



Homemade Trail Mix

SERVINGS: 5 CUPS

PREPPING TIME: 10 MINS

TOTAL TIME: 10 MIN

Ingredients

- 1 cup raw cashews
- 1/2 cup raw almonds
- 1/2 cup unsalted macadamias
- 1/2 cup unsweetened coconut chips/flaked coconut
- 1 cup of pepitas (pumpkin seeds) or 1 cup sunflower seeds
- 1/2 cup of sultanas or dried papaya
- 1/2 cup dark choc chips (optional)

Tip:

Get creative and use any nuts, seeds or dried fruit you like.

I love homemade trail mixes so much! Every batch tastes different.

Directions

1. Combine ingredients into a large mixing bowl and stir everything together.
2. Store in glass jars or airtight container, and portion out for snacks as desired!

Notes

- *Each trail mix recipe will make approximately 4-5 cups of trail mix.
- *When purchasing ingredients, be sure to choose unsweetened or unsalted varieties
- *Trail mix will keep for a few weeks, but it will likely be eaten before then