

## Mix & Match Trail Mix



*This energy boosting snack packed with protein and fiber will satisfy your sugar and chocolate cravings while also giving you a healthy dose of antioxidants and omega 3's. Great for eating on-the-go, and much cheaper than an energy bar! Pack in smaller containers to carry with you so you can grab a handful when hunger strikes!*

### Ingredients:

2 Cups	Raw walnut halves/pieces or slivered almonds
2 Cups	Raw pumpkin seeds (pepitas)
1 Cup	Dried cranberries or dried cherries
1/4 Cup	Dark choc chips (> 80% cocoa) or cocoa nibs

Mix all ingredients together and store in airtight container

**Serving Size:** ¼ cup or a handful

### Notes:

- + Gluten free, dairy free & vegan
- + Use organic ingredients when possible
- + Switch up the recipe by using different nut, seed and dried fruit combinations

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