

## Trail Mix

By: SUPERFOODS The 50 Best Foods for You!

### Ingredients:

3/4 cup cashew nuts (unsalted)  
2/3 cup peanuts  
2/3 cup brazil nuts (halved)  
3.4 cup slivered almonds  
1/4 cup pumpin seeds  
1/4 cup sunflower seeds  
2/3 cup dried apricots (chopped)  
1/2 cup dried cranberries

### Instructions:

1. Place all the ingredients in an airtight container.
2. Close the lid and shake several times.
3. Shake the container before each opening, then reseal.

This mix stays fresh for up to 2 weeks if tightly sealed after each opening. Store in the refrigerator.

### Practical tips:

- Keep unshelled nuts in a cool, dry, dark place for up to 6 months.
- Shelled nuts should be stored in the refrigerator and consumed within a few weeks because their high fat contents means they spoil quickly.
- They are best eaten raw.



~Happy <sup>and</sup> Healthy Lifestyles~

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