

Trail Mix: Quick Facts

- ✓ Eating a handful of nuts about five times a week will reduce your chances of getting a heart attack by at least 15 percent and possibly as much as 51 percent.
- ✓ Nuts are one of the richest sources of vitamin E. High consumption of vitamin E is thought to reduce Alzheimer's disease.
- ✓ The fiber and magnesium found in nuts help maintain blood insulin and glucose levels.

Toss N Go Trail Mix

2 C dried fruit of your choice (ie. apples, raisins, cranberries, mango, blueberries, papaya, apricots, coconut)

2 C mixed nuts of your choice (ie. walnuts, almonds, peanuts, sunflower seeds, Brazil nuts)

½ C dark chocolate chips

Toss in large bowl, portion out into small Ziploc bags.



Dried fruit can be a terrific source of health-promoting nutrients as the fruits' benefits remain and are actually concentrated if you measure by volume.

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