



Fuel Your Adventure



PREP TIME
5 min



TOTAL TIME
5 min



YIELDS
4-5 cups

BOAT DAY CUSTOMIZABLE *Trail Mix*



INGREDIENTS

- 1 1/2 cups raw nuts i.e. almonds, pecans, cashews, peanuts etc..
- 1 cup raw seeds i.e. sunflower seeds, pumpkin seeds etc...
- 1 cup unsweetened, unsulphured dried fruit
- Fun stuff (amounts vary) i.e. 1/2 cup chopped dark chocolate, 1 cup popped popcorn, 1 cup pretzels etc..
- Spices e.g. 1/4 tsp sea salt, 1/2 tsp cinnamon, pinch of nutmeg (optional)



INSTRUCTIONS

- 1 Combine all ingredients in a large bowl and mix well.
- 2 Store in a ziploc bag.
- 3 Will keep for up to 1 month.



OPTIONAL:

If you really need the extra sweetness, you can coat the mix with 2 tbsp maple syrup, spread it out on a baking sheet and allow it to dry before bagging.

