



# Featured Recipe:

## Healthy Trail Mix

### *Ingredients:*

1/2 cup cherries, dried, not packed  
1/2 cup apples, dried, pieces  
1/4 cup apricots, dried  
1/2 cup English walnuts, pieces  
1/4 cup sunflower seeds, raw  
1/2 cup raisins, not packed  
1/4 cup banana chips  
1/4 cup almonds, whole, raw

### *Directions*

Mix all ingredients in a bowl and divide into small storage bags for portion control and portability. Makes 3 cups. One quarter cup is 180 calories, 3 g fiber, 24 carbs, 3 g protein, 10 grams fat.