

Organic Trail Mix

Mélange randonnée bio

- 2 min
- Easy
- 280 kcal per serving
- Snack
- Vegan
- Quick
- Gluten-Free
- Kids



Ingredients

FOR ONE SERVING

Almonds (<i>Amandes</i>)	30 g
Cashews (<i>Noix de cajou</i>)	20 g
Dried cranberries (<i>Canneberges séchées</i>)	20 g
Dark chocolate chips (<i>Pépites de chocolat noir</i>)	15 g
Pumpkin seeds (<i>Graines de courge</i>)	15 g

Nutrition facts

PER SERVING

Calories	280
Protein	8 g
Carbohydrates	28 g
Fat	18 g
Fiber	4 g

Preparation

11. Place the almonds, cashews, dried cranberries, dark chocolate chips, and pumpkin seeds in a medium bowl.
22. Stir gently with a spoon until the mix looks evenly combined.
33. Taste a small pinch and add a little salt if needed.
44. Divide the trail mix into a small container or snack bags for easy grab and go portions.
55. Keep it in a cool, dry place until ready to eat.

GOOD TO KNOW

For the best texture, store the chocolate chips in a cool place so they do not soften too much.