

# Healthy Diwali

Eliminate Sweets, Build Good Health

**Increase Energy • Stabilize Blood Sugar • Satisfy Hunger**

## Sehat Trail Mix



Combine and enjoy!

Servings: 1

- 9 Almonds
- 4 Walnut halves
- 1 tsp Raisins
- 1 tsp Pumpkin seeds
- 1.5 tsp Dark chocolate pieces
- 1.5 tsp Unsweetened shredded coconut

Best Wishes from

South Asian Health Institute | Fraser Health

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Better health. Best in health care.