

Lower Calorie Trailmix

Makes 15 servings



Ingredients

- 2 cups Chex rice cereal (or Cheerios)
- 1/2 cup roasted chickpeas
- 1/2 cup walnuts
- 1/2 cup cashews
- 1/2 cup peanuts (omit if necessary)
- 1/2 cup almonds
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/3 cup dried cranberries



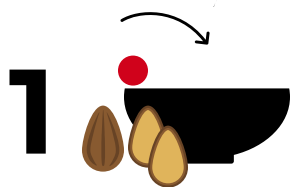
Walnuts are a source of ALA, a type of omega-3 fatty acid that can help protect your heart, joints, and brain from unwanted inflammation

Nutrition Facts

per 1 serving (1/3 cup)

Calories 181	% Daily Value*
Carbohydrates 12g	
Fibre 3g	
Sugar 3g	
Protein 6g	
Fat 13g	

Directions



Combine all ingredients in a large container and mix well.

2 ENJOY

Store in an airtight container and portion out 1/3 cup per serving and enjoy!