



Make Your Own Trail Mix

Yield: 1 serving

Serving size: ~1/3 cup

Ingredients

- 1 Tbsp Dry-Roasted Almonds
- 1 Tbsp Dry-Roasted Peanuts
- 1 Tbsp Dried Cranberries
- 1 Tbsp Pretzels
- 1 Tbsp Dark Chocolate M&Ms

Equipment

- Bowl or re-sealable bag

Method

- Select your favorite combination of nuts, dried fruit, and crunch
- Combine into a bowl or bag and enjoy the brain benefits and fuel!

Smart Snack Facts: Mixing Up Some Brain Power!

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- Peanuts are a source of healthy unsaturated fats and vitamin E which our brains depend on
 - Almonds contain vitamin E which protects our cells from oxidative stress
 - Dried cranberries contain polyphenols that boost cognitive function
 - Dark chocolate contains flavanols that can support blood flow and cognition
 - Pretzels are a source of carbohydrates that provide the brain with energy
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