

SWEET TOOTH TRAIL MIX

NUTRITION FACTS

Serving Size: 1/4 cup (recipe makes about 14 servings)

Calories: 182 | Carbohydrates: 21g | Protein: 6g | Total Fat: 8g | Saturated Fat: 4g | Sodium: 4mg | Fiber: 3g

INGREDIENTS

- 1/2 cup Pumpkin seeds
- 1/2 cup Sunflower seeds
- 1/2 cup Dried unsweetened cranberries
- 1/2 cup Dried apricots (chopped)
- 1/2 cup Dark chocolate chips
- 1 cup Dry roasted chickpeas (can make your own or use your favorite brand)

DIRECTIONS

1. Mix all of the ingredients in a large bowl and enjoy!
2. Store in a sealed container to keep fresh.





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