

Spicy Protein Snack Mix

Got a craving for salt and crunch and a kick of spice? Satisfy it with this protein-powered snack mix with some healthy fiber to boot.

Makes 6 servings

6 oz spicy almonds

2 oz parmesan crisps

2 cups Chex wheat cereal

Cooking spray

Onion or garlic powder to taste

Chili powder, cayenne pepper, or salt free Cajun seasoning to taste

Directions:

Add spicy almonds, parmesan crisps, and cereal into a medium bowl or gallon zip lock bag. Coat with cooking spray. Sprinkle with onion or garlic powder and toss/shake until evenly distributed. Add more spices as desired and toss/shake evenly.

Tip: Portion the snack mix into air-tight single serving bags or containers so you're less tempted to mindlessly over-snack.

Chocolate Chip Craisin Trail Mix

Got a craving for chocolate or sugar? Combining sugar with fiber, healthy fat, and/or protein can

help curb the spike in blood sugar that results from eating concentrated sugar by itself. Dark chocolate has less sugar than milk chocolate. Try this chocolate chip cookie inspired trail mix to satisfy your sweet tooth.

Makes 8 servings

1 cup walnuts pieces, toasted lightly

1 cup dried cranberries

¼ cup dark chocolate chips

Directions:

To toast walnuts, spread nuts in a single layer on a baking sheet and bake at 350F for 8-10 minutes, checking frequently. Allow to cool. Stir together with dried cranberries and chocolate chips. Divide into equal portions in air-tight single serving bags or containers.

