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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



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

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

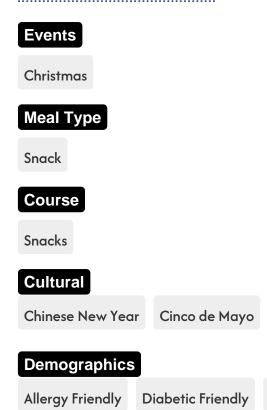
Vitamins

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



Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian DietSouth Beach Diet5:2 DietOMAD (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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