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# DIY TRAIL MIX

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Gluten-Free, Dairy-Free, Egg-Free, Vegetarian

**Yield:** 5 servings    **Prep time:** 5 minutes    **Total time:** 30 minutes

## Ingredients

- 1/4 cup raw almonds
- 1/4 cup walnuts, chopped
- 1/4 cup pecans, chopped
- 1/4 cup dried cranberries
- 1/4 cup dried apricots, chopped
- 1/4 cup dark chocolate chips
- 1/4 cup maple syrup
- 1 tsp ground cinnamon

## Directions

- Preheat the oven to 350°F. Line a sheet pan with parchment paper or coat the pan with cooking spray to prevent sticking.
- In a medium bowl, combine the almonds, walnuts, pecans, dried cranberries, dried apricots, maple syrup and ground cinnamon. Stir to coat. Spread the mixture out onto the prepared sheet pan.
- Bake for 20 minutes. Let cool. Add chocolate chips.
- Divide evenly among 5 storage containers or plastic bags.

Per serving: Calories 203; Total Fat: 11g; Saturated Fat: 2g; Sodium: 5mg;  
Total Carbohydrates: 25g; Fiber: 2g; Protein: 3g

## Prep tip

- Store trail mix at room temperature for up to 1 month or in the freezer for up to 3 months. If frozen, thaw before serving.
- May substitute nuts for pistachios and cashews.
- May substitute fruit for dried dates, figs or raisins.
- For a vegan-friendly option use vegan chocolate chips.



# D'LISH

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## Grocery List

- Almonds
- Walnuts
- Pecans
- Dried cranberries
- Dried apricots
- Dark chocolate chip
- Maple syrup
- Ground cinnamon

## Kitchen Equipment

- Measuring cups
- Sheet pan
- Medium bowl
- Mixing spoon
- Storage containers

## Nutrition Information

- Trail mix is popular for its portability and convenience, making it a great option for on-the-go snacking. It is easy to customize and swap in your favorite ingredients based on your preferences.
- Trail mix is high in protein snack due to its nut content. Protein is an important nutrient essential for muscle growth, tissue repair, and immune health. Eating more protein may help support a healthy body weight by reducing your appetite and making you feel fuller longer.
- Nuts are also a good source of heart-healthy fats and omega-3 fatty acids, which could help to lower risk of heart disease and reduce inflammation.
- Dark chocolate is a rich source of antioxidants and minerals, and it generally contains less sugar than milk chocolate.

## Notes