



Trail Mix

10 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- ½ cup walnuts
- ½ cup almonds
- ¼ cup dark chocolate chips (70% cocoa or higher)
- ¼ cup pumpkin seeds
- ½ cup dried cranberries
- ½ cup dried apricots

DIRECTIONS

1. Combine all ingredients in a bowl.

Nutrition Facts

10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 153mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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