

Desert Trek Mix

with seeds and dates

Whether you're trekking through the desert or your own neighborhood, a healthy trail mix is the perfect snack to carry along. Try this delicious and nutritious blend of seeds and dates to satisfy and energize you on your next adventure.

INGREDIENTS:

- 1/2 cup sunflower seeds roasted and salted
- 1/2 cup raw sunflower seeds
- 1/2 cup pumpkin seeds, shelled (also called pepitas)
- 1/2 cup yogurt-covered raisins
- 1/2 cup chopped dates

PREPARATION:

Combine all ingredients in a large mixing bowl and mix thoroughly. That's it. You're done.

SERVE:

At Home: If you're having guests over you can simply put your mix out in a nice bowl for people to help themselves.

On the Go: Put your mix into a reusable container or separate your mix into 6 equal servings and pack them separately in sealed plastic baggies.

TIP: Aluminum mint containers are great for storing your Desert Trek Mix in your pocket.

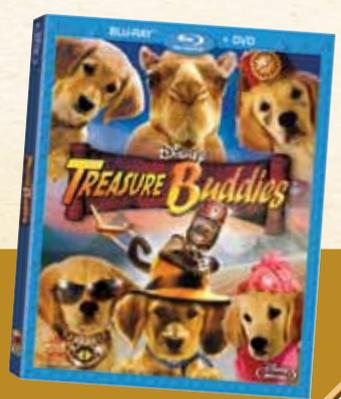


Wanna date? The date is a wonderfully delicious desert fruit that is packed with nutrients, vitamins and minerals. Dates are an excellent source of iron, which is essential for healthy blood.

Go nuts with seeds! Sunflower and pumpkin seeds are incredibly nutritious and are said to have anti-inflammatory benefits.



Pumpkin Seeds Sunflower Seeds



On For A Limited Time