

Trail mix is the perfect pre-workout snack for those who do not like to eat a lot before a workout. It offers carbs and protein in a small but filling package, and it's easy to make! All you need are nuts, dried fruit, and your favorite cereal.

The combination of dried fruit and heart-healthy walnuts loaded with omega-3 fatty acids adds up to a flavorful, nutrition-dense post-workout treat. Thinking of saving time by buying a pre packaged trail mix? Think again. Unfortunately these are often high in salt, sugar and preservatives.

It's known as a hiking staple, but trail mix is a good snack for any workout. Raisins give you a quick hit of energy that's easy on the stomach. Mix a small handful of them with a few almonds, which are high in protein and heart-healthy unsaturated fat.

Good quality homemade trail mix, in moderation is 100% part of a healthy diet. Especially in those circumstances of high physical activity where you need energy, fast.

This trail mix includes healthy fats and antioxidants from nuts and seeds, quality dried fruit for energy and the fun stuff because health doesn't need to mean sacrificing on fun. The flavor is also spot on!

So let me convince you to ditch the store-bought trail mix in favor of this homemade trail mix recipe. Trust me it will quickly become your go-to snack mix.

<https://www.thehealthymaven.com/how-to-build-a-healthy-trail-mix/>

1. **Nuts** – *Feel free to use any kind of nut here! Ideally, purchase raw nuts that haven't been coated and roasted in hydrogenated or soybean oils and salt. You're welcome to dry roast them at home for an added toastiness, but if you're a nut purist, just keep them raw. Options include almonds, walnuts, pecans, cashews, hazelnuts, pistachios, macadamia nuts etc...*
2. **Seeds** – *Don't forget about seeds! Often overlooked for the health benefits of nuts, seeds actually pack a serious nutritional punch including protein, iron, magnesium and an array of vitamins and minerals including Omega-3 + 6 Fatty Acids. Again, look for raw, unsalted seeds. Options include pumpkin seeds, sunflower seeds, sesame seeds.*
3. **Dried Fruit** – *Because of the high sugar content in dried fruit, they're a great snack to help boost your low blood sugar after a high dose of physical activity. Be careful when picking dried fruit! Do your best to find sun dried fruit that isn't coated in sugar and is ideally unsulfured. It's more expensive, but it's worth it. Options include good old raisins, dried mangos, apricots, blueberries, coconut flakes, dried bananas (or banana chips), strawberries and cranberries.*
4. **Fun Stuff!**– *Just because it's healthy doesn't mean you can't throw in a little fun! I'm all about balance, so feel free to add in a handful of your favorite decadent or healthified decadent treat (kids love it too!). Dark chocolate and popcorn are my faves so those are my go-tos but feel free to get a little crazy with some pretzels, candy (hello m&m), peanut butter chips, white chocolate chips, cereal (cheerios or chex are great!) or other sweet treats.*
5. **Spices** – *this is my secret ingredient in trail mix. Add a pinch of salt (or skip if watching sodium), some cinnamon and a little nutmeg. You can also add some cayenne pepper if you like a little kick!*

# THE ANATOMY OF THE TRAIL MIX

