

Snack

Sweet and Salty Trail Mix

Side Effect: Constipation

5 Mins
Prep Time

0 Mins
Cook Time

6
Servings

327 Calories **21g Fat** **35g Carbs** **5g Protein**

Ingredients

6 Servings **5 Mins Total Time** **Allergens: Nuts**

6 Cups Popcorn

½ Cup Toasted Coconut Flakes

½ Cup **Roasted**, Salted Almonds

½ Cup **Roasted**, Salted Pecans

½ Cup Dried Cherries

½ Cup Dark Chocolate Chips

Allergen Swap

Nuts Omit the almonds and pecans and double the serving of roasted sunflower seeds.



Nourishment Note



Almonds

Nuts and seeds contain healthy doses of insoluble fiber important to helping relieve constipation. Almonds also contain protein to help support muscles and vitamin E to help lower inflammation.



Pecans

Nuts and seeds contain healthy doses of insoluble fiber important to helping relieve constipation.



Coconut

Dried coconut contains insoluble fiber important to helping relieve constipation.



Popcorn

Popcorn is a whole grain and provides the body with important B vitamins.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

Combine all ingredients in a mixing bowl.

3. Mix Ingredients

Mix to combine.

4. Store

Trail mix will keep for 1 day in an air-tight container.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Mixing Bowl



Spoon

Fatigue Buster

- Ask a friend or family member to help prepare this dish.