable cups
- Individual serving bowl or scoop from a large bowl on to a paper napkin
- Try a "Trail Mix Bar" - all ingredients are laid out and students can choose what goes into their individual baggies or cups

