

PUMPKIN FALL HARVEST TRAIL MIX



Serving Size: ¼ cup

173 calories

3.5g protein

4.3g carbohydrates

1.2g fiber

1.8g total fat

90mg sodium

Ingredients

2/3 cup pecans

1/3 cup pepitas (pumpkin seeds)

1/3 cup sunflower seeds

1/3 cup almonds

1/3 cup dried cherries

1/3 cup dried apricots

1/4 cup golden raisins

1 ½ tsp pumpkin spice

Optional: 1/3 cup cinnamon chips

Directions

1. Mix all ingredients together
2. Add optional ingredients if prefer
3. Makes 10-12 servings

Prep Time: 10 mins

Cook Time: n/a

Servings: 10-12