Dizzle Sky
KITCHEN CLUB & COACHING

HOMEMADE TRAIL MIX

MINUTES TO PREPARE
5

MAKES
1 large jar

INGREDIENTS

100g mix nuts (walnuts, cashews, hazelnuts), *roughly chopped*
100g sunflower seeds
100g pumkin seeds
50g raisins
50g small white chocolate chips
50g small dark chocolate chips

LET'S GET MIXING

1. Weigh out the ingredients and mix in a bowl and pour in to a jar. You can store it in an air tight jar for up to 1 month.

"A homemade trail mix is an essential for when you need a pick-me-up and are looking to avoid grabbing a whole bar of chocolate. It works for 2 simple reasons; 1) it's easy to grab a handful as it's there, ready and pre-made; and 2) amongst the nuts, seeds and dry fruit there are nuggets of chocolate so you don't feel like you are being deprived. These hit all 4 of James Clear's laws of behaviour change. Make it obvious – tick. Make it attractive – tick. Make it easy – tick. And make it satisfying – tick!

Brilliant for a snack on the go. Aim for 1-2 small handfuls when you're snacking, any more and it becomes quite indulgent. Cranberries or goji berries will make a lovely addition"