

High Energy Trailmix

Makes 9 servings

Ingredients

- 1/2 cup walnuts
- 1/2 cup cashews
- 1/2 cup peanuts
- 1/2 cup almonds
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/3 cup dried cranberries
- 1/2 cup M&Ms

Nutrition Facts

per 1 serving (1/3 cup)

Calories 306

% Daily Value*

Carbohydrates 20g

Fibre 4g

Sugar 12g

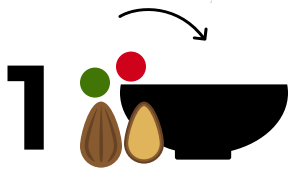
Protein 8g

Fat 23g



Peanuts and almonds are rich sources of vitamin E, an antioxidant that is best to get through food, rather than supplements.

Directions



Combine all ingredients in a large container and mix well.

2 ENJOY

Store in an airtight container and portion out 1/3 cup per serving and enjoy!