



Sweet & Salty Keto Trail Mix

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This sweet & salty keto trail mix is so easy to make and it's the perfect snack to have on hand when those cunchy cravings hit!

Course Snack
Cuisine American

Keyword gluten free, keto, low carb, vegan

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 14 servings

Calories 234kcal

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Ingredients

- 1 cup Cashews raw
- 1 cup Pecans raw
- 1 cup Sliced or Whole Almonds raw
- 1.5 cups Coconut Flakes unsweetened, raw
- 1 Tbls Swerve Sweetener or Monk Fruit
- 1/4 tsp Salt
- 1/2 tsp [Cinnamon](#)
- 1/2 cup Sugar Free Chocolate Chips

Instructions

1. Preheat oven to *325' and line a baking sheet with parchment paper
2. In a large bowl add in the cashews, almonds, pecans, coconut flakes, salt, cinnamon and swerve sweetener. Toss together to combine and spread out evenly on the baking sheet
3. Bake for *15 minutes, stirring once halfway through. Remove from oven and let cool completely then stir in the chocolate chips
4. Store in an airtight container for up to 4 weeks on the counter in a cool, dry place

Notes

*I originally posted this recipe at 350°F and it worked for me at altitude, but some people were having issues with it burning. So I tried it at 325°F and it worked well, it just took me a little longer. So keep that in mind for those of you in a higher altitude like me.

Replace the cashews with more almonds for a lower carb count

Nutrition

Calories: 234kcal | Carbohydrates: 9g | Protein: 5g | Fat: 21g | Saturated Fat: 6g | Sodium: 45mg | Potassium: 198mg | Fiber: 4g | Sugar: 2g | Vitamin A: 4IU | Vitamin C: 1mg | Calcium: 37mg | Iron: 2mg



Way I made it in pic above
Deleted – Cashews
Added 1 cup Mac Nuts and Pistachios
Packed in ½ cup in small zip locks for easy snacking

