Valentine's Day Treats

Dark Chocolate Cherry Trail Mix

INGREDIENTS
- ¾ cup raw almonds
- ¾ cup raw pecans
- 1 cup pepitas or pumpkin seeds
- 1 cup dried cherries
- ½ cup dark chocolate chips or chunks
- ¼ teaspoon salt
- ½ teaspoon cinnamon

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 ¼ cup portions and store in an airtight container.

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.

Nutritional Information
16 (¼ cup) servings
- Calories: 155
- Fat: 11g
- Protein: 4g
- Sodium: 58mg
- Cholesterol: 0mg
- Carbohydrates: 12g
- Fiber: 3g
- Sugar: 6g

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