

# Trail Mix

from scratch.

A guide to help you create your trail mix from scratch, exactly how you like it. Choose one or two from each section, or ask our team to help you!

<b>Nuts</b> 1.5 Scoops	Whole almonds Walnuts Brazil nuts Hazelnuts	Peanuts Macadamia nuts	
<b>Seeds</b> 1 Scoop	Sunflower seeds Pumpkin seeds Hemp hearts	Chia seeds Golden flax seeds	
<b>Dried Fruit</b> 1 Scoop	Seedless raisins Blueberries Goji berries Dried cherries	Currants Chopped Mango Chopped Figs	
<b>Chocolate</b> 1/2 Scoop	Chocolate drops Cacao nibs Chocolate buttons		
<b>Extras</b> Ask the team	Flaky Sea Salt Maca nibs Dried edible flowers		



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