

THREE INGREDIENT TRAIL MIX



DIFFICULTY

EASY



TIME

5 MIN



SERVES

3

INGREDIENTS

1 ounce Roasted and Salted Almonds
1 ounce 85% Dark Chocolate, cut into
small chunks or 1 ounce Dark Chocolate
Chips
1 ounce Roasted and Salted Pumpkin
Seeds

DIRECTIONS

1. Combine ingredients and divide into 3 servings

NUTRITION FACTS PER SERVING

Calories: 176 Fat: 14.6g Carbohydrates: 6.6g Protein: 6g



CALIFORNIA SCHOOLS
VEBA

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