



*cara price*

## TRAIL MIX GRANOLA

### INGREDIENTS

- 1 cup raw cashews
- 1 cup raw pecan halves
- 1/2 cup raw pumpkin seeds
- 1/4 cup applesauce {no added sugar}
- 4 tablespoons maple syrup
- 2 tablespoons coconut sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup mini chocolate chips
- 1/2 cup raisins
- 1/2 cup mini marshmallows

### DIRECTIONS

place the cashews, pecans & pumpkin seeds in a medium size bowl. cover with warm water & soak for 2 hours.

preheat oven to 185.

remove the nuts from the water by pouring them into a fine colander. give them a good shake to get as much water off as possible. {just wipe the bowl from soaking the nuts dry because you will re-use the bowl in just a minute}

place the nuts in a food processor, pulse until the nuts resemble the size of oats. this only takes a few pulses.

in a medium size bowl, mix together applesauce, maple syrup, coconut sugar, vanilla & salt. then scoop the nut mixture out of the food processor into the bowl. stir the nuts together with the applesauce mixture.

line a cookie sheet with parchment paper & pour the nut mixture onto it, spreading it out into a thin layer. bake 6 hours, then turn off the oven but leave the granola in the oven for 4 more hours.

break apart the granola & add the chocolate chips, raisins & marshmallows to the mix. serve or store at room temperature for up to 14 days in a glass jar.