

MIX'N'MUNCH

This year, try creating your own trail mix for a healthy, personalized snack that is great for munching on the go or at the gym. Many of the ingredients below are packed with protein and fiber, but be mindful of the high caloric options, like chocolate or dry fruit; a little goes a long way! Combine any of the ingredients below and store in an airtight container in a cool, dry location. You can also try dry roasted nuts, coconut flakes, espresso beans, flax seeds, or spices like cumin or cayenne pepper. The options are endless, so go nuts! 🇺🇸



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