

RECIPE

HEALTHY BOBCAT TRAIL MIX

Ingredients

1 cup whole almonds (raw or roasted),
coarsely chopped

1 cup walnuts (raw or toasted),
coarsely chopped

3/4 cup (packed) whole pitted dates
(preferably Medjool), chopped

1/2 cup pepitas (green pumpkin
seeds—raw or roasted)

1/4 cup sesame seeds (raw or toasted)

1/4 cup Green M&M'S (or 3 tbsp
cacao nibs or miniature semisweet
chocolate chips)

1/4 cup coconut flakes

Directions

1. Coarsely chop whole almonds.
2. Toast walnuts by placing walnuts in pan with 1 tsp. olive oil. Toast till fragrant. Allow to cool off.
3. Chop whole pitted dates into bite size pieces.
4. Combine all ingredients in a bowl with Green M &M's (show your Bobcat Pride) and coconut flakes.
5. Place in a ziplock bag, and off you go!



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