



## Cleaned-Up Trail Mix

6 servings

10 minutes

### Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins
- 1/4 cup Cocoa Nibs

### Nutrition

Amount per serving	
Calories	375
Fat	29g
Saturated	4g
Carbs	22g
Fiber	7g
Sugar	11g
Protein	14g
Cholesterol	0mg
Sodium	108mg

### Directions

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Mix all ingredients together. Makes about 3 cups of trail mix. Nutritional values shown are for 1/2 cup serving size (x6).

### 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, or banana chips.

**Cocoa Nibs:** These rich, chocolatey nibs are loaded with nutrients and powerful plant compounds that have been shown to benefit health in many ways. Cacao nibs are small pieces of crushed cacao beans – or cocoa beans – that have a bitter, chocolatey flavor. Compared to chocolate chips, cocoa nibs have less carbs & sugar, but more fibre and protein!