

Trail Mix Options

Ingredients (serve size equals 40-50g of each combination)

Option 1:

- raw almonds
- dried cranberries
- shredded coconut (no added sugar)

Option 2:

- raw peanuts
- raw pumpkin seeds
- dried raisins
- dark choc chips

Option 3:

- raw cashews
- dried apricots
- sunflower seeds
- white choc chips

Method

- Combine equal portions of each ingredient and mix all together. Separate into plastic zip lock bags or containers. Recommended serving size is 40-50g per bag.