HEALTHY TRAIL MIX
SERVES 4, VEGETARIAN

**Ingredients**

- 2 CUPS NUTS (CASHEWS, PECANS, AND ALMONDS, ROASTED)
- 1/2 CUP PUMPKIN SEEDS, TOASTED
- 1/2 CUP SUNFLOWER SEEDS
- 1 CUP RAISINS OR DRIED FRUIT LIKE CRANBERRIES
- 1 CUP DARK CHOCOLATE (CHOPPED, YOU COULD USE CHOCOLATE CHIPS)
- 1/2 TEASPOON CINNAMON
- 1/4 TEASPOON SALT

**Method**

- PRETZELS, USE THE SMALLER ONES LIKE “ROLD GOLD” TINY TWISTS
- PRETZELS

COMBINE ALL INGREDIENTS IN A BOWL

STORE IN AN AIR TIGHT CONTAINER OR BAG.