



Toasted Trail Mix

4 servings

10 minutes

Ingredients

- 143 grams Almonds (raw)
- 2 grams Sea Salt (omit if using salted nuts)
- 146 grams Raw Peanuts
- 56 grams Pumpkin Seeds
- 83 grams Raisins

Nutrition

Amount per serving	
Calories	551
Fat	42g
Carbs	32g
Fiber	11g
Sugar	17g
Protein	21g
Potassium	673mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	152mg
Iron	6mg
Vitamin D	0IU
Vitamin E	12mg
Folate	104µg
Vitamin B12	0µg
Magnesium	165mg
Zinc	2mg
Selenium	4µg

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serve it With: Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo: Replace peanuts with another type of nut or seed.

Storage: Refrigerate in an air-tight container.

Other Add-Ins: Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.