



## Heart-Healthy Trail Mix



- 1 cup unsalted whole almonds
- 2 cup unsalted peanuts
- 1 cup unsalted soy nuts
- 3 cups whole wheat Chex® cereal
- 1 cup Bran cereal (like All Bran® Bran Buds or Nature's Path® Smart Bran)
- $\frac{1}{2}$  cup dried cranberries
- 1 cup dried apricots
- 2-3 T ground flaxseed

Mix ingredients together in large bowl and serve.

Feel free to be creative and substitute different nuts or fruit to satisfy your taste buds!

Serving size  $\frac{1}{4}$  cup.

Calories 190 Fat 11g Carbohydrates 19g Fiber 6g  
Protein 9g Sodium 95mg