

Favorite Trail Mix

Yield: 6 min
Total Time: 10 min

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

Ingredients:

- 1 cup dried cranberries sweetened
- 1/2 cup dried tart cherries
- 1/2 cup dried blueberries
- 1/2 cup dried pineapple pieces
- 1 cup candy coated dark chocolate pieces, such as M&M's Dark Chocolate ®
- 2 1/2 cups mixed nuts salted deluxe, without peanuts

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 470 milligrams
9. Sugar: 29 grams

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