



Trail Mix

Ever get that 3pm need of sugar? Try this healthy snack to ward off unhealthy cravings



Ingredients:

35g Cashew nuts

35g almonds

35g dates

35g of cranberries

30g Mixed seeds

60g 85% dark Chocolate

Directions

Pour the nuts, seeds and cranberries into a bowl

Remove the stones from the dates and chop into small pieces

Chop up the dark chocolate into small pieces.

Add all ingredients into the bowl and mix together

Keep into a seal lock container or kilner jar will stay fresh for 1 week

Serves 6