



HOMEMADE TRAIL MIX (CUSTOMIZABLE)

Prep Time 10 minutes	Cook Time -----	Level Easy
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Ingredients:

FOR THE CUSTOMIZABLE VERSION:

- 1 1/2 Cups raw nuts (almonds, pecans, cashews, etc.)
- 1 Cup raw seeds (sunflower, pumpkin seeds etc...)
- 1 Cup unsweetened, un sulphured dried fruit
- Fun stuff (amounts vary) i.e. 1/2 cup chopped dark chocolate, 1 cup popped popcorn, 1 cup pretzels etc..
- Spice i.e. 1/4 tsp sea salt, 1/2 tsp cinnamon, pinch of nutmeg (optional), cayenne pepper, etc



MY GO-TO TRAIL MIX RECIPE:

- 3/4 cup **raw pecans** (I toast mine in the oven for 10 mins at 350 degrees F)
- 3/4 cup **raw cashews** (I toast mine in the oven for 10 mins at 350 degrees F)
- 1/2 cup **raw sunflower seeds**
- 1/2 cup **raw pumpkin seeds** - 1/4 tsp sea salt
- 1/2 cup **unsweetened, unsulfured cherries** - 1/2 tsp cinnamon
- 1/2 cup **unsweetened, unsulfured raisins** - Pinch of nutmeg
- 1/2 cup chopped **82% dark chocolate**

Directions:

1. Combine all ingredients in a large bowl and mix well. Store in a ziploc bag or mason jar or other airtight container. Will keep for up to 1 month.

Notes to the Chef...

Optional: If you really need the extra sweetness, you can coat the mix with 2 T maple syrup, spread it out on a baking sheet and allow it to dry before bagging.

