

Coconut-Curry Trail Mix

Ingredients:

- 1/4 teaspoon curry powder
- 1/4 cup sunflower seeds
- 3 tablespoons sweetened coconut flakes
- 1/4 cup chocolate chips
- 1 cup whole roasted almonds
- 1 1/2 cups unsalted peanuts

Directions

1. In a medium container place almonds, peanuts, chocolate chips, sunflower seeds, and coconut.
2. Spray mixture evenly with cooking spray and then sprinkle on curry powder. Place lid on container and gently shake contents to mix well.

Nutrition Facts

Serving Size 2 tablespoons (19g)
Servings Per Container 24

Amount Per Serving

Calories 110 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

