

# Walnut Trail Mix

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Serves 8

## INGREDIENTS

- 2 cups walnut halves
- 1 cup unsalted pumpkin seeds
- 1 cup dried cranberries
- 1 cup chopped dried apricots
- 1 cup banana chips
- 1/2 cup dark chocolate chips



## DIRECTIONS

1. Preheat oven 350 degrees. Arrange walnuts in a single layer on a large rimmed baking sheet.
2. Bake in the center of oven until fragrant and toasted, about 8 to 10 minutes. Let cool.
3. In a large container, combine toasted walnuts with pumpkin seeds, dried cranberries, apricots, banana chips, and dark chocolate chips. Store in an airtight container for up to 5 days.

## NUTRITION INFORMATION PER SERVING (2/3 cup)

Calories: 357, Total Fat: 23g, Saturated Fat: 4g, Cholesterol: 0mg, Sodium: 7mg, Carbohydrate 34g, Fiber: 6g, Sugar: 21g, Protein: 9g

**SOURCE** <https://walnuts.org/recipe/walnut-trail-mix/>

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