

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 with soap and water.

### 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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Measuring Cups



Mixing Bowl



Spoon

### Fatigue Buster

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