



NUTTY & FRUITY SNACK MIX



Ingredients

- ½ cup pecans
- ½ cup almonds
- ½ cup cashews
- ½ cup Brazil nuts
- 1 cup dried fruit (e.g, cranberries, apricots, raisins)
- 1 tbsp honey or maple syrup (optional)

Instructions

1. In a large bowl, combine the nuts and dried fruit.
2. If using sweetener, drizzle the honey or maple syrup for a touch of sweetness.
3. Mix everything together until well combined.
4. Store the snack mix in an airtight container for up to two weeks or enjoy it immediately as a healthy and nutritious snack.

Tips & Variations

- Feel free to swap in your favourite nuts, such as walnuts or hazelnuts.
- Add pumpkin seeds or sunflower seeds for more healthy fats.
- Experiment with different dried fruits like currants, cherries, or figs.
- Add dark chocolate chips for a touch of sweetness.
- Toss the nuts with a bit of cayenne pepper or chili powder for a spicy kick.

