

Pumpkin Seed Dried Cherry Trail Mix

Serves 6

Ingredients:

2 cups baby pumpkin seeds (pepitas)
1 cup slivered almonds
 $\frac{3}{4}$ cup raw sunflower seeds
6 tablespoons pure maple syrup
Coarse salt
1 cup dried cherries or cranberries



Directions:

1. Preheat the oven to 300 degrees F. Line 2 baking sheets with parchment paper or silicone baking mats.
2. In a large bowl, toss the pumpkin seeds, almonds, and sunflower seeds and the syrup until evenly coated. Spread the nuts and seeds out, in an even single layer, on the lined baking sheets and season with salt to taste. Bake the nuts, stirring several times with spatula or wood spoon, until just golden, about 20 minutes.
3. Cool the nuts completely on the pan, then add the cherries and toss to combine. Store cooled trail mix in an airtight container at room temperature.

Nutrition Information per serving (1/6 recipe):

Calories: 150, Total Fat: 10 g, Saturated Fat: 1 g, Unsaturated Fat: 9 g, Cholesterol: 0 mg, Sodium: 83 mg, Carbohydrate 13 g, Fiber: 2 g, Sugar: 13 g, Added sugar: 0 g, Protein: 6 g

SOURCE: <https://www.foodnetwork.com/recipes/claire-robinson/pumpkin-seed-dried-cherry-trail-mix-recipe-1949341>
