

*From the Kitchen of*  
**THE CENTER**  
for Health Improvement

## Healthy Fall Trail Mix

*Recipe provided by: Andrea Harmony, MS, RD, LD*

Ingredients:

- 2 cups almonds
- 1 cup cashews
- 2 cups raisins
- 1 cup pumpkin seeds
- 1 cup sunflower seeds

Instructions:

Mix all ingredients in a large bowl and ENJOY!

**Nutritional  
Information**  
**(Per 1/4 cup serving):**

Serves: 28

Calories: 153

Fat: 10 g

Saturated fat: 1 g

Cholesterol: 0 mg

Carbohydrates: 13 g

Fiber: 3 g

Sodium: 181 mg

Protein: 5 g

\*Note: sodium content calculated using all salted nuts and seeds except for cashews. To reduce sodium content further, look for other unsalted nuts and seeds.