

Valentine's Day Treats



Dark Chocolate Cherry Trail Mix

INGREDIENTS

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| $\frac{3}{4}$ cup raw almonds | $\frac{1}{2}$ cup dark chocolate chips or chunks |
| $\frac{3}{4}$ cup raw pecans | $\frac{1}{4}$ teaspoon salt |
| 1 cup pepitas or pumpkin seeds | $\frac{1}{2}$ teaspoon cinnamon |
| 1 cup dried cherries | |

PREPARATION

1. Preheat oven to 350 degrees Fahrenheit.
2. Place nuts and seeds on a baking sheet and toast 5-10 minutes, until they smell fragrant.
3. Combine all ingredients, minus the chocolate, in a large bowl.
4. Mix well and add chocolate once the nuts have cooled enough.
5. Portion into $\frac{1}{4}$ cup portions and store in an airtight container.

Nutritional Information

16 ($\frac{1}{4}$ cup) servings

Calories: 155

Fat: 11g

Protein: 4g

Sodium: 58mg

Cholesterol: 0mg

Carbohydrates: 12g

Fiber: 3g

Sugar: 6g

NOTE

Trail mix is highly customizable. If you're not hip to pecans or pumpkin seeds, change up the type of nuts and add-ins to make it your own.



Cut along dotted line, then fold in half. Designed to fit 6x4 recipe card books or boxes.