

Home Made Trail Mix

Why I make this:

I don't want all the oil, salt and sugar that's in pre-packaged trail mix.

Here's what I like to mix up:

Almonds, walnuts, dried fruit (the organic berry blend I show you in the video), flaked coconut, raw sunflower seeds, organic peanuts.

NOTE: I buy organic peanuts from an online company, Uraaw.com. I also make homemade peanut butter from them. 😊 I also buy their organic almonds because I prefer organic, but Costco's raw almonds also work and are a great price. They are a great place to start if you're just getting started with raw nuts.

Peanuts are one of the crops highest in pesticides, so you really want to buy them organically. They are also prone to mold, so although I love peanuts, I try to eat them in moderation.