



WAVERLEY OAKS
NUTRITION SERVICES

HEART HEALTHY TRAIL MIX

Jessica Roy

MS, RD, LDN & Nutrition Counselor

jessicar@waverleyoaks.com

781.786.6716

February is **American Heart Month**, a time to celebrate heart healthy habits. Try this delicious and satisfying trail mix that is packed with heart healthy nutrients!

- Pistachios - rich in fiber, protein, healthy fats, and B vitamins
- Raisins - provide a natural sweetness along with fiber and a really great source of iron
- Whole wheat pretzels - a great savory crunch packed with fiber and B vitamins
- Edamame - provides plentiful antioxidants and vitamin K, along with protein and fiber
- Dark chocolate - a smooth sweetness full of antioxidants

Recipe makes 2 servings. Combine ingredients and enjoy!

- 2 tablespoon pistachios
- 2 tablespoon raisins
- 1 ounce whole wheat pretzels
- 1/4 cup dry roasted edamame
- 1 tablespoon dark chocolate chips



Nutrition per 1/2 cup serving:

150 calories, 5g protein, 6g fat, 1.5g saturated fat, 28g carbohydrates, 0g added sugar, 3g fiber

Looking for more ideas and for support with healthy eating? Contact the dietitians at Waverley Oaks at nutrition@waverleyoaks.com to schedule an appointment today! We accept all major health insurance plans.