

Pumpkin Pie Spice Trail Mix

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-thanksgiving-trail-mix-recipe>

Ingredients:

- 1 cup rolled oats
- 1/2 cup pepitas
- 1 cup pecan halves
- 1/2 cup raw almonds
- 1/4 cup maple syrup
- 1/4 cup pumpkin pie filling
- 1 teaspoon vanilla
- 1 tablespoon pumpkin pie spice
- 2 tablespoons water

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 44 grams
3. Fat: 45 grams
4. Fiber: 10 grams
5. Protein: 15 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 40 milligrams
8. Sugar: 15 grams

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