



trifit

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## Trick or Treat Trail Mix

A healthy party mix or a hearty snack to munch on while the kids collect their Halloween goodies!

### **INGREDIENTS**

10 cups (2 ½L) plain popped corn\*  
3 cups (750mL) oat square cereal or puffed rice squares  
3 Tbsp (45mL) coconut oil  
2 tsp (10mL) brown sugar  
1 tsp (5mL) chili powder  
½ tsp (2mL) cinnamon  
½ tsp (2mL) sea salt  
¼ tsp (1mL) nutmeg  
1/3 cup (80mL) pepitas (green pumpkin seeds)  
1 cup (250mL) raw pecan halves or almonds  
1/3 cup (80mL) dried cranberries  
1/3 cup (80mL) diced dried apricots

### **DIRECTIONS**

Place half of the popped corn and cereal into a very large bowl. In a small saucepan melt coconut oil with sugar, chili powder, cinnamon, salt and nutmeg. Stir until sugar has dissolved.

Drizzle half of the coconut oil mixture over popcorn and quickly add in half of the pepitas, pecans, cranberries and apricots. Toss gently to coat well. In the same bowl repeat by adding the remaining popped corn, cereal, coconut oil mixture, pepitas, etc. Toss gently again, making sure the popcorn mixture is evenly coated.

Serve immediately or portion into portable bags for easy snacking.

Serves 15

\*For stovetop or air-popped popcorn, use 1/3 cup (80mL) kernels

*Nutrition info unavailable.*

*Source: Tri Fit recipe collection*