



Roasted Almond Dark Chocolate Coconut Trail Mix Recipe

Enjoy this trail mix its own or add it as a topper to yogurt, oatmeal or fresh fruit salad. Pre-portion some into smaller containers (about 1/3 cup), ready for packing and snacking.

Prep Time: 5 minutes **Makes:** 3 cups

- 1 cup (250 mL) roasted almonds, chopped in half *
- ½ cup (125 mL) roasted, salted pepitas
- ½ cup (125 mL) dark chocolate, finely chopped or dark chocolate chips
- ½ cup (125 mL) unsweetened coconut chips (or large flakes)
- ½ cup dried (125 mL) blueberries, cherries or cranberries

In a small bowl, add all ingredients and stir until combined. Store in an airtight container.

* To roast almonds, preheat oven to 400 and line a baking sheet with parchment. Add 1 cup of almonds to pan, drizzle with 1 tsp canola oil and sprinkle with a pinch of sea salt. Using your hands, toss almonds with canola oil and salt until all almonds are covered in oil. Roast for 5 to 7 minutes until just starting to brown. OR...keep it super simple and just buy roasted almonds. Easy peasy!