

“Peak” Performance Trail Mix

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Natural Grocers

Ingredients:

- 2 cups popcorn (made with olive, coconut oil, or ghee)
- 1/2 cup Natural Grocers Bulk, Non-GMO pecans
- 1/2 cup Natural Grocers Bulk, Non-GMO walnuts, light pieces
- 1/3 cup Natural Grocers Bulk, Organic goldenberries (can substitute for golden raisins)
- 1/3 cup mulberries (can substitute for apricots, sulfur-free)
- 1/3 cup Natural Grocers Bulk, Organic toasted coconut chips/flakes (can also use untoasted)
- 1/4 cup Natural Grocers Bulk, Organic pumpkin seeds
- 1/4 cup dark chocolate chips (aim for 70% cacao or higher)