Build Your Own Trail Mix

peanuts

almonds

cashews

walnuts

pecans

pistachios

hazelnuts

soy nuts

pine nuts

macadamia nuts

pumpkin

edamame

sesame

flax

sunflower

popcorn

pretzels

granola

puffed wheat

puffed rice

whole grain cereal

dried fruit

banana chips

yogurt raisins

chocolate chips

coconut

yogurt chips

cinnamon

cayenne pepper

pumpkin pie spice

sea salt

nutmeg

ginger