



Trail Mix

16 servings

5 minutes

Ingredients

- 1 cup Cashews
- 1 cup Almonds
- 1 cup Walnuts
- 1/2 cup Pumpkin Seeds
- 1/4 cup Dark Chocolate Chips
- 1/4 cup Goji Berries

Directions

- 1 Mix all ingredients together in a large bowl and transfer to airtight container(s). Enjoy!

Notes

Substitutions: Feel free to substitute different nuts, seeds, and dried fruit (raisins, mango, berries, etc.). Always look for raw, unsalted nuts and seeds and dried fruit with no added sugar.

Serving Size: 1 serving is approximately 1/4 cup.

Pre-made Mixes: You can also find clean trail mixes in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. I recommend checking out brands such as Prana or Central Roast.