

# Homemade Trail Mix



## Ingredients

- 1 cup nuts: peanuts, almonds, pecans, cashews, walnuts, pistachios
- 2/3 cup dried fruit: raisins, cranberries, cherries, mango, blueberries
- 1/4 cup seeds: pumpkin seeds, sunflower seeds
- 1/4 cup "fun stuff": chocolate chips, popcorn, pretzels, cereal, coconut flakes

## Instructions

- Mix: Combine all ingredients together and enjoy.
- Store: Store leftover trail mix in a sealed jar or reusable storage bag and use within 1-2 weeks. If your mix contains popcorn, pretzels or cereal, it's best eaten within 1-2 days.

### Omega Mix

- 1/4 cup almonds
- 1/4 cup pecans
- 1/4 cup walnuts
- 1/4 cup pepitas
- 2/3 cup dried cherries
- 1/4 cup dark chocolate chips

### Monster Mix

- 1 cup peanuts
- 2/3 cup raisins
- 1/4 cup candy coated pieces like M&Ms
- 1/4 cup chocolate chips of choice

### Popcorn Mix

- 1/2 cup cashews
- 1/2 cup almonds
- 2/3 cup dried cranberries
- 1/2 cup popcorn
- 1/4 cup pepitas

*From Eating Bird Food*