



Healthy Trail Mix

Ingredients:

- 1 ½ cups raw nuts (peanuts, almonds, pecans, walnuts, etc.)
- 1 cup raw seeds (sunflower seeds, pumpkin seeds, etc.)
- 1 cup unsweetened dried fruit
- Fun stuff like ½ cup dark chocolate, 1 cup popped popcorn, 1 cup pretzels, etc.
- Spices – ¼ teaspoon salt, ½ teaspoon cinnamon (optional)

Instructions:

Combine all ingredients in a large bowl and mix well. Store in a Ziploc bag or mason jar. Will keep for up to 1 month!

