



Healthdor

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Ginger Zinger Trail Mix ✦

Ginger Zinger Trail Mix is a delicious and healthy snack that combines the flavors of ginger and nuts. It is perfect for on-the-go snacking or as a topping for yogurt or oatmeal. This trail mix is not only tasty but also provides a good source of protein and healthy fats.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g	almonds
100 g	Cashews
50 g	dried cranberries
30 g	dried ginger
50 g	Pumpkin Seeds

30 g	honey
20 g	coconut oil
5 g	sea salt

Directions

Step 1

In a large bowl, combine almonds, cashews, dried cranberries, dried ginger, and pumpkin seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a small saucepan, melt coconut oil and honey over low heat. Stir until well combined.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Pour the melted mixture over the nut and seed mixture. Stir until all ingredients are coated.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Oven

Spread the mixture evenly on a baking sheet lined with parchment paper. Sprinkle with sea salt.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Oven

Bake at 350°F (175°C) for 8-10 minutes, or until golden brown. Let cool completely before serving.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Sugars	7 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	10 g	35.71%	40%
Saturated Fat	2 g	9.09%	11.76%
Monounsaturated Fat	5 g	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	30 mg	3%	3%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%

Recipe Attributes

Events

Christmas

Meal Type

Snack

Course

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Demographics

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

South Beach Diet

5:2 Diet

OMAD (One Meal a Day) Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Healthy For

Hepatitis

Difficulty Level

Easy

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