

Anti-Inflammatory Trail Mix



This quick and easy recipe is chock full of anti-inflammatory foods that counteract the chronic inflammation associated with many serious age-related illnesses including heart disease, Alzheimer's, Parkinson's, cancer and auto-immune diseases like rheumatoid arthritis.

Ingredients:

Almonds, pistachios and walnuts
Pumpkin seeds
Dried soy nuts
Dried fruit including raisins, cranberries, blueberries and tart cherries
Flax seed granola
Unsweetened dried coconut**
Dark chocolate bits
Roasted green peas

*All ingredients can be purchased at your grocery store, ready to go!

**The dried coconut can be toasted in a sauté pan for added flavor

Directions:

1. Mix equal parts of each ingredient in a large bowl.
2. Make a single serving and eat immediately or increase the quantities of each ingredient and freeze for consumption at a later date.
3. Store in an airtight container in the refrigerator for up to 1 month.

This recipe is based on renowned health expert Dr. Andrew Weil's Anti-Inflammatory Food Pyramid and shared with us by Home Care Assistance of Hampton Roads.