Snack, American

Cinnamon Cranberry Crunch Trail Mix

A crunchy stovetop mix of toasted pepitas and nuts tossed with chewy dried cranberries and warm cinnamon. Great made ahead and portioned for grab and go snacking.

10 min	190	15 g	3 g
time	calories	carbs	sugars

Vegan | Gluten free | Dairy free

Ingredients, 10 servings

- [ ] 3/4 cup pepitas (pumpkin seeds) (raw, no added salt)
- [ ] 1 cup dried cranberries (unsweetened)
- [ ] 1/2 cup almonds (no salt added)
- [ ] 1/2 cup walnuts (no salt added, chopped)
- [ ] 3 tbsp sunflower seeds (no salt added)
- [ ] 1/4 tsp ground cinnamon
- [ ] 1/2 tsp salt

Method

- [ ] **1** Heat a large dry skillet over medium heat.
- [ ] **2** Toast the pepitas, almonds, and walnuts in the skillet for 3 to 5 minutes, stirring often, until fragrant and lightly browned.
- [ ] **3** Transfer the toasted pepitas, almonds, and walnuts out of the skillet and let them cool completely.
- [ ] **4** In a large bowl, toss the cooled pepitas, almonds, and walnuts with the sunflower seeds, dried cranberries, ground cinnamon, and salt until everything is evenly combined.
- [ ] **5** Divide the mix into 1/3 cup portions or store it in an airtight container.

Nutrition Facts

Per serving

Calories	**190**
Total fat	14 g
Saturated fat	1.5 g
Sodium	120 mg
Total carbs	15 g
Fiber	5 g
Total sugars	3 g
Protein	6 g

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