

Trail Mix (Referenced: Cook Right for your Blood Type)



No one knows exactly when humans first paired nuts with dried fruit. We do know, however, that the salty-sweet concoction now called trail mix became commercially available in the 1960s and that makers have been refining recipes ever since. Check out this tropical, health, satisfying combinations of Xtream delicious flavorful recipes for your blood type.

Type O Trail Mixes

Type O Trail Mix # 1

1-cup walnuts, broken into pieces

½ cup of raisins (dried cranberries)

½ cup dried apricots, quartered

½ cups of dried cherries

½ cup dairy-free semisweet chocolate or carob chips

Type O Trail Mix #2

1-cup pumpkin seeds

½ cup sunflower seeds

½ cup dried pears, chopped

½ cup dried pineapple, chopped

Type O Trail Mix # 3

1-cup dried cranberries

1-cup sunflower seeds

½ cup walnuts, broken into pieces

½ cup dairy-free chocolate chips

Type A Trail Mixes

Type A Trail Mix #1

1 cup peanuts

½ cup dried apricots, quartered

½ cup raisins

Type A Trail Mix # 2

1 cup pumpkin seeds

1/12 cup sunflower seeds

½ cup walnuts, broken into pieces

1 cup dried pineapple, chopped

Type A Trail Mix #3

1 cup almonds, chopped

1 cup dried cherries

½ cup dairy-free semisweet chocolate or carob chips

Type B Trail Mixes

Type B Trail Mix # 1

1 cup Brazil nuts, chopped

½ cup dried bananas, sliced

½ cup dried apricots, quartered

Type B Trail Mix #2

1 cup macadamia nuts, halved

1 cup dried pineapple, chopped

1 cup dried cranberries

Type B Trail Mix #3

½ cup pecans, broken into pieces

½ cup almonds, chopped

½ cup raisins

½ cup dried cherries

1 cup semisweet chocolate chips

Type AB Trail Mixes

Type AB Trail Mix # 1

1 ½ cups peanuts

1 cup walnuts, broken into pieces

½ cup raisins

½ cup dried apricots, quartered

Type AB Trail Mix #2

½ cup cashews

½ cup toasted pine nuts

½ cup dried cranberries

Type AB Mix #3

½ cup pistachios

1 cup dried cherries

½ cup dried pineapple, chopped

1 cup dairy-free semisweet chocolate or carob chips