



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Make Your Own Trail Mix

This is a super fluid recipe! Experiment with different combinations. Be sure to use organic, clean, and sustainable ingredients. Of course, the nutrients/benefits will vary depending on your choices, you are likely to end up with a healthy dose of good fats, antioxidants, and phytonutrients from nuts, seeds, fruit.

Ingredients: Base

Raw, organic almonds, walnuts, or cashews or combo

Dried organic fruit such as goji berries, mango, cranberries, blueberries

Options:

Coconut flakes

Carob or cacao nibs, dark choc chips

Salted pumpkin seeds, and sunflower seeds

I usually combine two types of nuts with one dried fruit. I add salted pumpkin seeds, sometimes cacao nibs, sometimes dark choc chips! Get creative and have fun!

Tip: I mix this up ahead and keep a bag in my desk and in my car as well as a canister at home to snack on if I'm hungry while cooking dinner! Mix an amount to last for a week or two, but not too much at one time as its better fresh. Store in airtight containers to grab easily. Serving Size ~ 4 ounces

Recipe credit to AngelaBurgeMedicineWoman

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