



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

Method

- COMBINE ALL INGREDIENTS IN A BOWL
- STORE IN AN AIR TIGHT CONTAINER OR BAG.

