

## Homemade Trail Mix

### **Instructions**

Buy raw nuts and seeds in bulk: walnuts, almonds, cashews, Brazil nuts, macadamia nut, pumpkin seeds, sunflower seeds.

Buy in a bag: large size, unsweetened coconut flakes, large size (Bob's Red Mill is a good brand)

Optional: Buy some dried ginger or dried dates.

Mix together; Store in a glass jar in the refrigerator.

Enjoy as a snack (1/4 cup is a good portion size).

Add to salads or other.

Nuts & seeds contain all the nutrients necessary to sustain new life, how cool is that! They are concentrated nutrition, full of protein, healthy fat, fiber, potassium, magnesium, vitamin E and cholesterol lowering phytosterols. Studies show that people who regularly eat a small amount of nuts have dramatically lower levels of heart disease. Combining nuts & seeds with beans, whole grains or dairy, in a meal, will provide a complete protein (meaning you get all the amino acids). True gifts from the planet! So go ahead and indulge, but in moderation, since they do contain saturated fat, so a little goes a long way!

Some specifics:

**Walnuts:** look like little brains which is really appropriate since they are especially high in those trendy omega 3 fatty acids that support brain function & happy moods, balance hormones, help fight inflammation; also high in cancer fighting elagic acid.

**Almonds:** the fruits of the sweet almond tree! Did you know that they are in the rose family and are first cousins to peaches? They are particularly high in riboflavin (vitamin B2, so important for maintaining energy levels & famous for turning your pee yellow when you take B complex vitamins!), vitamin E & other B vitamins. Almonds are also high in calcium, iron, magnesium, phosphorus, potassium, manganese and selenium.

**Cashews:** high in calcium, magnesium, iron, phosphorus, potassium, zinc and B vitamins. Cashew trees grow up to 40 ft, they originated in Brazil but now, most of the world's cashews come from India. Try making a cashew gravy to serve over vegetables: In a blender or food processor, blend 1 cup cashews, 3 tsp tamari soy sauce, 2 cloves garlic, to make a paste. Then add 2 cups hot water, 2 tsp kudzu (or use cornstarch), 1 Tbs Nutritional Yeast (not the yeast used in baking, this is a different powdered food, can get in the supplement section at Whole Foods), adds B vitamins & extra protein & chromium, a true booster food that will increase stamina & energy levels!). Blend. Pour into a pan. Bring to a slight boil. Add ¾ cups soy or other milk, stir. Continue cooking,

on very low until desired thickness. Pour over lightly cooked or raw veggies. Yum!  
Delicious & Nutritious!

**Brazil Nuts:** From the wilds of the Amazon! What more do you need to know??? These trees grow up to 150 ft, producing beautiful yellowish white blossoms. Especially rich in selenium, the mineral soooooo important for the thyroid, the body's metabolism czar! Eating 1 brazil nut a day gives you all the selenium you need for that day! Yea! Some nutrition trivia to turn your friends on to! Selenium is also considered to be the anti-cancer mineral since it is an important part of our anti-oxidant system.

**Pumpkin Seeds:** Pumpkins aren't just for creamy pies & jack-o'-lanterns! Hidden within the orange flesh of these marvelous vegetables is a treasure cove of crunchy, nutritious gems: pumpkin seeds! Especially high in zinc, the mineral soooooo important for everything including healthy sex organs (bet I have everybody's attention now!!)

**Sunflower Seeds:** Not just for the birds!! Amazing Giant Sunflowers grow up to 17 ft, graced with heads that can reach 33 inches in diameter! Beautiful rings of bright yellow petals surround a black center, exploding with edible kernels! They are said to be one of the best survival foods since they contain so many nutrients including vitamins A and D.

**Dates:** Candy that grows on trees! Arabian caravaners relied on dates for most of their nutrition during their long treks across the desert, since they are high in usable carbohydrate & food energy. They also contain some protein, fat, potassium, calcium, phosphorus, magnesium, B vitamins, vitamins A and C.

**Coconut:** a basic food staple in Polynesia; rich in that special kind of fat called MCT or medium chained triglycerides, these are the good triglycerides that are efficiently burned in the body as opposed to being stored around the waist or thighs

Note:

Make nuts and seeds more digestible and their nutrients more available, try soaking them in purified water overnight. Then rinse.

Use the soaked nuts/seeds up w/in that day, best to soak what you need for the day-or dry the soaked nuts/sees sin a dehydrator, put in a glass jar & store in the refrig