

# **TRAIL MIX**

## **Recipe**

**By Pamela M. Smith, R.D**

**Try ¼ to ½ cup of this trail mix mixture for a power snack:**

**2 cups dried fruit (dark or golden raisins, blueberries, cranberries)**

**1 cup dry roasted peanuts or soy nuts**

**1 cup dry roasted pumpkin or sunflower seeds**

**For more Power Snack ideas, get a copy of Pam's book *The Energy Edge* at <http://www.pamsmith.com/catalog>**