Balanced Mix-and-Match Snack Mix

When you’re maintaining a busy schedule, on the go, travelling, or just short on time for food prep, snack mixes can be a satisfying way to satiate hunger, and support your body with nutrient dense foods.

Top Thrive-worthy Snack Mix Foods

1. **Almonds**
   An excellent source of the heart-healthy antioxidant vitamin E, almonds deliver an excellent balance of protein and healthy fats. Use a few different varieties and forms of almond to keep your snacks interesting, switch up slivered or whole, or try them soaked.

2. **Brazil Nuts**
   Brazil nuts are a rich source of selenium, a key antioxidant mineral. Only 2 or 3 Brazil nuts a day will meet your recommended daily selenium needs.
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3 Cashews
Provides a source of copper and magnesium. Copper in particular is an essential mineral for bone health and the formation of red blood cells (necessary for energy). Combine copper rich foods with vitamin C & zinc rich foods to supercharge the benefits. Hint: golden berries and pumpkin seeds!

4 Walnuts
High in Omega-3, a small handful of shelled walnut halves (about 1 oz/28 g) deliver over 2 grams of this healthy polyunsaturated fat, along with 9 g of Omega-6.

5 SaviSeed
The richest source of Omega 3 essential fats on the planet, Savi Seeds (traditionally known as the Sacha Inchi Seed) are so nutrient dense you’ll only need 1 oz for a full serving size!

6 Sunflower Seeds
Delivering about 22 percent protein, sunflower seeds are rich in vitamin E, antioxidants and minerals – and they’re surprisingly filling due to their nutrient density.

7 Pumpkin Seeds
A good source of iron, pumpkin seeds are also a plant-based source of zinc. Zinc supports bone health in conjunction with vitamin C and copper, as well as supports healthy immune function.

8 Roasted Chickpeas
Crunchy and satisfying, roasted chickpeas are high in fiber and protein, making them a filling, low-glycemic snack. Also a good source of folate, chickpeas are low in fat, so balance them out with a fattier nut.

9 Golden Berries
A superfruit also known as “Incan Berries”, they can satisfy both a sweet tooth and sour craving, with their unique taste profile. A rich source of vitamin C, golden berries are also one of the few fruits to contain protein as well.
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10 Goji Berries
Rich in a particular antioxidant compound known as a carotenoid, Goji berries have been used for thousands of years (particularly in China, where they naturally flourish) for supporting macular (eye) health.

11 Dried Apple, Apricots and Figs
These dried fruits are excellent sources of soluble fiber, specifically pectin, which is especially beneficial in managing food cravings and keeping us satiated. Dried figs and apricots have the added bonus of iron and calcium, while dried apricots are also a good source of vitamin A.

12 Dried Root Vegetable Slices
Craving the crunch of chips? Dried root vegetable slices give you all the texture without the bad fat, sodium, or artificial stuff—and the benefit of most of your veggies nutrient content intact. Easily made at home in a dehydrator or at your oven’s lowest temperature, all you need is a few hours, a mandolin (or really good knife skills to cut 1/8" thin, even slices), a touch of coconut oil and the flavorful root veggies of your choice. Beets, carrots and sweet potatoes are delicious, fiber-rich, nutrient-dense options.

13 Coconut Flakes
Because they contain fiber, protein and healthy fats, coconut flakes help promote stabilized blood sugar. Coconut contains a particular type of fat called a “Medium Chain Triglyceride” which digests much differently than most saturated fats, as it converts quickly & easily to useable energy, rather than being stored in our cells.

14 Cacao Nibs
Made from gently ground cacao beans (also known as cocoa beans), this is the whole food from which our conventional chocolate is made. Using the minimally processed, whole food, increases the available mineral content. Cacao is also a rich source of polyphenol antioxidants.
# Mix and Match Snack Mix Grid

**MAKE**

## Mix and Match Snack Mix Grid

<table>
<thead>
<tr>
<th><strong>PROTEIN AND HEALTHY FATS</strong></th>
<th><strong>ANTIOXIDANT-RICH COMPLEX CARBS</strong></th>
<th><strong>HEALTHY GOODIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHOOSE AT LEAST TWO:</strong></td>
<td><strong>CHOOSE AT LEAST ONE:</strong></td>
<td><strong>OPTIONAL:</strong></td>
</tr>
<tr>
<td>cashews</td>
<td>golden berries</td>
<td>coconut flakes</td>
</tr>
<tr>
<td>walnuts</td>
<td>goji berries</td>
<td>cacao nibs</td>
</tr>
<tr>
<td>brazil nuts</td>
<td>dried figs</td>
<td></td>
</tr>
<tr>
<td>almonds</td>
<td>dried spricots</td>
<td></td>
</tr>
<tr>
<td>Saviseed - any flavor</td>
<td>dried apple slices</td>
<td></td>
</tr>
<tr>
<td>sunflower seeds</td>
<td>dried root vegetable slices:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>beets, carrots, sweet potato, or radishes</td>
<td></td>
</tr>
<tr>
<td>roasted chickpeas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pumpkin seeds</td>
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</tr>
</tbody>
</table>
Mix and Match Snack Mix

Makes approximately 1 3/4 cups snack mix, enough for 1/4 cup each day for a week

WHAT TO USE

Protein and Healthy Fats (choose at least one):
- Cashews
- Walnuts
- Brazil nuts
- Almonds
- SaviSeed: any flavor
- Sunflower seeds
- Roasted chickpeas
- Pumpkin seeds

Antioxidant-rich Complex Carbs (choose at least one):
- Golden berries
- Goji berries
- Dried figs
- Dried apricots
- Dried apple slices
- Dried root vegetable slices: beets, carrots, sweet potato, or radishes

Healthy Goodies (optional):
- Coconut flakes (large)
- Cacao nibs

HOW TO USE IT

1. Choose 3 to 5 total snack mix ingredients from the table.
2. For balance, choose at least 2 from the Protein and Healthy Fats column and at least 1 from the Antioxidant-rich Complex Carbs column.
3. Use 1/3 cup of each ingredient (for mixes with 5 ingredients), 1/2 cup each (for 4 ingredient mixes), or ½ cup each (for 3 ingredient mixes).

MIX-IT-UP TIP
Keep snacking interesting week after week by mixing-and-matching different combinations for a variety of textures and flavors.

BUYING TIP
Choose unsalted and sulphite-free options, and raw where possible. Look to buy in bulk as well, as this can be friendlier on the wallet.