

Nut and Fruit Trail Mix

3 cups of Raw Nuts - any combination of nuts that you like!

1 cup of shredded Coconut

1 cup of Pumpkin or Sunflower seeds (or any other seed)

2 cups of dried fruit - any kind of dried fruit you like
(I like to add dried blueberries and mango although I tend to make it different each time)

1/3 cup of water

1/2 cup of butter or coconut oil

1/4 cup of maple syrup or honey

1. Preheat oven to 350 degrees
2. Place nuts, dried fruit and coconut in a large bowl and add water
3. Mix all ingredients together by hand to moisten everything
4. Melt butter/coconut oil in a bowl and mix in maple syrup
5. Add melted liquids to nuts and fruit and mix well until evenly coated
6. Evenly spread mixture onto a cooking sheet lined with parchment or silicone. Bake for 30-40 minutes, stirring twice. Pat down after last stir and continue baking until edges are brownish

This also makes a delicious breakfast cereal!

